



GROUP EXERCISE CLASS SCHEDULE FEBRUARY

Start	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:55		BodyPump™- Michelle-CS		BodyPump™-Michelle-CS		9:00 Hiit-Gretchen/Katie-CS	9:00 Yoga-Carolyn- DS
6:00			Power Yoga-Layla-DS			10:00 ZUMBA®-Angela/ Victoria-DS	10:00 BodyPump™-Jackie-CS
8:00	ZUMBA®-Angela-DS ■ Jacki Sorensen Aerobic Dance - G	Hiit-Gretchen-CS ■ Jacki Sorensen Aerobic Dance - G		Hiit Barre - Layla-DS Cardio Fitness Blast!-Audrey -CS ■ Jacki Sorensen Aerobic Dance - G	ZUMBA®-Rocio-DS ■ Jacki Sorensen Aerobic Dance - G		11:00 Yoga-Carolyn-DS
8:30	Cycle 55-Audrey-TS		Cycle & Core-Layla-TS		Cycle 55-Beth-TS	If a class does not average a minimum of 8 participants per month, the JCC reserves the right to cancel or reschedule the class.	
9:00	Muscles in Motion-Angela-G BodyPump™- Jessica-CS ◆ Aquafit-Gretchen-P	Step It Up-Angela-CS ◆ Power H20-Naomi-P	Muscles in Motion-Audrey-G BodyPump™- Jessica-CS ◆ Aquafit-Angela-P	Step Interval-Anna-CS ◆ Power H20-Naomi-P	Muscles in Motion-Gretchen-G BodyPump™- Cindy-CS ◆ Aquafit-Lisa-P		
10:00	Pilates Mat-Anita-AD T.B.C-Anna-CS	NIA-Brenda-CS	Pilates Foam Roller-Anita-AD T.B.C-Audrey-CS	NIA-Brenda-CS	Pilates Mat-Anita-AD T.B.C-Gretchen-CS		
11:00	Fit 4 Life-Roberta-AD Yoga Flow-Anita-DS	Fit 4 Life-Gretchen-AD	Fit 4 Life-Naomi-AD Yoga-Roberta-DS	Fit 4 Life-Audrey-AD	Fit 4 Life-Roberta-AD Gentle Yoga-Mary-DS		
12:15					Barre Express-Roberta-DS		
5:30	■ Jacki Sorensen Aerobic Dance - G Hiit Barre - Layla-DS	ZUMBA®-Rocio-DS	■ Jacki Sorensen Aerobic Dance - G	ZUMBA®-Rocio/Francesca-DS	BodyPump™ classes are 60 min./MO & FR Zumba classes are 50 min. Barre Express is 30 min. All other classes are 55 minutes. All classes are FREE/JCC Members only unless marked: ■ Register/Pay with instructor, ◆ Free to Membership Plus Only (some restrictions apply) or Daily/Monthly Fees apply. All Participants Must Check in at the CID with their Membership Card Before Class. Class Locations/Instructors Subject to Change.		
6:00	Conditioning-Mandi-CS	Fitness Fusion-Cindy-CS Cycle 55-Cesar-TS	Conditioning-Mandi-CS	Fitness Fusion-Cindy-CS Cycle 55-Cesar-TS			
6:30		Yoga Flow-Mary-DS		Yoga Flow-Mary-DS			
7:00	Pilates Inspired-Paty-CS	BodyPump™- Cindy-CS	Pilates Inspired-Paty-CS	BodyPump™- Cindy-CS			

♥ The American Heart Association recommends at least 30 minutes of moderate cardio exercise 5 times a week totaling 150 minutes a week.

◆ **Aquafit** Pool workout using water resistance that is easy on the joints. JCC Members Only. \$5/class or \$25/month. Free to Membership Plus.

Barre Express class is a whole body, dynamic, safe and effective workout to music based on Pilates principles and dance movements wrapped up in a quick 30-minute express workout. Students participate in bare feet or socks with grips.

BODYPUMP™ Original 60-minute barbell class that strengthens your entire body and challenges all major muscle groups using weight-room exercises and great music. **Classes are first come/first served. To participate, sign in at the S&F desk to get a pass for class. (No Pass No Class.)**

Cardio Fitness Blast! Cardio conditioning through focused exercises, fitness, and strength training using weights in an interval format.

Conditioning Combo class of muscle training & cardiovascular moves.

Cycle 55 Bringing road-riding indoors, this 55-minute cycle class will have you riding over hills and racing on flats, allowing for brief breaks for water and towels. Come ready to sweat.

Cycle & Core This 45-minute indoor road ride finishes up with a core-blasting segment designed to keep you fit from head to toe.

Fit 4 Life Focus on strength, flexibility and endurance in this class done from a seated position.

Fitness Fusion Overcome your fitness plateaus with this fat-blasting workout fusing strength, power, and endurance training. Formats rotate on a monthly basis to challenge your body with the variations needed to avoid a fitness pitfall and maximize results!

Gentle Yoga is for all levels and encompasses a variety of yoga styles with emphasis on moving safely into each pose, allowing time to make needed adjustments and finding ways to utilize supportive props. There may be a therapeutic concentration on specific areas of the body or a focus on restorative components.

Hiit (High Intensity Interval Training) An intense, drill-based class designed to quickly increase your level of fitness while building muscle/burning fat.

Hiit Barre A high-intensity fitness class mixing elements of ballet, yoga, and Pilates to give maximum results in developing stamina and a sculpted dancer's physique. Space is limited to 12 participants so arrive early.

Muscles in Motion Weight-training class using dumbbells, flexibility balls, and tubes.

NIA Nia is fusion fitness that combines dance arts, martial arts and healing arts, like yoga. It is all about the Joy of Movement/moving in Your Body's Way. Nia is for Everybody.

Pilates Inspired sculpts and tones your body using an inspired approach to traditional Pilates. Mats, balls, bands, and weights are used. Focus is on core strength, flexibility, and overall body conditioning.

Pilates Mat focuses on developing flexibility, strength, coordination, and balance using the body's own weight, range of movement, and attention to alignment on the exercise mat and in a variety of positions.

Pilates on the Foam Roller Pilates exercises on the 36" x 6" Foam Roller will increase your balance, strength and flexibility with a unique challenge. If you have your own roller, bring it to class. Rollers will be available to use during class. This class is NOT recommended for individuals with osteoporosis, spinal injuries or spinal sensitivity.

◆ **Power H20** Water aerobics that incorporates aqua belts, noodles and hand-held buoys. **Register at the Sports & Fitness Courtesy Desk.** JCC Members Only. \$5/class or \$25/month. Free to Membership Plus.

Power Yoga A vigorous fitness-based Yoga that will build strength and flexibility as well as help reduce stress; open to all levels.

■ **Jacki Sorensen's Aerobic Dancing** A progressive 12-week session of aerobic dance. **For fees and to register, contact Phyllis Patterson at 490-1283 or Elaine Gardner at 885-5094.** Open to the community.

Step It Up Join this non-stop old-school step class and vamp up your steady state aerobic conditioning. Come ready to dance on your step.

Step Interval This class blends old-school step with new-school fitness training. Utilizing the step, routines are designed to incorporate traditional step movements interlaced with Tabata-style intensity blasts.

T.B.C. A total body conditioning workout combining resistance training, cardio intervals, power drills, plyometrics, and endurance training in a HIGH energy class!

Yoga Traditional static poses that impact muscular endurance, strength and flexibility.

Yoga Flow A multi-level class recommended for all those who wish to deepen their yoga practice along with increasing their strength and physical conditioning. Modifications, variations, and correct use of props are included to help integrate mind/body work, breathing practices, flexibility increases, and balance challenges.

Zumba® Latin dance class that features exotic rhythms set to high-energy Latin and international beats.