



# GROUP FITNESS SCHEDULE

EFFECTIVE AUGUST 1, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
	SPRINT (30) 6:00-6:30 AM S3-Dave	CYCLE (45) 5:30-6:15 AM S3-Heather	BODYPUMP 5:30-6:15 AM # S2- Michaelae	SPRINT (30) 6:00-6:30 AM S3- Sammy / Dave	CYCLE (45) 5:30-6:15 AM S3-Heather	SPRINT (30) 6:00-6:30 AM S3-Lisa					
BODYPUMP 8:00-8:45 AM # S2-Rotation	CYCLE (45) 8:00-8:45 AM S3-Lori	FIERCE 45 8:00-9:00 AM # S2- Cindy	CYCLE (30) 8:00-8:30 AM S3-Melissa T	FIERCE 45 8:00-8:45 AM # S2-Cindy	CYCLE (30) 8:00-8:30 AM S3-Lori	BODYPUMP 8:00-9:00 AM # S2-Claudia					
YOGA 9:00-10:00 AM # S2-Rotation	BODYCOMBAT 9:00-10:00 AM S1/outside - Michelle	BODYPUMP 9:15-10:15 AM # S2-Katie	PIYO/SoulFusion 9:15-10:15 AM # S1 - Susannah	BARRE 9:15-10:00 AM # S2-Susannah	BODYATTACK 9:15-10:00 AM S3-Michaline	BODYPUMP 9:15-10:15 AM # S2-Michaline	PIYO/SoulFusion 9:15-10:15 AM #- S1 Susannah	BODYCOMBAT 9:15-10:00 AM # S2-Michaline	BODYPUMP 9:30-10:30 AM # S2-Justine	BODYATTACK 9:15-10:00 AM S3/outside - Katie	HI/LO CIRCUIT 9:15-10:15 AM # S2-Heather
BARRE 10:15-11:15 AM # S2-Lisa					*MOMENTUM 10:15-11:15 AM S2	YOGA 9:30-10:30 AM S1 Cindy	POWER YOGA 10:45-11:45 AM # S2-Rotation				
	RPM (45) 10:30-11:15 S3 - Dave	TONE 10:30-11:15 AM S2-Michaline	BETTER BALANCE 10:45-11:45 AM # S1-Chris	*MOMENTUM 11:00-12:00 PM S2	TAI CHI CHIH 10:45-11:45 AM # S1-Jack	SH'BAM 10:30-11:15 AM # S2-Michaline	SILVER SNEAKERS 10:45-11:45 AM # S1-Chris	CHAIR YOGA 11:00-12:00 PM # S1-Chris B			
		ZUMBA GOLD 12:00-1:00 PM # S2 -Renee	CHAIR YOGA 12:00-1:00 PM # S1-Chris B		SILVER SNEAKERS 12:00-1:00 PM # S1-Chris			ZUMBA GOLD 12:00-1:00 PM # S2 -Renee			
		*MOMENTUM 2:00-3:00 PM S2		GENTLE YOGA 1:00-2:00 PM # S2-Craig		PILATES FUSION 1:00-2:00pm. # S2 - Sally		GENTLE YOGA 1:00-2:00 PM # S2-Liz	*MOMENTUM 2:00-3:00 PM S2		
				BARRE 4:30 - 5:15pm # S2-Melissa	*MOMENTUM 2:00-3:00 PM S1		BARRE 4:30 - 5:15pm # S2-Melissa				
		TUNE UP 5:15-6:15 PM # S2-Heather	RPM/CYCLE 5:30-6:15 PM S3 - Dave	YOGA - Vinyasa Flow 5:45-6:45 PM # S1 Emily	TONE 5:30-6:15 PM # S2-Rotation	TUNE UP 5:15-6:15 PM # S2-Heather		HEAVY HIITers 5:30-6:15 PM S2-Michelle	FRIDAY NIGHT FIGHTS 5:15 - 6:15PM # S1-Heather		
		BODYPUMP 6:30-7:30 PM S2-Justine		CORE FOCUS 6:30-7:00 PM # S2-Heather		BODYPUMP 6:30-7:30 PM # S2-Channing	SPRINT 6:00-6:30 PM S3 - Michelle B	BODYCOMBAT 6:30-7:30pm S2 Claudia			
			ZUMBA 7:00-7:45 PM # S2-Heather								

# FREE Group Fitness Classes

Group Fitness Classes at the JCC are FREE and don't require registration.

With over 80 diverse, weekly classes, and three power-packed studios, we strive to meet as many of your fitness needs as possible. Our instructors are here to make sure that you're surrounded by a positive, inclusive, fun environment that motivates you to stay engaged and improve your health!

Whether you're looking for high intensity or low impact, strength or cardio, we have you covered with our group fitness classes.



SCAN OR CLICK  
TO VIEW CLASSES



## Barre

An intense, calorie-burning, muscle-sculpting workout designed to trim, tighten, and tone your entire body using small movements and repetition.

## Friday Night Fights

Friday Night Fights is your time to train like a fighter. Using sparring for cardio and interval training. Join in for the fight!

## SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity. A chair is used for seated and/or standing support.

## Better Balance

A class that teaches balance techniques, skill development, and fall-prevention strategies. You will learn to move through life with greater confidence and stability!

## Gentle Yoga

A Yoga class designed for aging adults or anyone looking for an easy to follow Yoga class. We will guide you through a series of Yoga poses.

## SPRINT by Les Mills

A 30-minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve results.

## BODYATTACK by Les Mills

A high-energy interval training class that combines athletic aerobic movements with strength and stabilization exercises.

## Heavy HIITers

Join this high-intensity interval training class to focus on cardio and strength. This class uses a variety of resistance tools and is appropriate for all abilities.

## Tai Chi Chih

A series of 19 movements and one pose. Tai Chi Chih circulates and balances the Vital Force or Chi bringing improvements in health, creativity, performance, and intuition.

## BODYCOMBAT by Les Mills

A fun, energetic mix of martial arts and endurance, unleashing strength you never knew you had!

## High/Low Circuit

Consists of multiple stations using a variety of equipment alternating between high and low-intensity aerobic, tabata, and HIIT intervals.

## TONE by Les Mills

Combines blocks of cardio, strength, and core training into one complete and convenient workout.

## BODYPUMP by Les Mills

A barbell class that strengthens your entire body. This workout challenges all of your major muscle groups by using the best weight room exercises.

## PiYo/SoulFusion

Pilates Fusion improves balance, muscle tone, flexibility, core strength, and mind/body wellness by including mat Pilates technique, with Yoga Asana principles, and myofascial conditioning.

## Tune-Up

A combination class of high/low aerobic and dance moves, plus total body strength training.

## CORE FOCUS

A workout for strengthening and toning the core through abdominal and back work.

## Power Yoga

You will learn to develop your breath, understand alignment, and step outside of your comfort zone.

## Yoga

Improve your health, relaxation, and happiness with breathing techniques, exercise, and meditation.

## Cycle (30 or 45)

A 30 (or 45) minute non-impact, dynamic class. It offers motivation, driving music, changing speeds, and inclines for a full-course workout.

## RPM by Les Mills

An indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your pack through hills, flats, mountain peaks, time trials, and interval training.

## Zumba®

A high-energy class that combines a variety of Latin dance moves with a fusion of Latin and international music to sculpt the body and get your heart racing.

## Fierce 45

A combination of heart-pumping strength and lots of variety all set to fun and fierce music. This class is suitable for all abilities.

## Sh'BAM

Each 45-minute class is vibrant, unique, and varied, featuring 12 tracks of chart-topping popular hits and simple but seriously hot dance moves.

## Zumba Gold®

A class for active, aging adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.