



GROUP FITNESS SCHEDULE

FEBRUARY 2024 - Subject to Change

^ - Pre-registration required, no fee.

+ - Pre-registration required, fee to participate.

* - 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, Operation PT, and Ballroom Dancing classes. - See Program Guide to learn more.

MON	SPRINT 6 - 6:30 AM Dave Studio 3	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	Fit Friends 10:15 - 11 AM Studio 3 <i>(pre-registration required)</i>	Chair Yoga^ 11 AM - 12 PM Chris B. # Studio 1	Zumba Gold 12 - 1 PM Renee # Auditorium	Momentum* Reaction Training SGT 12 - 1 PM Studio 1	Momentum* Xtreme 12 - 1 PM Studio 3	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	Power Zone Cycle 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 Michaele 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 10:15 - 11:15 AM Susannah Studio 3 <i>(pre-registration required)</i>	Healthy4Life^ 11 AM - 12 PM Chris B. # 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	LES MILLS DANCE 10:30 - 11:15 AM Michaline Studio 2	Tai Chi 10:45 - 11:45 AM Dustin # Studio 1	Forever Younger 11:45 AM - 12:45 PM Renee Studio 2	Silver Sneakers^ 12 - 1 PM Chris B. # Studio 1	Pilates Fusion 1 - 2 PM Sally Studio 2	Smooth Ballroom Dance SGT 1:30 - 2:30 PM Randi Studio 1	Momentum* 2 - 3 PM Megan Studio 2	Tune Up 5:15 - 6:15 PM Heather Studio 2	SPRINT 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	Power Zone Cycle 5:30 - 6:15 PM Dave Studio 3	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>	Basketball Pickup+ 7 - 8 PM Ty Gym <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 - 10:15 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 Zone Cycle 8 - 9 AM Dave Studio 3	Power Yoga 9 - 10 AM Rotation Studio 1	Hi/Lo Circuit 9:15 - 10:15 AM Heather Studio 2	Ballroom Dance Variety SGT 2 - 3 PM Randi Studio 1									
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								

GROUP FITNESS CLASSES

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.

FOREVER YOUNGER - This low-impact aerobic conditioning class combines muscle strengthening/toning, some elements of dance, core balance training, and finishes with a cool-down and stretching exercises. Designed for active adults and anyone wanting to move to the beat and stay forever young!

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!

MOMENTUM - 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.

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).

POWER YOGA - Want options for a more powerful yoga practice? Power Yoga offers greater focus on strength development and intensity.

POWER ZONE CYCLE - Designed to improve overall power and endurance, this program focuses on low and high duration efforts in various training zones with the intent to increase in FTP (Functional Threshold Power). The program is eight weeks in length, with three classes per week (two 45-minute and one 60-minute classes per week). Test in on Sat. 2/01. Test out on Sat. March 3/30. You can participate even without testing in/out if you miss them.

LES MILLS DANCE - (*Formerly called 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. Les Mills Dance 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 - This class consists of a series of 19 movements and one pose. Tai Chi 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.

Temporary registration required for Cycle (30), Silver Sneakers, Chair Yoga, and Healthy4Life. You may register online, stop by the Fitness Center desk or the Front Desk, or call 717.843.0918 ext. 163.

JCC FITNESS NEWS FEED

Stretch & Soundbath

Sunday, February 25 • 12 - 2 PM • M \$30 | NM \$60

Unwind and rejuvenate with our transformative stretching and soundbath adventure right here at the J! Calming vibrations create a deep sense of relaxation and release as you gently learn to stretch your body and let the soothing and restorative sounds of crystal singing bowls wash over you. This unique program is designed to improve your flexibility and range of motion, reduce stress and anxiety, promote better sleep, and enhance your overall well-being.

Ninja Warrior Gym

Saturday, February 17 • 11:30 AM - 1 PM • \$20 (day pass rate)
Dexterity Depot, Camp Hill, PA

You've seen it on TV, now come with the J-Adventure group to a ninja warrior gym in Camp Hill, Dexterity Depot! Tackle a number of different obstacles and see what you can do! Gym staff are available to assist throughout the time you're there. All levels are welcome.

February Dance Social

Sunday, February 25 • 2 - 5 PM • M \$20 • NM \$25

Join us for an afternoon of dancing this February! We will start with a Foxtrot dance lesson from 2 - 2:20 PM, followed by a Swing dance lesson from 3 - 3:20. Music will be played for the remaining time for participants to practice their ballroom dancing skills!