



GROUP FITNESS SCHEDULE

JCC Group Fitness is an important component of the JCC membership experience. With a wide variety of offerings, for members of all skills, this array of classes is a complimentary benefit to all members of the JCC. Led by highly experienced professionals – and ranging from high-intensity cardio, strength building, water-based training, and mind-body – you’re sure to find the right class for your interests and to meet your goals.

Day	Time	Class	Instructor	Location	
Monday	5:30AM	Turbo Circuit	Jackie	A	
	5:30	Indoor Cycling	Margaret	C	
	8:00	Fitness Intervals	Patty	A	
	8:30	Aquafit-Shallow	Janae	P	
	8:55*	Butts n Guts	Patty	A	
	9:15	Indoor Cycling	Terri	C	
	9:30	Insanity	Marcela	G	
	9:30	Zumba	Shara	B	
	9:30*	Aquafit-Deep	Janae	P	
	9:40	Fit 'n' Fun	Patty	A	
	10:45	Nia	Dori	A	
	5:00PM	Indoor Cycling	Jack	C	
	6:00	Zumba	Marcela	B	
	6:00	Boot Camp	Andy	A	
7:15	Yoga-Level 1	Kurt	Y		
Tuesday	6:00AM	Indoor Cycling	Joanne	C	
	6:00	HIYP	Kurt	A	
	8:00	Core Fit	Terri	A	
	8:00	Boxing	Stan	B	
	8:15	Indoor Cycle/Yoga	Kurt	C	
	8:30*	Yoga-Level 2	Steve	Y	
	8:30	Aquafit-Shallow	Carolyn N	P	
	9:00	Fit 'n' Fun	Sandy	B	
	9:15*	T.B.C.	Terri	A	
	10:00	Tai Chi	Sandy	B	
	5:00PM	Indoor Cycling	Michelle	C	
	6:00	Step Plus!	Jane	A	
	Wednesday	5:30AM	Yoga-Level 1	Stan	Y
		7:15	Indoor Cycling	Kevin	C
8:00		Fitness Fusion	Patty	A	
8:30		Aquafit-Shallow	Sandy	P	
8:55*		Butts n Guts	Patty	A	
9:15		Indoor Cycling	Terri	C	
9:30		Mindful Yoga	Jamie Lynn	Y	
9:30		Body Blast	Marcela	A	
9:30		Zumba	Shara	B	
9:30		Aquafit-Deep	Betsy	P	
9:45		Fit 'n' Fun	Kirsten	G	
6:00PM		Indoor Cycling	Angela	C	
6:00		Zumba	Jane	B	
6:00		Revolve	Michelle	A	

Day	Time	Class	Instructor	Location	
Thursday	5:30AM	Indoor Cycling	Margaret	C	
	6:00	Boot Camp	Ally	A	
	8:00	Zen Fit	Kurt	A	
	8:30*	Yoga-Level 2	Sue	Y	
	8:30	Aquafit-Shallow	Jo Ann	P	
	8:30	Insanity	Marcela	G	
	9:00	Fit 'n' Fun	Katie	B	
	9:15*	Core Fit + Stretch	Terri	A	
	10:00	Yoga Flex	Kurt	Y	
	10:00	Chair Yoga	Sue	B	
	10:15*	Splash	Jo Ann	P	
	6:30PM	Yoga Level 1	Sue	Y	
	Friday	6:00PM	Indoor Cycling	Frazer	C
		8:00	Fitness Intervals	Katie	A
8:30		Aquafit-Shallow	Janae	P	
8:55*		Butts n Guts	Kirsten	B	
9:00		Slow Flow Yoga	Howard	Y	
9:15		Indoor Cycling	Lisa	C	
9:30		Aquafit-Deep	Janae	P	
9:30		Revolve	Kirsten	B	
9:30		Zumba	Kaye	A	
10:45		Nia	Dori	A	
Saturday		8:10AM	Step Plus!	Jane	A
		8:30	Indoor Cycling	Jack	C
		8:30	Yoga Level 1	Susie	B
		9:15	Body Blast	Ally	A
	9:30	Indoor Cycling	Michelle	C	
	Sunday	8:10AM	Step Plus!	Rotation	A
8:15		Indoor Cycling	Angela	C	
8:30		Yoga Level 1	Jill	Y	
9:30		Indoor Cycling	Joanne	C	
10:00 as of 11/11		Mixed Level Yoga	Vlada	Y	
9:15*		T.B.C. (Women Only)	Terri	B	
10:15		Zumba	Jane	A	
* All classes are 55 minutes unless otherwise noted					

LOCATION KEY			
A STUDIO A	P PECK POOL	B STUDIO B	WP Water Park
C INDOOR CYCLING STUDIO	Y YOGA STUDIO	G MARCUS GYM	

Cardio	Strength	Water	Mind/Body
Aquafit-Shallow (L1) Cardiovascular, strength and core work done in shallow water. ♡	Aquafit-Deep (L2) Cardiovascular, strength and core work done in deep water. *45 min. ♡	Nia (L1) Holistic fitness incorporating martial arts, dance and healing arts. All levels and abilities welcome. Free to community members. ♡	Revolve (L3) Class style changes bi-weekly, instructor stays the same, great workout guaranteed! ♡
Aqua Zumba (L1) Combines the moves from traditional Zumba with water resistance to create one fun full body workout! ♡	Body Blast (L2) Interval style class focused on building muscle and making you sweat. ♡	Splash (L1) Low impact shallow water exercise class focusing on cardio, balance, and strength. Perfect for those beginning an exercise program.*45 min Tues, 30 min Thurs.* ♡	Splish (L1) Low impact shallow water exercise class focusing on cardio, balance, and strength. Perfect for those beginning an exercise program.*45 min Tues, 30 min Thurs.* ♡
Boot Camp (L3) High intensity class combining cardiovascular plyometric moves with full body strength circuits. ♡	Butts n Guts (L2) Strictly dedicated to strengthening the core and lower body muscles. *30 min. ♡	Step Plus! (L2) All the benefits from a cardiovascular workout on the step, along with a strength workout using various types of “power tools” (slides, gliders, bands, weights, and more) ♡	Tai Chi for Arthritis (L1) Sun and Qui Gong forms of Tai Chi modified for people with arthritis. ♡
Core Fit (L2) Challenging strength class focusing on alignment and form using the stability ball to improve posture and core strength. + Stretch 15 min. dedicated to stretching *75 min. on Thursday* ♡	Cycle-Yoga (L2) High Intensity Cycle / Yogic Stretch: Work hard for 30 minutes on the cycle and then stretch it out & relax for another 30 minutes. The best of both worlds! ♡	Tai Chi for Energy (L1) Sun and Chen styles of Tai Chi modified for almost anyone. Feel refreshed, focused and energized! ♡	T.B.C. (L2) Total Body Conditioning is a head to toe strength training workout using a variety of equipment. *75 min.* ♡
Fit n' Fun (L1) A total body workout that is safe and effective for almost anyone. Perfect for individuals over the age of 55 years young! ♡	Fitness Fusion (L2) Embrace Yoga with a mix of high/low impact exercises to challenge you differently each class. ♡	Turbo Circuit (L3) A fast paced experience that combines strength and cardio moves into one total body circuit. ♡	Zen Fit (L1) Focused on developing core strength, balance and muscle endurance using yoga, Pilates principles, and strength conditioning. ♡
Fitness Intervals (L2) Alternating aerobics dance moves with strength training and abdominal exercise. ♡	Indoor Cycling (L1-L3) Motivational music and innovative instructors take your ride on a calorie burning adventure. Reservations required. ♡	Zumba (L2) An energizing, fat-burning workout using Latin dance moves for a workout that's more fun than it is work. ♡	Zumba Toning (L2) Utilizes toning sticks to combine targeted body-sculpting exercises and high-energy cardio work with Zumba moves. ♡
Insanity (L3) Work in 3-5-minute blocks and push your body to the max. ♡	Kickboxing (L3) Combo of boxing, martial arts and body weight exercises. Kick, jab, cross, hook and uppercut your way to a fitter you! ♡		

L1 Level 1, minimum ability: able to walk. Slower pace, multiple modifications
L2 Level 2, minimum ability: power walk and rise from the floor easily. Medium pace, modifications presented when available
L3 Level 3, minimum ability: run, jump, squat and be able to transition from standing to floor exercises. Fast pace, minimal modifications. Not recommended for participants who are beginning an exercise program.