



# FITNESS SCHEDULE

MARCH SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00am OUTSIDE (front)/ AUD Spinning	6:00am GROUP EX/GYM HIIT	6:00am OUTSIDE (front)/ AUD Spinning	6:00am OUTSIDE/GYM HIIT	6:00am OUTSIDE (front)/ AUD Spinning	9:00am AREA ROOMS VIRTUAL-HYBRID Power Yoga	
7:30am GROUP EX Tabata	8:00am GROUP EX Good Morning Zumba	8:30am POOL Water Werks	9:00am AREA ROOMS 1-3 Mat Pilates	8:00am GROUP EX Toning Circuit	9:00am GYM Zumba	
8:30am POOL Water Werks	8:45am GROUP EX Strength & Conditioning	9:00am GROUP EX VIRTUAL-HYBRID Vinyasa Yoga	9:15am GYM SS Classic	8:30am POOL Water Werks	10:15am GYM Strong Nation	
9:00am AREA ROOMS 1-3 Mat Pilates	9:15am GYM SS Classic	9:15am GYM SS Classic	9:30am OUTSIDE PAVILION VIRTUAL-HYBRID All Level Yoga	9:00am GROUP EX VIRTUAL-HYBRID Barre	<b>SUNDAY</b>	
9:00am OUTSIDE/GROUP EX WERQ	9:45am GROUP X Active Yoga	9:30am POOL Water Werks	10:15am AUDITORIUM Chair Pilates	9:15am GYM SS Classic		
9:00am AUD VIRTUAL-HYBRID Cardio Variety	9:45am AREA ROOMS 1-3 Stretch & Release	10:15am GYM SS Circuit	11:30am AREA ROOMS 1-3 SS EnerChi	9:30am OUTSIDE PAVILION VIRTUAL-HYBRID All-Level Yoga	10:30am GYM VIRTUAL-HYBRID Kettlebell AMPD	
9:15am GYM SS Classic	10:30am GYM Zumba Gold	10:15am AREA ROOMS 1-3 Chair Pilates	5:00pm VIBE ROOM TRX (Extra fee*)	10:15am GYM Active Agers Aerobics		
9:30am POOL Water Werks	5:00pm VIBE ROOM TRX (Extra fee*)	2:00pm VIRTUAL WERQ	5:30pm AREA ROOMS 1-3 Active Yoga			
10:15am GYM SS Circuit	6:00pm GYM Zumba	5:30pm AREA ROOMS 1-3 VIRTUAL-HYBRID Power Yoga	6:00pm GYM Zumba			
10:30am AREA ROOMS 1-3 Power Yoga	6:00pm GROUP EX Strength & Conditioning	6:00pm GROUP EX Kettlebell Foundations	6:15pm GROUP EX Strength & Conditioning			
5:30pm AREA ROOMS 1-3 VIRTUAL-HYBRID Power Yoga		6:00pm OUTSIDE (front)/ AUD VIRTUAL-HYBRID Spinning				
5:30pm GROUP EX Boot Camp						
6pm Lippman Atrium Tai Chi						

Check out our NEW Fitness Platform - LesMills! Dozens of classes are projected every week in our Group Ex room, featuring 400 of the world's best fitness instructors. Reservations available in the "My J" app.

\*First session is FREE for all fee-based classes.

**Key**

- Mind/Body
- Cardio
- Aqua
- Older Adult
- Strength

VIRTUAL-HYBRID is an in-person class, also available virtually

## THE JCC IS NOW MOBILE

All Fitness Classes are by Reservation Only  
Download the "My J" app to reserve your spot in a live or virtual class, access the latest schedule and receive reminders.

- Have you downloaded the app yet?
1. Download from App Store or Google Play.
  2. Open app and login with email associated with your JCC membership.
  3. Create your password and start using the app.



**IMPORTANT:** If you cannot attend a class you previously reserved, please be sure to cancel your reservation on the app or by calling in.



## Water Classes

**WaterWerks:** Medium intensity level workout for all ages. Over 90 exercises working from head to toe, increasing range of motion and strengthen muscles while improving balance and coordination. Aqua Bells & boards used. Class can be done in shallow &/or deep water. (All levels)

## Mind & Body

**Vinyasa Yoga:** Students will move fluidly from one pose to the next, leading movement with breath. Class will include beginner, intermediate and advanced elements, with modifications to suit different levels.

**All Levels Yoga:** This class blends the fluid power movements of our traditional power yoga class with a variation of all poses to allow all ability levels to work together (All Levels)

**Chair Pilates:** A great way to get fit for those who need a gentler way to gain strength and flexibility! Using chairs, we will go through 45 minutes to one-hour of gentle exercises, mainly seated, to increase our fitness. Stretching exercises will be included.

**Power Yoga:** Vigorous, fitness-based approach to vinyasa-style yoga. Students will move fluidly from one pose to the next while connecting their breathing to their movements. (All Levels)

**Mat Pilates:** Follow and progress in this 32-exercise series of Pilates movements on the mat. Pilates, a combination of yoga, calisthenics, and barre-style moves allows one to align and extend the spine, gain core strength, range of motion, flexibility and muscle definition for all muscle groups. (All Levels)

**Moderate Yoga:** This yoga class is good for all levels, but especially beginning to intermediate. Experience warming up the body with a moderate flow of poses, working in and out of them as you move with the breath. (All Levels)

**Active Yoga:** Is your yoga practice 'active'? Students will be enabled to progress in strength, fitness, balance and flexibility. This class is for an intermediate level yogi or anyone that has been practicing on a consistent basis.

**Barre:** You will use a blend of Pilates, calisthenics, and ballet moves to sculpt, strengthen and lengthen muscles for a lean and sculpted look without the impact or injuries of traditional dance.

**Tai Chi:** \*extra fee\* This ancient form of martial art is thousands of years old. While it is a form of martial and is used for such, it is also described as 'meditation in motion' as one learns to flow through the form with focus and by following the breath. Gain strength, balance, flexibility and range of motion as you progress through a series of movements.

## Land Classes

**Active Agers Aerobics:** This 60-minute class includes warm-up, stretching, flexibility, cardiovascular workout, cool down and strength-training. Recommended for 60 and older but all ages are welcome. (All Levels)

**HIIT:** A form of interval training, a cardiovascular exercise that alternates short periods of intense exercise with less intense recovery periods. (All levels)

**Kettlebell AMPD:** Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves and combines them into calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area, while still maintaining a whole-body routine. (All levels)

**SilverSneakers Circuit:** The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support.

**SilverSneakers Classic:** This 60-minute class includes warm-up, stretching, flexibility, cardiovascular workout, cool down and strength-training. Recommended for 60 and older but all ages are welcome. (All levels)

**Spinning:** An all-terrain ride that will burn calories, build strength, and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges. Each class will take you on a creatively designed ride to maximize your fitness potential. (All Levels)

**Strength & Conditioning:** This class is meant to build strength and power using a variety of fitness equipment and exercises. The high tempo of the class will also push you to burn more calories and challenge the cardiovascular system.

**Tabata:** Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes. This full body workout has fitness and weight-loss benefits. This class can be modified for all fitness levels.

**TRX:** \*extra fee\* Build and challenge your core strength by incorporating the TRX Suspension Trainer into your routine. Any movement performed on a TRX Suspension Trainer requires that you brace and stabilize with your abs, obliques and lower back so you can leverage your own bodyweight as resistance. Other equipment and methods may be used depending on class size. (All levels)

**Turbo Kick™:** Do you want to sweat? During this class, you will gain endurance, flexibility & control while focusing on the techniques of kicks and punches. Burn calories while conditioning the muscles. (All Levels)

**Zumba & Good Morning Zumba:** You will love this Latin based dance fitness experience, which is a high intensity cardiovascular workout. Join the Zumba Party! (All Levels)

**Zumba Gold:** Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

**WERQ:** WERQ is 'not your mother's workout!' A fun, cardio dance workout with a great mix of music.

**Cardio Variety:** A rotation of cardio or cardio strength classes featuring Zumba Toning (small weights used), Country Heat, Turbo Kick, interval-based sessions and more.

**Bootcamp:** Get ready for camp! This class utilizes a variety of cardiovascular endurance and strength-training drills and tools to challenge the body. (Intermediate-Advanced)

**Kettlebell Foundations:** This class is designed to develop key components of fitness including mobility, power, strength, and endurance. This full-body resistance training class is split into 4 sections: Mobility/warm up, power development, strength, conditioning. All skill levels, beginner to advanced, are welcome.

**Silver Sneakers Enerchi:** EnerChi is comprised of easy-to-learn, modified tai chi forms aimed at improving well-being. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance and focus. Chair support is offered to facilitate standing stability and seated exercise options.

**Toning Circuit:** Using a variety of weights and body weight moves, sculpt and tone your body. This is an all-body workout. Instructor will lead you through various progressions and also show modifications.

**Strong Nation:** The famous Latin-dance inspired fitness workout is now enhanced with body weight moves and intervals that increase your cardio endurance, build strength, and burn more calories in an hour than you might think!