



GROUP FITNESS SCHEDULE

DECEMBER 2023 - Subject to Change

- Classes available also on our Virtual J platform

* - Fitness for individuals with Parkinson's or other neurocognitive conditions, requires pre-registration and pre-participation assessment

SGT - Small Group Training classes that require pre-registration. Yin Yoga and Operation PT. - See Program Guide to learn more.

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|--------------|---|--|---|---|--|--|---|---|---|---|--|--|--|--|
| MON | SPRINT 6 - 6:30 AM Dave Studio 3 | Cycle (30) 8 - 8:30 AM Melissa Studio 3 | BODYPUMP 9:15 - 10:15 AM Rotation Studio 2 | SoulFusion 9:15 - 10:15 AM Susannah # Auditorium | Fit Friends 10:15 - 11 AM Studio 3 <i>(pre-registration required)</i> | Chair Yoga 11 AM - 12 PM Susannah # Studio 1 | Zumba Gold 12 - 1 PM Renee # Auditorium | Momentum* 2 - 3 PM Chris Studio 2 | TONE 4:30 - 5:10 PM Michaline Studio 2 | Tune Up 5:15 - 6:15 PM Heather Studio 2 | Cycle (45) 5:30 - 6:15 PM Dave Studio 3 | BODYPUMP 6:30 - 7:30 PM Justine Studio 2 | | |
| TUES | Cycle (45) 5:30 - 6:15 AM Heather Studio 3 | BODYPUMP 5:30 - 6:15 AM Michele Studio 2 | Fierce (45) 8 - 9 AM Cindy Studio 2 | Barre 9:15 - 10 AM Susannah Studio 2 | BODYATTACK 9:15 - 10 AM Michaline Studio 1 | Yin Yoga SGT 10:15 - 11:15 AM Susannah Studio 3 <i>(pre-registration required)</i> | Healthy4Life 11 AM - 12 PM Adam # Studio 1 | Momentum* 11 - 12 PM Craig Studio 2 | Gentle Yoga 1 - 2 PM Craig Studio 2 | Barre 4:30 - 5:30 PM Melissa Studio 2 | Yoga 5:30 - 6:30 PM Emily Studio 2 | | | |
| WED | Cycle (30) 8 - 8:30 AM Melissa Studio 3 | BODYPUMP 9:15 - 10:15 AM Michaline Studio 2 | SoulFusion 9:15 - 10:15 AM Susannah # Auditorium | SH'BAM 10:30 - 11:15 AM Michaline Studio 2 | Tai Chi Chih 10:45 - 11:45 AM Jack # Studio 1 | Silver Sneakers 12 - 1 PM Renee # Studio 1 | Pilates Fusion 1 - 2 PM Sally Studio 2 | Momentum Reaction Training SGT 1 - 2 PM Ryder Studio 3 | Momentum* 2 - 3 PM Megan Studio 2 | Tune Up 5:15 - 6:15 PM Heather Studio 2 | Sprint (30) 6 - 6:30 PM Michelle A. Studio 3 | BODYPUMP 6:30 - 7:30 PM Channing Studio 2 | Yin Yoga SGT 6:30 - 7:30 PM Ty Studio 1 <i>(pre-registration required)</i> | |
| THURS | Cycle (45) 5:30 - 6:15 AM Heather Studio 3 | BODYPUMP 5:30 - 6:15 AM Rotation Studio 2 | Fierce (45) 8 - 8:45 AM Cindy Studio 2 | BODYCOMBAT 9:15 - 10 AM Michaline Studio 2 | Momentum* 10:15 - 11:15 AM Susannah Studio 2 | Healthy4Life 11 AM - 12 PM Chris # Studio 1 | Gentle Yoga 1 - 2 PM Lindsay Studio 2 | Barre 4:30 - 5:30 PM Melissa Studio 2 | Yoga 5:30 - 6:30 PM Emily Studio 2 | BODYCOMBAT 6:30 - 7:30 PM Claudia Studio 2 | Operation PT SGT 6:30 - 7:30 PM Heather Studio 3 <i>(pre-registration required)</i> | | | |
| FRI | SPRINT 6 - 6:30 AM Lisa Studio 3 | Cycle (30) 8 - 8:30 AM Alisha Studio 3 | BODYPUMP 9:15 - 10:30 AM Alisha Studio 2 | Yoga 9:30 - 10:30 AM Lindsay Auditorium | Chair Yoga 11 AM - 12 PM Chris # Studio 1 | Zumba Gold 12 - 1 PM Renee # Auditorium | Momentum* 2 - 3 PM Jen Studio 2 | Friday Night Fights 5:15 - 6:15 PM Heather Studio 2 | | | | | | |
| SAT | BODYPUMP 8 - 9 AM Claudia Studio 2 | Power Yoga 9 - 10 AM Rotation Studio 1 | Hi/Lo Circuit 9:15 - 10:15 AM Heather Studio 2 | | | | | | | | | | | |
| SUN | BODYPUMP 8 - 8:45 AM Rotation Studio 2 | Yoga 9 - 10 AM Rotation Studio 2 | BODYCOMBAT 9 - 10 AM Michelle Auditorium / Studio 1 | Barre 10:15 - 11:15 AM Lisa Studio 2 | Cycle (45) 10:30 - 11:15 AM Dave Studio 3 | Pilates Fusion 3:30 - 4:30 PM Sally Studio 2 | | | | | | | | |

CLASSES

YOU'RE ONLY ONE WORKOUT AWAY FROM A GREAT DAY!

BARRE - An intense, calorie-burning, muscle-sculpting workout designed to trim, tighten and tone your entire body using small, controlled movements and high repetition. Elements of pilates, dance, yoga, and strength combine to create a strong and lean physique.

BODYATTACK BY LES MILLS - a sports-inspired cardio workout for building strength and stamina. This high-energy, interval training class combines athletic aerobic movements like running, lunging, and jumping with strength and stabilization exercises such as push-ups and squats. All moves are catered for beginners to seasoned, experienced members.

BODYCOMBAT BY LES MILLS - is a high-energy martial arts inspired, endurance-focused workout that is totally non-contact. Punch and kick your way to fitness, and unleash the strength you never knew you had! All levels welcome!

BODYPUMP BY LES MILLS - A barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls.

CHAIR YOGA - Chair Yoga is a gentle form of Yoga that is practiced sitting on a chair, or standing using a chair for support. This gentle, peaceful class is for anyone in need of a good stretch with some added support.

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.

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.

FRIDAY NIGHT FIGHTS - This is your time to train like a fighter using non-contact sparring for cardio and interval training. Join in the fight!

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 that will strengthen your balance, core, and flexibility.

HEALTHY4LIFE - Are you ready to get fit or maintain your fitness for all ages in life? This low-impact class is suitable for all fitness levels and will provide a well-balanced variety of cardio, strength and balance-building exercises. Participants may use a chair or stand in class.

HI/LO CIRCUIT - Consists of multiple stations using a variety of equipment where you alternate with high and low intensity aerobic, tabata and HIIT intervals that make you sweat!

PILATES FUSION - Pilates Fusion improves balance, muscle tone, flexibility, core strength, and mind/body wellness by including mat Pilates techniques (spinal alignment, flexibility, core strength), with Yoga Asana principles (postures, poses, breathing), and myofascial conditioning (using a foam roller).

SH'BAM BY LES MILLS - Each 45-minute class is vibrant, unique and varied, featuring 12 tracks of chart-topping popular hits and simple but seriously hot dance moves. SH'BAM is the perfect way to shape up and let out your inner star — even if you're dance challenged!

SILVER SNEAKERS - This is your time to 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.

SOUL FUSION - This class is a creative blend of all the best parts of Piyo and Soul Fusion! It includes yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight strength training exercises to maintain flexibility and provide your mind and body with an energetic workout!

SPRINT BY LES MILLS - A 30-minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. This short duration of a SPRINT workout will motivate you to push your physical and mental limits.

TAI CHI CHIH - This class consists of 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.

TONE BY LES MILLS - This class offers the optimal mix of strength, cardio, and core. LES MILLS TONE has a wide variety of options for all fitness levels ensuring everyone leaves the workout feeling successful. The mix of cardio, lunges, squats, functional training, and tubing exercises will help you burn calories and take your fitness to the next level.

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

YOGA - Improve your health, relaxation, and happiness with breathing techniques, exercise, and meditation with this yoga class designed for everyone!

ZUMBA GOLD® - Zumba Gold is for active, aging adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. Focus on balance, range of motion, and coordination.

Classes are free for members unless otherwise stated.

**Small Group Training classes require a fee.*

JCC FITNESS NEWS FEED

AERIAL YOGA

Sunday, January 28 • 11 AM - 12 PM • Ages 9+
M \$30 | NM \$60

Experience the innovative practice combining the benefits of traditional yoga with the added assistance (or challenge!) and fun of working in the supportive silk hammocks. You will build strength, improve balance and unleash your inner acrobat. Whether you are a seasoned yoga enthusiast or a curious beginner, our adventure is designed to inspire you, leaving you feeling energized, empowered, and ready to take flight! Program takes place at Artemis in Red Lion.



SCAN TO LEARN MORE!

MOMENTUM

Momentum is a science-based movement class for those with neuro-cognitive conditions, including Parkinson's, Alzheimer's, Huntington's, Multiple Sclerosis, stroke, brain trauma, and more.

Register at the Front Desk to schedule an intake assessment with one of our Momentum specialists. Group classes run daily Mondays through Fridays. Small group trainings are also offered for specialized fine motor or speed and agility skills. Support groups and social enrichment offerings occur monthly as part of this regionally recognized program.