

January-March 2018 Group Exercise Schedule

*Participants: 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 Jan. 2-March 31, 2018.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-6:45 am Spinning Spin Room Catherine	6-6:45 am HIIT Studio Catherine	6-6:45 am Spinning Spin Room Nate	6-6:45 am HIIT Studio/Gym Catherine	6-6:45 am Spinning Spin Room John	8-8:45am Aqua Bootcamp Pool Peach	8-9 am Get Happy Invigorate Yoga Area 2 Peach
8-8:45 am Good Morning Zumba Studio Tammy	7-7:45 am Sunrise Circuit Studio Erin G.	7-8 am Yoga Area 2 & 3 Donna	7-7:45 am Sunrise Circuit Studio Megan G.	8-8:45am SilverSneakers Classic* Gym Carol	8-9:15 am Power Yoga Studio Rose	8:30-9:30 am Spinning Spin Room Chermanda
8-8:45 am SilverSneakers Classic* Gym Christine	8:15-9 am TNT Studio Anthony	8-8:45 am SilverSneakers Classic* Gym Christine	8:15-9 am TNT Studio Erin G.	9-9:45am Active Agers Aerobics* Gym Carol	9:30-10:15 am Country Heat Studio Autumn	9:30-10:15 am TurboKick Studio Autumn
8:15-9:15 am Pilates Area 2 Rose Marie	8:45-9:30 am SilverSneakers Classic* Gym Carol	8:30-9:45 am Yoga Area 2 & 3 Donna	8:15-9:15 am Pilates Area 2 Rose Marie	9:30-10:15 am HIIT Fusion Studio Shannon	10:30-11:15 am TRX Studio Erin G.	10:30-11:15 am Kettlebell Amped Studio Autumn
9-9:45am SilverSneakers Circuit* Gym Christine	9-10 am Water Werks Pool Elaine	9-9:45am SilverSneakers Circuit* Gym Christine	8:45-9:30 am SilverSneakers Classic* Gym Carol	9:30-10:30 am All Levels Yoga Area 2 Kevin		
9-10 am Water Werks Pool Elaine	9:30-10:30 am Bootcamp Studio Nikki	9-10 am Water Werks Pool Elaine	9-10 am Water Werks Pool Elaine	9:30-10:30 am Spinning Spin Room Chermanda		
9:30-10:15 am Tabata Studio Erin	9:45-10:30 am Active Agers Strength* Gym Carol	9:30-10:30 am Kettlebell Studio Josh	9:30-10:30 am Bootcamp Studio Erin G.	10:30-11:15 am Toning Circuit Studio Erin		
9:30-10:30 am Power Yoga Area 2 Rose	10:30-11:15 am Step Interval Studio Megan G.	10-11 am Chair Pilates* Area 2 & 3 Rose Marie	9:45-10:30 am Active Agers Interval* Gym Carol	<h2 style="text-align: center;">Group Exercise Updates:</h2> <p>Ongoing TRX Suspension Training Classes - Mondays, Tuesdays, Wednesdays & Saturdays! Call 330-867-7850, or stop by the fitness desk to register.</p> <p>New Year's DAY, Jan. 1 - Facility open 8 a.m.-1 p.m. (modified group exercise & no childcare): Pilates 8:15-9:15 a.m. with Marie Power Yoga 9:30-10:30 a.m. with Rose Water Werks 9-10 a.m. with Elaine Tabata 9:30-10:30 a.m. with Josh</p> <p>It's a NEW YEAR, get a fresh start at The J with our NEW JCCFITPLAN! FREE program for members. Two complimentary appointments with personal trainer to help you on your fitness journey. Only at The J!</p> <p>Choose 2 Lose 6-week Fitness & Weight Loss Challenge begins Jan. 9th! Register by Jan. 6th to secure your spot. \$99/member.</p> <p>Healios Caregiver Cleanse with Peach on Jan. 19. A day dedicated to the loveliness of you! \$120 member/\$145 guest. For women only.</p> <p>Evolve: 90 Day Transformation with Peach runs Jan.9-Apr. 6, Mondays-Fridays, 5-5:45 a.m. & group discussion Sundays. \$220/Member. For women only.</p> <p>All classes subject to change without notice. Visit ShawJCC.org for latest schedule or text @shawjfit to 81010 for the latest updates.</p> <p>Yellow Denotes new class, or class time change; Green denotes fee-based TRX Classes; and Blue denotes Youth Class or Kids Class</p>		
10:30-11:15 am Kettlebell XL Studio Erin	11:15 am-noon TRX Studio Anthony	10:30-11:15 am TNT Studio Nikki	10:30-11:15 am CardioKick/TurboKick Studio Shannon/Chelsea			
11-11:45 am Active Agers Yoga & Pilates* Area Room Christine		10:45-11:30 am Aqua Bootcamp Pool Trent	10:45-11:30 am SilverSneakers Yoga* Area 2 Christine			
			11:15 am-12 pm SilverSplash* Pool Lori			
			11:30-12 pm Pilates Express Burn Studio Shannon			
4:45-5:30 pm TRX Studio Anthony	4:15-5 pm SilverSplash* Pool Christine	2-2:45 pm Active Agers Yoga* Area 2 Christine	5:30-6:15 pm TNT Studio Josh			
5:30-6:20 pm Power Yoga Area 2 & 3 Rose	4:30-5:30 pm Youth Circuit Training Studio Anthony	4:45-5:30 pm TRX Studio Anthony	5:30-6:30 pm Aqua Bootcamp Pool Peach/Trent			
5:30-6:30 pm Bootcamp Studio Erin	5-5:45 pm Spinning Spin Room Annette	5:30-6:30 pm Bootcamp Studio Erin	6:15-7 pm Zumba Studio Brittney			
6:30-7:15 pm TurboKick Studio Autumn	5:30-6:30pm TurboKick Studio Chelsea	5:30-6:30 pm Kids' Bootcamp Gym Megan M.	6:30-7:30 pm Power Yoga Area 2 Kelly			
6:30-7:30 pm Meditation Yoga Area 2 Laura	5:45-6:45 pm Pilates Area 2 Rose Marie	5:30-6:30 pm Power Yoga Area 2 Rose				
7:30-8:15 pm Piyo Studio Autumn	6-7 pm Aqua Fit Pool Annette	6:30-7:30 pm Spinning Spin Room Chermanda				
	6:30-7:30 pm Zumba Studio Sue	6:30-7:15pm Kettlebell XL Studio Erin				
	7-8 pm Good Night Yoga Area 2 Sigrid					

CHOOSE 2 LOSE



Weight Loss Challenge

**Only \$99
for members**



Fitness Challenge

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)

SilverSplash: 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)

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 level welcome! Work at your own pace. Great Cardio Workout!

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)

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 HIIT Workout (20 seconds work, 10 seconds rest) with separate cardio and weight iterations. A total body workout that yields maximum calorie burn. (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)

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!

Pilates Express Burn: Scorch inches off your core, glutes, and hips in 30 minutes of continued traditional and non-traditional Pilates moves. Feel the burn hours after class is over!

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.

Silver Sneakers 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)

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)

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)