

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 June 30th (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 | 7-8 a.m. Yoga Area 2 & 3 Donna | 6-6:45 a.m. HIIT Studio/Gym Catherine | 6-6:45 a.m. Spinning Spin Studio John | 7:15-8 a.m. Sunrise Circuit Gym Wendell | 8-9:20 a.m. AM All-Level Yoga Area 2/Outside Peach |
| 8-8:45 a.m. Good Morning Zumba Studio Tammy | 7-7:45 a.m. Sunrise Circuit Studio Wendell | 8-8:45 a.m. Just Move Studio Wendell | 7-7:45 a.m. Barre Studio Megan G. | 8-8:45 a.m. Just Move Studio Wendell | 8-8:45 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 | 8:30-9:45 a.m. Yoga Area 2 & 3 Donna | 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 | 9:30-10:15 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 | 9-9:45 a.m. SilverSneakers Classic Auditorium Christine | 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. Country Heat Studio Autumn | 10:30-11:15 a.m. Kettlebell Amped Studio Autumn |
| 9-9:45 a.m. SilverSneakers Classic Auditorium Christine | 9-9:45 a.m. SilverSneakers Classic Auditorium Carol | 9-10 a.m. Water Werks Pool Elaine | 9-9:45 a.m. SilverSneakers Classic Auditorium Carol | 9-9:45 a.m. HIIT Fusion Studio Kara | 10:30-11:30 a.m. El Ninos Dance Fitness (Kids) Racquetball Court 1 Narketta | |
| 9-10 a.m. Water Werks Pool Elaine | 9-10 a.m. Water Werks Pool Elaine | 9-9:45 a.m. Kettlebell Studio Josh | 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. Core de Force Studio Autumn | |
| 9:30-10:15 a.m. Tabata Studio Erin | 9-10 a.m. Tai Chi Studio Rita | 9:45-10:30 a.m. WERQ Studio Tong | 9:30-10:30 a.m. Bootcamp Studio Josh | 9:30-10:30 a.m. Spinning Spin Studio Chermanda | 11:15a.m.-noon TRX Studio Anthony | |
| 9:30-10:30 a.m. Power Yoga Area 2 Rose | 9-9:45 a.m. Spinning Spin Studio Annette | 10-10:45 a.m. SilverSneakers Circuit Auditorium Christine | 9:30-10:30 a.m. Outside Yoga! TBD/back field Kevin | 10-10:45 a.m. Active Agers Aerobics Auditorium Carol | Fitness Center Childcare Hours Mondays- Thursdays, 8-11:30 a.m. & 4:30-7:30 p.m. Fridays & Sundays, 8-11:30 a.m. Saturdays, 8-1 p.m. Fees: \$4/hour for the first child; \$1.50/hour for the second child (second child rate will increase to \$2.00/hour effective July 1, 2019) Childcare Cards: We will continue to offer a \$40 Childcare Card with no expiration date. A new \$80 Childcare Card that includes 20 visits plus two free hours is now available. These passes expire within one year of purchase date and do not have to be used within the month they are purchased. The new \$88 Frequent Care Card, expires within a month of the purchase date. The Frequent Care Card reduces your cost for the first hour to \$3.67/visit and is a bigger discount for our frequent users. | |
| 10-10:45 a.m. SilverSneakers Circuit Auditorium Christine | 10-10:45 a.m. Active Agers Strength Auditorium Carol | 10-11 a.m. Chair Pilates Are 2 & 3 Rose Marie | 10-10:45 a.m. Active Agers Interval Auditorium Carol | 10:30-11:15 a.m. Toning Circuit Studio Erin | | |
| 10:30-11:15 a.m. Kettlebell Studio Erin | 10-10:45 a.m. Chair Pilates Area 2 & 3 Rose Marie | 10:45-11:30 a.m. Aqua Bootcamp Pool Trent | 10:30-11:15 a.m. SilverSplash* Pool Lori | 11:15 a.m.-noon Zumba Gold Studio Tanya | | |
| 11-11:45 a.m. Active Agers Yoga Area Room Christine | 10:15-11 a.m. Aqua Core & Strength Outdoor Pool Annette | | 10:45-11:30 a.m. SilverSneakers Yoga Area 2 Christine | Group Fitness Updates NEW CLASS! WERQ - WERQ (pronounced "work") is the wildly addictive dance fitness class based on the hottest pop, rock, and hip-hop music. Since its debut in Chicago, WERQ has been featured as one of the hottest workouts in the US. WERQ makes dance accessible to every level of student and includes quality instruction by Certified Fitness Professionals. NEW CLASS! POUND Cardio Drumming - Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! Rockout. Workout. First class free. \$5/session after. 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: \$45 Member/\$55 Guest per month (ongoing classes). NEW CLASS! Aqua Core & Strength - Tuesdays, 10:15- 11 a.m. Have fun in the outdoor pool focusing mainly on core strength, Pilates-style moves, and other body weight moves using the water as resistance. NEW CLASS! Spin N Strength Fusion - Tuesdays, 6-7 p.m. Ride varying 'terrain' interspersed with intervals of body weight and kettlebell strength moves. NEW CLASS!! 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 Ninos/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. Special Events: Pick up a program guide to find out about these special events! HealiOS 360 - Continues April 8 through June 30 - Mondays through Fridays-5:05-6 a.m. with Dr. Peach Yahney. Singing Bowl Savasana - June 29, noon-2 p.m. with Kevin Karas. <i>Yellow denotes new class, class time change, or new class name; Green denotes fee-based Classes; and Blue denotes Youth Class or Kids' Class.</i> | | |
| | 11:15 a.m.-noon TRX Studio Anthony | | | | | |
| 4:45-5:30 p.m. TRX Studio Anthony | 5:30-6:30 p.m. Strength & Conditioning Studio Kara | 2-2:45 p.m. Active Agers Yoga* Area 2 Christine | 5:30-6:15 p.m. Strength & Conditioning Studio Josh (thru 5/16) | | | |
| 5:30-6:30 p.m. Power Yoga Area 2 & 3 Rose | 5:45-6:45 pm Pilates Area 2 Rose Marie | 4:45-5:30 p.m. TRX Studio Anthony | 5:30-6:15 p.m. POUND cardio drum. Studio Lynn | | | |
| 5:30-6:30 p.m. Bootcamp Studio Dena | 6-7 p.m. Spin Fusion Spin Studio Nate | 5:30-6:30 p.m. Bootcamp Studio Erin | 5:30-6:30 p.m. Aqua Bootcamp Pool Peach/Trent | | | |
| 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 | 6:15-7:15 p.m. Zumba Studio Brittney | | | |
| 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 Studio Chermanda | 6:30-7:30 p.m. Power Yoga Area 2 Kelly | | | |
| 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 | 7:15-8:00 p.m. PiYo Studio Autumn | | | |

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 Aerobics & Balance: This 45-minute class includes your warmup will be working on both light aerobic activity and improving balance in this class. 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 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)

EL Niños Dance Fitness Niños in Spanish means children bring your kids to this new and exciting class involving dance moves to give them a great workout, improve their mobility, balance and so much more.

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 45-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.

Tai Chi: A series of gentle movements led by the breath and with great focus.

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.