

September 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 September 31, 2018.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-6:45 a.m. Spinning Spin Room Catherine	6-6:45 a.m. HIIT Studio Catherine	5:45-6:45 a.m. Spinning Spin Room Nate	6-6:45 a.m. HIIT Studio/Gym Catherine	6-6:45 a.m. Spinning Spin Room John	8-8:45 Aqua Bootcamp Pool Peach	8-9:20a.m. Get Happy Invigorate Yoga Area 2/Outside Peach
7-7:45 Barre Studio Megan G.	7-7:45 a.m. Sunrise Circuit Studio Wendell	7-8 a.m. Yoga Area 2 & 3 Donna	7-7:45 a.m. Barre Studio Megan G.	7-7:45 a.m. Sunrise Circuit Studio Wendell	8-9:15 a.m. Power Yoga Studio Rose	9:30-10:30 a.m. Aqua Bootcamp Indoor Pool Peach
8-8:45 a.m. Good Morning Zumba Studio Tammy	8:15-9 a.m. Strength & Conditioning Studio Anthony	8-8:45 a.m. Body Sculpting Studio Wendell	8:15-9 a.m. TNT Studio Josh	8-8:45 a.m. Minute Madness Studio Wendell	9:30-10:15 a.m. Country Heat Studio Autumn	8:30-9:30 a.m. Spinning Spin Room Chermanda
8:15-9:15 a.m. Pilates Area 2 Rose Marie/Julie	8:30-9:45 a.m. All Levels Vinyasa Area 2 & 3 Instructor TBD	8:30-9:45 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	10:30-11:15 a.m. Core de Force Studio Autumn	9:30-10:15 a.m. TurboKick 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. HIIT Fusion Studio Chelsea	11:15 a.m.-noon TRX Studio Anthony	10:30-11:15 a.m. Kettlebell Amped Studio Autumn
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	12:15-1 p.m. TNT Studio Kara	10:30-11:30 a.m. Kids' Bootcamp Racquetball Court Megan M.
9:30-10:15 a.m. Tabata Studio Erin	9-9:45 a.m. Bootcamp Studio Chelsea	9-9:45 a.m. Kettlebell Studio Josh	9:30-10:30 a.m. Military Style Bootcamp Studio Josh	9:30-10:30 a.m. Spinning Spin Room Chermanda		1-3 p.m. Martial Arts Studio Mark
9:30-10:30 a.m. Power Yoga Area 2 Rose	10-10:45 a.m. Active Agers Strength Auditorium Carol	10-10:45 a.m. SilverSneakers Circuit Auditorium Christine	10-10:45 a.m. Active Agers Interval Auditorium Carol	10-10:45 a.m. Active Agers Aerobics Auditorium Carol		
10-10:45 a.m. SilverSneakers Circuit Auditorium Christine	10-10:45 a.m. Chair Pilates Area 2 & 3 Rose Marie	10-11 a.m. Chair Pilates Area 2 & 3 Rose Marie	10:30-11:15 a.m. TurboKick Studio Chelsea	10:30-11:15 a.m. Toning Circuit Studio Erin		
10:30-11:15 a.m. Kettlebell Studio Erin	10:30-11:15 a.m. TurboKick Studio Chelsea	10:30-11:15 a.m. TNT Studio Wendell	10:45-11:30 a.m. SilverSneakers Yoga Area 2 Christine	11:15 a.m.-noon Zumba Gold Studio Tanya		
11-11:45 a.m. Active Agers Yoga & Pilates Area Room Christine	11:15 a.m.-noon TRX Studio Anthony	10:45-11:30 a.m. Aqua Bootcamp Pool Trent	11:15 a.m.-noon SilverSplash Pool Lori			

Group Exercise Updates

Fall Group Fitness Frenzy: Sept. 1 through Sept. 14 - Bring a Friend to Group Fitness Classes for FREE! Eligible group fitness classes include: Aqua Bootcamp, Barre, Body Sculpting, Bootcamp, Core de Force, Country Heat, Good Morning Zumba, HIIT, HIIT Fusion, Kettlebell, Kettlebell Amped, Kettlebell XL, Martial Arts, Military Style Bootcamp, Minute Madness, Piyo, Spinning, Strength & Conditioning, Sunrise Circuit, Tabata, TNT, Toning Circuit, Turbokick, Water Werks, Zumba, Zumba Gold & Zumba Strong.

A one-time waiver must be completed at the fitness desk prior to first visit. Guests must sign-in at each class. Limited to members and their guests, ages 16 and older, and does not include SilverSneakers, Active Agers, Pilates, TRX or yoga classes due to space limitations.

Members who attend classes in September and October will receive a raffle ticket for each class attended. One winning raffle ticket will be drawn weekly for prizes such as personal training or a personal massage. No limit on entries! Spice up your regular workout routine with our group fitness offerings. Take multiple formats with different teachers to find which ones are perfect for you, and have a chance to win a prize in the process!

Labor Day, Monday, Sept. 3 - Facility open 8 a.m.-1 p.m. & outdoor pool open 11 a.m.-7:45 p.m. Modified group exercise schedule (no childcare); Zumba with Tammy & Pilates with Julie at 8-9 a.m.; Power Yoga with Rose at 9:30-10:45 a.m.; Water Werks with Elaine at 10-11 a.m. & Toning Circuit with Wendell at 11 a.m.-noon

Sept. 4-7 - Fitness floor partially closed for new equipment installation; free weights, Spinning and Studio open during this time. Group fitness classes will be unaffected.

Sept. 10-11 - Facility closed for Rosh Hashanah & Sept. 19 - Facility closed for Yom Kippur

Sundays, Sept. 23 & Oct. 21 at 2-4 p.m. - Holistic Health & Healing Workshop with Christine! Enjoy an afternoon with yoga therapist Christine and learn how to heal through breath and movement. Take a journey through stress management and healing from a holistic whole person approach through yoga. This workshop will be divided into five parts using the chakra system as the medium for change and is appropriate for any fitness level. Limited to 15 participants per class. \$60 Member/\$70 Guest per workshop.

Build and challenge your core strength and functional fitness with TRX Suspension Training. 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.

All classes subject to change without notice. Visit ShawJCC.org for latest schedule or text @shawjfit to 81010 for the latest



**FALL GROUP
FITNESS FRENZY**
September 1st-14th
Bring a Friend to Group Fitness Classes for
FREE!

	4:15-5 p.m. SilverSplash* Pool Christine		
4:45-5:30 p.m. TRX Studio Anthony	5:30-6:15 p.m. Spinning Spin Room Annette	2-2:45 p.m. Active Agers Yoga* Area 2 Christine	5:30-6:15 p.m. Strength & Conditioning Studio Josh
5:30-6:20 p.m. Power Yoga Area 2 & 3 Rose	5:30-6:30 p.m. Strength & Conditioning Studio Josh	4:45-5:30 p.m. TRX Studio Anthony	5:30-6:30 p.m. Aqua Bootcamp Pool Peach/Trent
5:30-6:30 p.m. Bootcamp Studio Dena	5:45-6:45 p.m. Pilates Area 2 Rose Marie	5:30-6:30 p.m. Bootcamp Studio Erin	6:15-7:15 p.m. Zumba Studio Brittney
6:30-7:15 p.m. Zumba Strong Studio Autumn	6:30-7:30 p.m. Aqua Fit Pool Annette	5:30-6:30 p.m. Power Yoga Area 2 Rose	6:30-7:30 p.m. Power Yoga Area 2 Kelly
6:30-7:30 p.m. Meditation Yoga Area 2 Laura	6:30-7:30 p.m. Zumba Studio Sue	6:30-7:30 p.m. Spinning Spin Room Chermanda	6:30-7:30 p.m. Kids' Bootcamp Racquetball Court Megan M.
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	7:30-8:30 Martial Arts 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!

Body Sculpting: A primarily strength based class in which participants use a variety of equipment to strengthen and tone all major muscle groups of the body.

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 May Thai combinations mixed with fat-blasting cardio and bodyweight moves to help you zero in on stubborn belly fat and carve all-over 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)

Kids Bootcamp: This class is designed to improve agility, cardio, & strength, while the kids have fun too! Class will include use of lightweight equipment, circuits, bodyweight exercises, & more! (5-13 yrs.)

Military Style Bootcamp: Train like America's elite soldiers! 45 minutes of cardio and strength designed for the ultimate total body workout.

Minute Madness: 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.

