



# Group Fitness Schedule

Effective as of April 22nd, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:30 AM (*30) S3 - SPRINT	5:30 - 6:15 AM (*45) S3 - Cycle 45	5:15 - 6:15 AM S2 - BODYPUMP	5:30 - 6:15 AM (*45) S3 - Cycle 45	6:00 - 6:30 AM (*30) S3 - SPRINT	8:15 - 9:00 AM (*45) S2 - BODYATTACK	8:00 - 9:00 AM S2 - BODYFLOW
6:00 - 7:00 AM S2 - NRG Step	5:45 - 6:45 AM S1 - SGT-\$-GRIT	7:30 - 8:15 AM (*45) S3 - RPM	5:45 - 6:45 AM S1 - SGT-\$-GRIT	8:00 - 8:30 AM (*30) S3 - RPM	8:30 - 9:00 AM (*30) S3 - SPRINT	9:00 - 10:00 AM S2 - BODYCOMBAT
8:15 - 9:15 AM S1 - SGT-\$-GRIT	8:00 - 9:00 AM S3 - SGT-\$-TRX+Iron	8:15 - 9:15 AM S1 - SGT-\$-GRIT	8:15 - 9:00 AM (*45) S2 - BODYPUMP	8:35 - 9:05 AM (*30) S2 - BODYFLOW	9:15 - 10:15 AM See below for rooms - High/Low Circuits	10:15 - 11:15 AM S1 - BODYPUMP
8:30 - 9:15 AM S3 - Cycle 45	8:00 - 9:00 AM S2 - BODYPUMP	8:45 - 9:45 AM S3 -SGT-\$- For Mothers	9:00 - 10:00 AM S3 - SGT-\$-GRIT	9:15 - 10:00 AM (*45) S3 - Coach by Color	9:15 - 10:15 AM S2 - BODYPUMP	10:15 - 11:00 AM (*45) S2 - TONE
9:30 - 10:30 AM Aud - PiYo	9:00 - 10:00 AM S3 - SGT-\$-GRIT	9:15 - 10:15 AM Aud - BODYFLOW	9:05 - 9:50 AM S1 - TONE	9:30 - 10:15 AM (*45) S2 - BODYPUMP	10:15 - 11:15 AM S3 - SGT-\$-GRIT	10:30 - 11:15 AM (*45) S3 - RPM
9:30 - 10:30 AM S3 - SGT-\$-Op PT	9:15 - 10:00 AM (*45) S2 - BODYATTACK	9:15 - 10:15 AM S1 - BODYCOMBAT	9:15 - 10:15 AM S2 - PiYo	10:00 - 11:00 AM S3 - SGT-\$-GRIT	10:30 - 11:30 AM Gym - Bootcamp 2nd Saturday of Month	11:30 - 12:30 PM S2 - YOGA
9:30 - 10:30 AM S2 - BODYPUMP	9:15 - 10:30 AM (*75) S1 - Yoga	9:15 - 10:15 AM S2 - BODYPUMP	10:15 - 11:15 AM S3 - SGT - \$ - Op PT	10:15 - 10:45 AM (*30) S2 - CXWORX	10:30 - 11:30 AM S2 - Power Yoga	4:00 - 5:00 PM S2 - Pilates Fusion Last class 4/28
10:00 - 10:30 AM (*30) S1 - BODYCOMBAT	10:00 - 11:00 am S3 - SGT-\$-GRIT	10:00 - 11:00 AM S3 - SGT-\$-GRIT	10:00 - 11:00 AM S1 - Cardio Step Intervals	10:45 - 11:45 AM S1 - Chair Yoga	<b>HIGH/LOW Circuits on Saturdays:</b> April 27 - Studio 1 May 4 - Studio 1 May 11 - AUD May 18 - Studio 1 May 25 - Studio 1 June 1 - Studio 1	<b>NO CLASSES - 4/26 &amp; 5/27</b>  <b>Modified Schedule- 4/19, 4/22, 5/1, 5/18 &amp; 5/19</b>
10:30 - 11:00 AM S1 - CXWORX	10:30 - 11:30 AM S2 - Cize	10:30 - 11:00 AM S2 - CXWORX	10:45 - 11:30 AM (*45) S2 - Better Balance	11:45 - 12:45 PM S3 - SGT-\$-Corporate		
10:45 - 11:30 AM S2 - ZUMBA GOLD	10:45 - 11:30 AM (*45) S1 - Better Balance	10:30 - 11:30 AM Aud - Forever Young	11:45 - 12:45 PM S1 -SilverSneakers	12:00 - 12:45 PM S2 - Zumba Gold		
11:45 - 12:45 PM S1 - Chair Yoga	11:45 - 12:45 PM S1 - SilverSneakers	11:00 - 12:00 PM S1 - Silver & Fit	12:00 - 12:45 PM (*45) S2 - Zumba	5:00 - 6:00 PM S1 - Friday Night Fights		
12:00 - 1:00 PM S2 - Yoga	12:45 - 1:45 PM S1 - Tai Chi Chih	11:00 - 11:45 AM S3 - SGT - \$ - BCP	12:45 - 1:45 PM S1 - Tai Chi Chih	<p><b>Want Group Fitness Updates?</b>            You can receive them by using REMIND. Either download the APP on your phone or email 'yorkj@mail.remind.com'            You can also get updates from our York JCC Group Fitness Page on FACEBOOK.</p>		
1:00 - 1:45 PM (*45) S1 - Better Balance	11:45 - 12:45 PM S3 - SGT-\$-Corporate	12:15 - 1:15 PM S1 - Chair Yoga	1:00 - 1:45 PM S3 - SGT - \$ BCP			
5:15 - 6:15 PM S2 - Tune-Up	2:00 - 3:00 PM S2 - Gentle Yoga	4:00 - 5:00 PM S3 - SGT-\$- Beat the Clock	2:00 - 3:00 PM S2 - Gentle Yoga	<b>ROOM NAMES:</b> STUDIO 1 = S1 (Limited to 25 Participants) STUDIO 2 = S2 (Limited to 40 Participants) STUDIO 3 = S3 (Limited to 24 Cycling Participants) AUDITORIUM = Aud		
5:30 - 6:15 PM (*45) S3 - RPM	3:00 - 4:00 PM S1 - SilverSneakers	5:15 - 6:15 PM S2 - Tune-Up	3:00 - 4:00 PM S1 - SilverSneakers			
6:15 - 7:15 PM S3 - SGT-\$-GRIT	5:00 - 6:00 PM S3 -SGT-\$- Athletes	5:30 - 6:00 PM (*30) S3 - SPRINT	5:30 - 6:00 PM (*30) S3 - SPRINT	<b>Minimum Class Participation Needed to Continue Offering This Class.</b>		
6:30 - 7:00 PM (*30) S2 - BODYATTACK	5:15 - 6:15 PM S1 - BODYFLOW	6:15 - 7:00 PM (*45) Aud - BODYATTACK	5:30- 6:15 PM (*45) S2 - BODYPUMP Last class 5/2			
6:30 - 7:30 PM S1 - BODYPUMP	5:30 - 6:15 PM (*45) S2 - BODYCOMBAT	6:15 - 7:15 PM S3 - SGT-\$-GRIT	5:45 - 6:15 PM (*30) S1 - CORE FOCUS	<b>SGT (Small Group Training)</b> These programs are available at an additional cost (\$). See our Program Guide for more information. Or stop by the Fitness Desk or Front Desk. Questions? Contact Meghan Hayes, Fitness Director at mhayes@yorkjcc.org		
7:00 - 7:30 PM S2 - CXWORX	6:30 - 7:00 PM S1 - CORE FOCUS	6:15 - 7:15 PM S1 - Power Yoga	6:30 - 7:30 PM S1 - Hatha Yoga			
7:15 - 8:15 AM S3 - SGT - \$ - Op PT	6:30 - 7:15 PM (*45) S2 - TONE	6:30 - 7:30 PM S2 - BODYPUMP	6:30 - 7:30 PM S3 - SGT-\$-Op PT	<b>Key:</b> <b>LOW IMPACT Classes</b>		
7:35 - 8:35 PM S2 - Alignment Yoga	6:30 - 7:00 PM (*30) S3 - SPRINT	7:30 - 8:30 PM S1 - Tai Chi	6:30 - 7:30 PM S2 - BODYCOMBAT			
<b>Key:</b> <b>LOW IMPACT Classes</b>			<b>Key:</b> <b>UPDATES or NEW</b>			

# Group Fitness Class Descriptions - effective Feb 25th, 2019

<p><b>For Group Fitness Questions reach out to our Group Fitness Manager Michaline Blasé at <a href="mailto:mblase@yorkjcc.org">mblase@yorkjcc.org</a></b></p>	<p><b>See our website at <a href="http://www.yorkjcc.org">www.yorkjcc.org</a> for more details around each class or stop by the Fitness Center Desk.</b></p>
<p><b>Alignment Yoga</b> will cultivate strength, flexibility and focus with alignment-based cueing to create both stability and freedom in each pose.</p>	<p><b>Hatha Yoga</b> is a mix of Vinyasa style along with holding traditional Yoga poses. Class will create heat, increase flexibility, strength and bring relaxation to participants.</p>
<p><b>Better Balance</b> class will focus on improving balance through body awareness, yoga poses, gait training, fall prevention and progressive challenges to "balance" and strengthen the body for better movement. (*45)</p>	<p><b>High/Low Circuit</b> 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!</p>
<p><b>BODYATTACK™ by LES MILLS</b> is a sports-inspired cardio workout for building strength and stamina. This high-energy, interval training class combines athletic aerobic movements with strength and stabilization exercises. (*60/45/30)</p>	<p><b>NRG (Step Intervals)</b> is an interval step workout incorporating body, cardio and weights for strengthening.</p>
<p><b>BODYCOMBAT™ by LES MILLS</b> is a fun, energetic mix of martial arts and endurance, unleashing strength you never knew you had. (*60/45/30)</p>	<p><b>PiYo</b> is a fun, challenging class fusing Pilates and Yoga. You will tone your muscles, work on balance and get a great stretch.</p>
<p><b>BODYFLOW® by LES MILLS</b> is a Yoga, Tai Chi and Pilates inspired workout which leaves you long, strong, calm, centered and feeling balanced. (*60/45/30)</p>	<p><b>Power Yoga</b> you will learn to develop your breath, understand alignment and step outside your comfort zone. Embark on a journey of personal growth full of empowerment and inspiration. Discover the unlimited possibilities that Yoga can offer you.</p>
<p><b>BODYPUMP™ by LES MILLS</b> is 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. (*60/45/30)</p>	<p><b>RPM™ by LES MILLS</b> is 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. (*45/30)</p>
<p><b>BOOTCAMP</b> is a fun HIIT training style class that will leave you feeling great. Interval training, running, jumping and a motivating Drill Sergeant to BOOT!</p>	<p><b>Silver &amp; Fit®</b> is for aging adults looking for an intermediate-level, well-balanced exercise routine. All exercises are performed in the standing position, with the option to use a chair.</p>
<p><b>Cardio Step Intervals</b> is a fun class that consists of high energy step moves with intervals of weights for resistance and toning exercises. (*60)</p>	<p><b>SilverSneakers® Classic</b> 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.</p>
<p><b>Chair Yoga</b> is a gentle form of Yoga that is practiced sitting on a chair, or standing using a chair for support.</p>	<p><b>SPRINT™ by LES MILLS</b> is 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. (*30)</p>
<p><b>CIZE</b> is a fun dance workout that any ability level can follow. This class is so much fun and full of movement, you will forget you are working out!</p>	<p><b>Tai Chi</b> is based from the Chinese Martial Arts. You will do a set of low-impact, continuous movements designed to nurture balance and harmony in the mind and body.</p>
<p><b>Coach by Color</b> uses the FTW (Functional Threshold Watt-rate) to optimize the use of the Matrix technology, which gives you a unique, self-driven workout. (*45)</p>	<p><b>Tai Chi Chih</b> 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.</p>
<p><b>CORE FOCUS</b> is all for strengthening and toning the core through abdominal and back work. (*30)</p>	<p><b>TONE™ by LES MILLS</b> combines blocks of cardio, strength and core training into one complete and convenient workout. You will be able to optimize your workout by choosing your option(s) to work the whole body and elevate the heart rate. (*30/45)</p>
<p><b>CXWORX™ by LES MILLS</b> is building the core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slings, which run from the upper to the lower body. (*30)</p>	<p><b>Tune-Up</b> is a combination class of High/Low aerobic and dance moves, plus total body strength training.</p>
<p><b>Cycle 45</b> is a 45-minute non-impact, dynamic class. It offers motivation, driving music, changing speeds and inclines for a full course workout. (*45)</p>	<p><b>Yoga</b> uses breathing techniques, exercise and meditation. It helps to improve health, relaxation and happiness.</p>
<p><b>FOREVER YOUNG</b> is a low-impact standing cardio interval class. Formatted to get you and your friends moving while having some fun on your feet. You will improve balance, strength and endurance. (*60/45)</p>	<p><b>Zumba®</b> is 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 the heart racing.</p>
<p><b>Friday Night Fights</b> is your time to train like a fighter. Using sparring for cardio and interval training. Join in for the fight!</p>	<p><b>Zumba Gold®</b> 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. (*45)</p>
<p><b>Gentle Yoga</b> is 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.</p>	
<p><b>Non-Member Punch Cards: Group Fitness/Aquatics Classes</b> \$45/5 classes □ \$88/10 classes □ \$128/15 classes \$165/20 classes □ \$200/25 classes</p>	<p>Classes are 60 minutes unless otherwise noted with (*30), (*45) or (*75). Mention physical limitations to instructor prior to the start of the class. For our equipment based classes please arrive 5-15 minutes early to get setup.</p>