Shaw JCC Akron

November 2019 Group Fitness Schedule

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 Oct. 31 (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	6-6:45 a.m. **Spinning** Spin Studio Craig	6-6:45 a.m. **HIIT** Studio/Gym Catherine	6-6:45 a.m. **Spinning** Spin Studio John	7:15-8 a.m. **GetFit** Gym Wendell	8-9:15 a.m. **Moderate Flow Yoga** Area 2 Arnita
8-8:45 a.m. **Good Morning Zumba** Studio Tammy	7-7:45 a.m. **GetFit** Studio Wendell	7-8 a.m. **Yoga** Area 2 & 3 Donna	8:15-9 a.m. **TNT** Studio Josh	8-8:45 a.m. **Just Train** Studio Wendell	8:30-9:15 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 Julie	8:15-9 a.m. **Strength & Conditioning** Studio Anthony	8-8:45 a.m. **Just Train** Studio Wendell	8:15-9:15 a.m. **Pilates** Area 2 Rose Marie	9-10 a.m. **Water Werks** Pool Elaine	8-9:15 a.m. **Power Yoga** Studio Rose	8-8:45 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	8:15-9:30 a.m. **Yoga** Area 2 & 3 Donna	9:15-10 a.m. **SilverSneakers Classic** Auditorium Megan	9:15-10 a.m. **SilverSneakers Classic** Auditorium Annette	9:30-10:15 a.m. **Zumba Toning** Studio Autumn	9-9:45 a.m. **Kettlebell Amped** Studio Autumn
9-9:45 a.m. **SilverSneakers Classic** Auditorium Christine	9:15-10 a.m. **SilverSneakers Classic** Auditorium Megan	9-9:45 a.m. **SilverSneakers Classic** Auditorium Christine	9-10 a.m. **Water Werks** Pool Elaine	9-9:45 a.m. **POUND** Studio Lynn	10:30-11:30 a.m. **El Niño's Dance Fitness** (Kids) Racquetball Court 1 Narketta	
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. **Bootcamp** Studio Josh	9:30-10:30 a.m. **All Levels Yoga** Area 2 Kevin	10:30-11:15 a.m. **Transform** Studio Autumn	
9:30-10:15 a.m. **Tabata** Studio Erin	9-10 a.m. **Tai Chi** Studio Rita	9-9:45 a.m. **Kettlebell** Studio Josh	9:30-10:30 a.m. **Moderate Yoga** Area 2 Kevin	10-10:45 a.m. **Active Agers Aerobics** Auditorium Annette	11:15a.m.-noon **TRX** Studio Anthony	
9:30-10:30 a.m. **Power Yoga** Area 2 Rose	10-10:45 a.m. **Active Agers Strength** Auditorium Megan	9:45-10:30 a.m. **WERQ** Studio Tong	10-10:45 a.m. **Active Agers Interval** Auditorium Megan	10:30-11:15 a.m. **Toning Circuit** Studio Erin		
10-10:45 a.m. **SilverSneakers Circuit** Auditorium Christine	10-10:45 a.m. **Chair Pilates** Area 2 & 3 Rose Marie	10-10:45 a.m. **SilverSneakers Circuit** Auditorium Christine	10:45-11:30 a.m. **SilverSneakers Yoga** Area 2 Christine			
10:30-11:15 a.m. **Kettlebell** Studio Erin	11:15 a.m.-noon **TRX** Studio Anthony	10-11 a.m. **Chair Pilates** Are 2 & 3 Rose Marie	10:30-11:30 a.mm. **Zumba Gold** Gym Tanya			
11-11:45 a.m. **Active Agers Yoga** Area Room Christine		11a.m.-12p.m. **Tai Chi** Studio Rita				
4:45-5:30 p.m. **TRX** Studio Anthony		2-2:45 p.m. **Active Agers Yoga*** Area 2 Christine				
5:30-6:30 p.m. **Power Yoga** Area 2 &3 Rose	5:30-6:30 p.m. **Strength & Conditioning** Studio Kara	4:45-5:30 p.m. **TRX** Studio Anthony	6-7 p.m. **Spinning** Spin Studio Nate			
5:30-6:30 p.m. **Bootcamp** Studio Dena	5:30-6:30 pm **Pilates** Area 2 Rose Marie	5:30-6:30 p.m. **Bootcamp** Studio Erin	5:30-6:15 p.m. **Strength & Conditioning** Studio Kara			
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	5:30-6:30 p.m. **Aqua Bootcamp** Pool Peach			
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	6:15-7:15 p.m. **Zumba** Studio Alison/Kristy			
7:30-8:15 p.m. **PiYo (thru Nov 4)** Studio Autumn	7-8 p.m. **Good Night Yoga** Area 2 Sigrid	6:30-7:15 p.m. **Kettlebell XL** Studio Erin	6:30-7:30 p.m. **Power Yoga** Area 2 Kelly			

Center Holiday Hours:
Thanksgiving 8am-1pm
Day After 8am-1pm W/ Child care 8-11:30am
Plenty of Group Ex during the holiday and ALL weekend!
Watch for postings!

Group Fitness Updates/Changes

POUND and Strength & Conditioning are flipped! Pound is moving from 5:30 p.m. on Thursdays to 9 a.m. on Fridays. On 5:30 p.m. Thursday, we will see the addition of a second Strength & Conditioning class due to popular demand.

CHANGES:
Tuesday/Thursday & Friday Silver Sneaker Classic time changed to 9:15 am..

Classic Spin added Thursday eves. @ 6 pm

ROM (Ride of the Month) -Experience this elevated Spin session. $8/reserve your bike! November 30th

WERQ - WERQ (pronounced "work") is the wildly addictive dance fitness class based on the hottest pop, rock, and hip-hop music.

POUND Cardio Drumming - Channel your inner rockstar. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – **Rockout. Workout. First class FREE. 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: **1X/week pass**: $45 Member/$55 Guest per month: **2X/week pass**: $75 Member/$80 Guest per month

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 Niño's/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.

COMING SOON: **VIBE Room - New Studio for groups and special classes should be fully ready mid-November. PLUS: More classes featuring our new Spinning Chrono Power Bikes**