

## November 2018 Group Fitness Schedule

Please sign in when you arrive at your group exercise class. Class participation numbers will help us decide whether to keep or to change class formats. Text @shawjfit to 81010 for class cancellations/updates. Schedule is effective through November 30, 2018.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
6-6:45 a.m. <b>Spinning</b> Spin Room Catherine	6-6:45 a.m. <b>HIIT</b> Studio Catherine	5:45-6:45 a.m. <b>Spinning</b> Spin Room Nate	6-6:45 a.m. <b>HIIT</b> Studio/Gym Catherine	6-6:45 a.m. <b>Spinning</b> Spin Room John	8-8:45 a.m. <b>Aqua Bootcamp</b> Pool Peach	8-9:20 a.m. <b>Get Happy Invigorate</b> Area 2/Outside Peach				
7-7:45 a.m. <b>Barre</b> Studio Megan G.	7-7:45 a.m. <b>Sunrise Circuit</b> Studio Wendell	7-8 a.m. <b>Yoga</b> Area 2 & 3 Donna	7-7:45 a.m. <b>Barre</b> Studio Megan G.	7-7:45 a.m. <b>Sunrise Circuit</b> Studio Wendell	8-9:15 a.m. <b>Power Yoga</b> Studio Rose	9:30-10:30 a.m. <b>Aqua Bootcamp</b> Indoor Pool Peach				
8-8:45 a.m. <b>Just Move</b> Studio Kara	8:15-9 a.m. <b>Strength &amp; Conditioning</b> Studio Anthony	8-8:45 a.m. <b>Just Move</b> Studio Wendell	8:15-9 a.m. <b>TNT</b> Studio Josh	8-8:45 a.m. <b>Just Move</b> Studio Wendell	9:30-10:15 a.m. <b>Country Heat</b> Studio Autumn	8:30-9:30 a.m. <b>Spinning</b> Spin Room Chermanda				
8:15-9:15 a.m. <b>Pilates</b> Area 2 Rose Marie/Julie	8:30-9:45 a.m. <b>All Levels Vinyasa</b> Area 2 & 3 Kelly	8:30-9:45 a.m. <b>Yoga</b> Area 2 & 3 Donna	8:15-9:15 a.m. <b>Pilates</b> Area 2 Rose Marie	9-9:45 a.m. <b>SilverSneakers Classic</b> Auditorium Carol	10:30-11:15 a.m. <b>Core de Force</b> Studio Autumn	9:30-10:15 a.m. <b>TurboKick</b> Studio Autumn				
9-9:45 a.m. <b>SilverSneakers Classic</b> Auditorium Christine	9-9:45 a.m. <b>SilverSneakers Classic</b> Auditorium Carol	9-9:45 a.m. <b>SilverSneakers Classic</b> Auditorium Christine	9-9:45 a.m. <b>SilverSneakers Classic</b> Auditorium Carol	9-9:45 a.m. <b>HIIT Fusion</b> Studio Chelsea	11:15 a.m.-noon <b>TRX</b> Studio Anthony	10:30-11:15 a.m. <b>Kettlebell Amped</b> Studio Autumn				
9-10 a.m. <b>Water Werks</b> Pool Elaine	9-10 a.m. <b>Water Werks</b> Pool Elaine	9-10 a.m. <b>Water Werks</b> Pool Elaine	9-10 a.m. <b>Water Werks</b> Pool Elaine	9:30-10:30 a.m. <b>All Levels Yoga</b> Area 2 Kevin	12:15-1 p.m. <b>TNT</b> Studio Kara	1-3 p.m. <b>Martial Arts</b> Studio Mark				
9:30-10:15 a.m. <b>Tabata</b> Studio Erin	9:30-10:15 a.m. <b>Core De Force</b> Studio Chelsea	9-9:45 a.m. <b>Kettlebell</b> Studio Josh	9:30-10:30 a.m. <b>Bootcamp</b> Studio Josh	9:30-10:30 a.m. <b>Spinning</b> Spin Room Chermanda	<h3 style="text-align: center; margin: 0;">Group Fitness Updates</h3> <p><b>Member Appreciation Month! 15% off Personal Training &amp; Massage Packages</b> – November only! Members may purchase a discounted personal training package with one our certified personal trainers, or a massage package with one of highly qualified massage therapists.</p> <p><b>Thanksgiving Hours: Nov. 22 &amp; 23 - Facility open 8 a.m. - 1 p.m.</b> <b>No Group Fitness Classes will be held except for the Turkey Burn Workout: Thursday, Nov. 22:</b> Turkey Turbo @ 9 a.m. with Autumn Feast Mode Bootcamp @ 9 a.m. with Wendell in the gym Spinning @ 9 a.m. with Annette</p> <p><b>Friday, Nov. 23:</b> Zumba Strong @ 9 a.m. with Autumn Turkey Waddle Circuit @ 10 a.m. with Anthony Spinning at 9 a.m. with Annette</p> <p><b>Friends &amp; Family FREE – Thursday &amp; Friday, Nov. 22 &amp; 23</b> Indoor Pool • Fitness Center • Open Gym • Turkey Burn Workout Members are welcome to bring their friends &amp; family for FREE, Thursday and Friday only. Guest(s) must check-in at the Fitness Desk upon arrival and complete a waiver. Children and teens who are guests must be accompanied by a responsible adult (18+).</p> <p><b>Build and challenge your core strength and functional fitness with TRX Suspension Training.</b> Maximum of 8 participants per class. First class is always FREE. Purchase a four class pass and attend class any day of the week. Receive a punch card to present to the instructor at the beginning of class. Cost: \$30 Member/\$40 Guest for any classes in one calendar month.</p> <p><small>All classes subject to change without notice. Visit Shaw/JCC.org for latest schedule or text @shawjfit to 81010 for the latest updates. Yellow denotes new class, class time change, or new class name; Green denotes fee-based TRX Classes; and Blue denotes Youth Class or Kids Class.</small></p>	9:30-10:30 a.m. <b>Power Yoga</b> Area 2 Rose	10-10:45 a.m. <b>Active Agers Strength</b> Auditorium Carol	10-10:45 a.m. <b>Silver Agers Circuit</b> Auditorium Christine	10-10:45 a.m. <b>Active Agers Interval</b> Auditorium Carol	10-10:45 a.m. <b>Active Agers Aerobics</b> Auditorium Carol
10-10:45 a.m. <b>SilverSneakers Circuit</b> Auditorium Christine	10-10:45 a.m. <b>Chair Pilates</b> Area 2 & 3 Rose Marie	10-11 a.m. <b>Chair Pilates</b> Area 2 & 3 Rose Marie	10:30-11:15 a.m. <b>TurboKick</b> Studio Chelsea	10:30-11:15 a.m. <b>Toning Circuit</b> Studio Erin						
10:30-11:15 a.m. <b>Kettlebell</b> Studio Erin	10:30-11:15 a.m. <b>TurboKick</b> Studio Chelsea	10:30-11:15 a.m. <b>TNT</b> Studio Wendell	10:45-11:30 a.m. <b>SilverSneakers Yoga</b> Area 2 Christine	11:15 a.m.-noon <b>Zumba Gold</b> Studio Tanya						
11-11:45 a.m. <b>Active Agers Yoga</b> Area Room Christine	11:15 a.m.-noon <b>TRX</b> Studio Anthony	10:45-11:30 a.m. <b>Aqua Bootcamp</b> Pool Trent	11:15 a.m.-noon <b>SilverSplash*</b> Pool Lori							
	4:15-5 p.m. <b>SilverSplash*</b> Pool Christine									
4:45-5:30 p.m. <b>TRX</b> Studio Anthony	5:30-6:15 p.m. <b>Spinning</b> Spin Room Annette	2-2:45 p.m. <b>Active Agers Yoga*</b> Area 2 Christine								
5:30-6:20 p.m. <b>Power Yoga</b> Area 2 & 3 Rose	5:30-6:30 p.m. <b>Strength &amp; Conditioning</b> Studio Josh	4:45-5:30 p.m. <b>TRX</b> Studio Anthony	5:30-6:15 p.m. <b>Strength &amp; Conditioning</b> Studio Josh							
5:30-6:30 p.m. <b>Bootcamp</b> Studio Dena	5:45-6:45 p.m. <b>Pilates</b> Area 2 Rose Marie	5:30-6:30 p.m. <b>Bootcamp</b> Studio Erin	5:30-6:30 p.m. <b>Aqua Bootcamp</b> Pool Peach/Trent							
6:30-7:15 p.m. <b>Zumba Strong</b> Studio Autumn	6:30-7:30 p.m. <b>Aqua Fit</b> Pool Annette	5:30-6:30 p.m. <b>Power Yoga</b> Area 2 Rose	6:15-7:15 p.m. <b>Zumba</b> Studio Brittney							
6:30-7:30 p.m. <b>Meditation Yoga</b> Area 2 Laura	6:30-7:30 p.m. <b>Zumba</b> Studio Sue	6:30-7:30 p.m. <b>Spinning</b> Spin Room Chermanda	6:30-7:30 p.m. <b>Power Yoga</b> Area 2 Kelly							
7:30-8:15 p.m. <b>Piyo</b> Studio Autumn	7-8 p.m. <b>Good Night Yoga</b> Area 2 Sigrid	6:30-7:15 p.m. <b>Kettlebell XL</b> Studio Erin	7:30-8:30 p.m. <b>Martial Arts</b> Studio Mark							

## Water Classes

**Aqua Bootcamp:** If you are looking for a workout which will maintain or increase your fitness level with less impact on your joints, a "liquid gym" is the place to be! This higher intensity class is designed to improve cardio conditioning, alternating with strength/balance and core training segments. Water exercise is an excellent modality for cross training and gives knees and backs a break from land based cardio workouts. On-swimmers are welcome. (Intermediate-Advanced)

**Aqua Fit:** Medium to high intensity level workout offers a combination of moves in the shallow or deep water to build strength and endurance. (All levels)

**Silver Splash:** This class involves lots of fun & shallow water moves to improve agility, flexibility, & cardiovascular endurance. No swimming ability required. (All levels)

**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

**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)

**Get Happy Invigorating Yoga:** This class combines a series of energizing poses that will boost your energy and get you ready to tackle the week with an abundance of good energy. The class is designed for all levels and can be modified to suit your current yoga needs.

**Good Night Yoga:** This class combines a series of simple poses for following the natural world as it comes to rest at the end of the day. The sequences of poses are designed to calm the mind, relieve tension and assist with achieving a good night of sleep. Poses can be modified for all levels.

**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)

**Yoga:** This introductory yoga class is ideal for those who are new to yoga. Basic yoga poses, techniques and breathing are the focus of this beginner class. (All Levels)

**All levels vinyasa:** 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.

**Pilates:** This class focuses on the basic instruction of the Pilates method; class focuses on core strengthening. Benefits include increased muscular definition, improved body awareness and coordination. (All Levels)

**SilverSneakers® YogaStretch:** Designed for seniors and older adults, YogaStretch is a popular Silver Sneakers class that leads you through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

## 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)

**Active Agers Interval:** Class will combine strength, core, and aerobic exercises. Weights, bands, balls, will be used. Low impact and geared for active older adults. (All levels)

**Active Agers Strength Training:** This 45-minute class strengthens muscles, tendons, and ligaments, improves balance, increases range of motion, and, best of all, gives you ENERGY! Recommended for 60 and older but all ages are welcome. (All Levels)

**Active Agers Yoga & Pilates:** Improve your strength, flexibility, & mobility through yoga poses specially adapted for seniors at any level of health & fitness. (All Levels)

**Spinning:** All levels welcome! Work at your own pace. Great Cardio!

**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)

**Cardio Kick:** Cardio and weight training with an emphasis on kick-boxing. A high intensity class that uses boxing bags for maximum muscle burn. (All Levels)

**Core de Force:** Boxing, Kickboxing, and Muay Thai combinations mixed with fat-blasting cardio and bodyweight moves to help you zero in on stubborn belly fat and carve allover definition.

**Country Heat:** This class is a high energy, low impact, country inspired fitness class! You won't feel like you are working out because you are having so much fun! (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)

**HIIT Fusion:** Traditional Hit Workout (20 seconds work, 10 seconds rest) with separate cardio and weight iterations. A total body workout that yields maximum calorie burn. (All Levels)

**INSANITY:** A revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training.

**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)

**Kettlebell XL & Kettlebell:** Kettlebell allows you to reach you full potential by using kettlebell exercises and combining them into resistance and aerobic training. This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio to complete a full body workout! (All levels)

**Just Move:** A circuit style workout, using a variety of equipment, in which participants perform different cardio and strengthening exercises each for a minute

**Piyo:** A combination of yoga poses with Pilates to build core strength & enhance agility & balance. (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)

**Step Interval:** You'll burn calories and shape your body with lots of varied, choreography. Straddles and repeaters, V-steps and marches, step touches and knee lifts. Resistance equipment will be utilized for intervals throughout class. (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.

**Sunrise Circuit:** Sunrise circuit is an excellent full body workout aimed at improving mobility, strength, stamina, fitness and body tone! (All Levels)

**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.

**Tone and Tighten (TNT) & Toning Circuit:** These classes are a challenge for the muscles. Come work your major muscle groups the arms, back, chest, legs, hips, thighs, abdominals and buttocks. This class utilizes a variety of equipment. Come and sculpt your body. (Intermediate)

**TRX:** 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)

**Youth Circuit Training:** Participants will learn proper form & technique of various fitness formats, while experiencing & learning how much fun fitness can be! (All levels) (5th-12th grade)

**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.

**Zumba Strong:** Combines body weight, muscle conditioning, cardiovascular, and plyometric training moves that have been synced to original music designed to match every single move.