

October 2019 Group Fitness Schedule

Please sign in when you arrive at your class. Class participation numbers will help us decide whether to keep/change class formats. Text @shawjfit to 81010 or visit shawjcc.org for class updates. Schedule is effective through Oct. 31 (subject to change). *Yellow denotes new class, class time change, or new class name; green denotes fee-based classes; and blue denotes Youth Class or Kids' Class.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6-6:45 a.m. Spinning Spin Studio Catherine	6-6:45 a.m. HIIT Studio Catherine	6-6:45 a.m. Spinning Spin Studio Craig	6-6:45 a.m. HIIT Studio/Gym Catherine	6-6:45 a.m. Spinning Spin Studio John	7:15-8 a.m. GetFit Gym Wendell	8-9:15 a.m. Moderate Flow Yoga Area 2 Arnita	
8-8:45 a.m. Good Morning Zumba Studio Tammy	7-7:45 a.m. GetFit Studio Wendell	7-8 a.m. Yoga Area 2 & 3 Donna	7-7:45 a.m. Barre(thru Oct 3rd) Studio Megan G.	8-8:45 a.m. Just Train Studio Wendell	8:30-9:15 a.m. Aqua Bootcamp Pool Peach	8:30-9:30 a.m. Spinning Spin Studio Chermanda	
8:15-9:15 a.m. Pilates Area 2 Rose Marie/Julie	8:15-9 a.m. Strength & Conditioning Studio Anthony	8-8:45 a.m. Just Train Studio Wendell	8:15-9 a.m. TNT Studio Josh	9-10 a.m. Water Werks Pool Elaine	8-9:15 a.m. Power Yoga Studio Rose	8-8:45 a.m. TurboKick Studio Autumn	
8:45-9:30 a.m. WERQ Studio Tong	8:30-9:45 a.m. All Levels Vinyasa Area 2 & 3 Kelly	8:15-9:30 a.m. Yoga Area 2 & 3 Donna	8:15-9:15 a.m. Pilates Area 2 Rose Marie	9-9:45 a.m. SilverSneakers Classic Auditorium Carol	9:30-10:15 a.m. Zumba Toning Studio Autumn	9-9:45 a.m. Kettlebell Amped Studio Autumn	
9-9:45 a.m. SilverSneakers Classic Auditorium Christine	9-9:45 a.m. SilverSneakers Classic Auditorium Carol	9-9:45 a.m. SilverSneakers Classic Auditorium Christine	9-9:45 a.m. SilverSneakers Classic Auditorium Carol	9-9:45 a.m. POUND Studio Lynn	10:30-11:30 a.m. El Niño's Dance Fitness (Kids) Racquetball Court 1 Narketta		
9-10 a.m. Water Werks Pool Elaine	9-10 a.m. Water Werks Pool Elaine	9-10 a.m. Water Werks Pool Elaine	9-10 a.m. Water Werks Pool Elaine	9:30-10:30 a.m. All Levels Yoga Area 2 Kevin	10:30-11:15 a.m. Transform Studio Autumn		
9:30-10:15 a.m. Tabata Studio Erin	9-10 a.m. Tai Chi Studio Rita	9-9:45 a.m. Kettlebell Studio Josh	9:30-10:30 a.m. Bootcamp Studio Josh	9:30-10:30 a.m. Spinning (thru Oct 4) Spin Studio Chermanda	11:15a.m.-noon TRX Studio Anthony		
9:30-10:30 a.m. Power Yoga Area 2 Rose	10-10:45 a.m. Active Agers Strength Auditorium Carol	9:45-10:30 a.m. WERQ Studio Tong	9:30-10:30 a.m. Moderate Yoga Back field/Area 2 Kevin	10-10:45 a.m. Active Agers Aerobics Auditorium Carol	Facility Closings Sunday, Sept. 29: Erev Rosh Hashanah, Building will close at 3 p.m. Monday, Sept. 30: Rosh Hashanah, Building closed Tuesday, Oct 1: Rosh Hashanah, Building closed Tuesday, Oct 8: Erev Yom Kippur, Building will close at 3 p.m. (including ECE & SACC) Wednesday, Oct 9: Yom Kippur, Building closed		
10-10:45 a.m. SilverSneakers Circuit Auditorium Christine	10-10:45 a.m. Chair Pilates Area 2 & 3 Rose Marie	10-10:45 a.m. SilverSneakers Circuit Auditorium Christine	10-10:45 a.m. Active Agers Interval Auditorium Carol	10:30-11:15 a.m. Toning Circuit Studio Erin	Group Fitness Updates/Changes POUND and Strength & Conditioning are flipped! POUND is moving from 5:30 p.m. on Thursdays to 9 a.m. on Fridays. On 5:30 p.m. Thursday, we will see the addition of a second Strength & Conditioning class due to popular demand. Changes: HIIT Fusion on Fridays at 9 a.m. is removed from the schedule. Pilates on Tuesdays is now 5:30 p.m. Barre will be removed from the schedule after Oct. 3. Spinning on Fridays at 9:30 a.m. will be removed after Oct. 4. WERQ - WERQ (pronounced "work") is the wildly addictive dance fitness class based on the hottest pop, rock, and hip-hop music. POUND Cardio Drumming - Channel your inner rockstar. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – Rockout. Workout. First class FREE. Buy a discounted pass: 9 classes for only \$30 Tai Chi Classes - Join this "meditation in movement" class with Rita Bowling, a 25+ year master of Tai Chi. Monthly passes are sold for this class at any desk. Cost: 1X/week pass: \$45 Member/\$55 Guest per month: 2X/week pass: \$75 Member/\$80 Guest per month Kids N Training - Tuesdays, 6:30-7:30 p.m. Play fit, stay fit for kids EL Niños Dance Fitness - Saturdays, 10:30-11:30 a.m. Dance fitness for Niño's/Kids! TRX - Build core strength and functional fitness. Maximum of 8 participants per class. First class is always FREE. Purchase a four class pass. Cost: \$30 Member/\$40 Guest for any classes in one calendar month. Healios 360 -Oct. 7-Dec. 20 - Mondays-Fridays 5:10-6 a.m. with Dr. Peach Yahney. \$200 Member/\$240 Guest IGNITE! -Oct. 14-Nov. 22 - Choose this fired up weight loss and HIIT exercise program and find success! Attend Tuesdays and Thursdays at 6 p.m. or Mondays and Fridays at 7 a.m. for 6 weeks. FREE Program Kickoff/Nutrition Seminar open to public on Oct. 7 at 6 p.m. \$180 Member/\$240 Guest. COMING SOON: VIBE Room - New Studio for groups and special classes should be fully ready end of October. PLUS: Spinning Chrono Power Bikes!! SilverSneaker Class Updates: Please note on Oct. 14, 15, 16, 21 & 22, the auditorium will be closed for congregation services, and parking will be at a premium. SilverSneakers members must park in the back lot.		
10:30-11:15 a.m. Kettlebell Studio Erin	11:15 a.m.-noon TRX Studio Anthony	10-11 a.m. Chair Pilates Area 2 & 3 Rose Marie	10:45-11:30 a.m. SilverSneakers Yoga Area 2 Christine				
11-11:45 a.m. Active Agers Yoga Area Room Christine		11a.m.-12p.m. Tai Chi Studio Rita	11a.m.-noon Zumba Gold Studio Tanya				
4:45-5:30 p.m. TRX Studio Anthony		2-2:45 p.m. Active Agers Yoga* Area 2 Christine					
5:30-6:30 p.m. Power Yoga Area 2 & 3 Rose	5:30-6:30 p.m. Strength & Conditioning Studio Kara	4:45-5:30 p.m. TRX Studio Anthony					
5:30-6:30 p.m. Bootcamp Studio Dena	5:30-6:30 pm Pilates Area 2 Rose Marie	5:30-6:30 p.m. Bootcamp Studio Erin	5:30-6:15 p.m. Strength & Conditioning Studio Kara				
6:30-7:15 p.m. Zumba Strong Studio Autumn	6:30-7:30 p.m. Kids N Training Racquetball Court 1 Kara	5:30-6:30 p.m. Power Yoga Area 2 Rose	5:30-6:30 p.m. Aqua Bootcamp Pool Peach				
6:30-7:30 p.m. Meditation Yoga Area 2 Laura	6:30-7:30 p.m. Zumba Studio Sue	6 - 7 p.m. Spinning Spin Studio Chermanda	6:15-7:15 p.m. Zumba Studio Alison/Kristy				
7:30-8:15 p.m. PIYo Studio Autumn	7-8 p.m. Good Night Yoga Area 2 Sigrid	6:30-7:15 p.m. Kettlebell XL Studio Erin	6:30-7:30 p.m. Power Yoga Area 2 Kelly				