

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	5:30 - 6:15 AM (*45) S2 - BODYPUMP	8:15 - 9:00 AM (*45) S2 - BODYATTACK	8:00 - 9:00 AM S2 - BODYFLOW
6:00 - 7:00 AM S2 - NRG Step	6:00 - 6:30 AM S1 - SGT-\$-GRIT	7:30 - 8:15 AM (*45) S3 - RPM	6:00 - 6:30 AM S1 - SGT-\$-GRIT	6:00 - 6:30 AM (*30) S3 - SPRINT	8:30 - 9:00 AM (*30) S3 - SPRINT	8:00 - 9:00 AM S3 - SGT-\$-Op PT
8:30 - 9:00 AM S1 - SGT-\$-GRIT	6:00 - 7:00 AM S2 - PiYo	8:30 - 9:00 AM S1 - SGT-\$-GRIT	8:15 - 9:00 AM (*45) S2 - BODYPUMP	8:00 - 8:30 AM (*30) S3 - RPM	9:15 - 10:15 AM See below for rooms - High/Low Circuits	9:00 - 10:00 AM S2 - BODYCOMBAT
8:30 - 9:15 AM S3 - Cycle 45	8:00 - 9:00 AM S3 - SGT-\$-TRX+Iron	9:15 - 10:15 AM Aud - BODYFLOW	9:15 - 9:45 AM S3 - SGT-\$-GRIT	8:35 - 9:05 AM (*30) S2 - BODYFLOW	9:15 - 10:15 AM S2 - BODYPUMP	10:15 - 11:15 AM S1 - BODYPUMP
9:15 - 10:15 AM Aud - PiYo	8:00 - 9:00 AM S2 - BODYPUMP	9:15 - 10:15 AM S1 - BODYCOMBAT	9:05 - 9:50 AM S1 - TONE	9:30 - 10:00 AM (*30) S1 - BODYATTACK	10:30 - 11:00 AM S1 - SGT-\$-GRIT	10:15 - 11:00 AM (*45) S2 - TONE
9:30 - 10:30 AM S2 - BODYPUMP	9:15 - 9:45 AM S3 - SGT-\$-GRIT	9:15 - 10:15 AM S2 - BODYPUMP	9:15 - 10:15 AM S2 - PiYo	9:30 - 10:15 AM (*45) S2 - BODYPUMP	10:30 - 11:30 AM Gym - Bootcamp 2nd Saturday of Month	10:30 - 11:15 AM (*45) S3 - RPM
9:30 - 10:15 AM (*45) S1 - BODYCOMBAT	9:15 - 10:00 AM (*45) S2 - BODYATTACK	10:15 - 10:45 AM S3-SGT-\$-GRIT	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	11:30 - 12:30 PM S2 - YOGA
10:15 - 10:45 AM S1 - CXWORX	9:15 - 10:30 AM (*75) S1 - Yoga	10:15 - 10:45 AM S1 - CXWORX	10:00 - 11:00 AM S1 - Cardio Step Intervals	10:15 - 10:45 AM S3 - SGT-\$-GRIT	HIGH/LOW Circuits on Saturdays: Aug. 10 - Auditorium Aug. 17 - Auditorium Aug. 24 - Auditorium Aug. 31 - Studio 1 Sept. 7 - Studio 1 Sept. 14 - Studio 1 Sept. 21 - Studio 1 Sept. 28 - Studio 1	<u>Class Adjustments</u> Aug. 27 - Sept. 11 for Auditorium Renovations Sept. 12 - Sept. 16 for Studio 2 Floor Refinishing Sept. 2 - Labor Day <u>No Classes</u> Sept. 30 -Rosh Hashanah
10:30 - 11:30 AM S3 -SGT-\$- Strength	11:30 - 12:45 PM S1 - SilverSneakers (75)	10:30 - 11:30 AM S2 - Forever Young	10:45 - 11:30 AM (*45) S2 - Better Balance	10:45 - 11:45 AM S1 - Chair Yoga		
10:45 - 11:30 AM S2 - ZUMBA GOLD	12:45 - 1:45 PM S1 - Tai Chi Chih	11:00 - 12:00 PM S1 - Silver & Fit	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 S3 - SGT-\$-Corporate	11:00 - 11:45 AM S3 - SGT - \$ - BCP	12:00 - 12:45 PM (*45) S2 - Zumba	5:00 - 6:00 PM S1 - Friday Night Fights		
12:00 - 1:00 PM S2 - Yoga	2:00 - 3:00 PM S2 - Gentle Yoga	12:15 - 1:15 PM S1 - Chair Yoga	12:45 - 1:45 PM S1 Tai Chi Chih	 <p>Want Group Fitness Updates? 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	3:00 - 4:00 PM S1 - SilverSneakers	5:15 - 6:15 PM S2 - Tune-Up	1:00 - 1:45 PM S3 - SGT - \$ BCP			
5:15 - 6:15 PM S2 - Tune-Up	5:00 - 6:00 PM S3 -SGT-\$-Athletes	5:30 - 6:00 PM (*30) S3 - SPRINT	2:00 - 3:00 PM S2 - Gentle Yoga	<h3>SGT (Small Group Training)</h3> <p>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</p>		
5:30 - 6:15 PM (*45) S3 - Cycle 45/RPM	5:15 - 6:15 PM S1 - BODYFLOW	6:15 - 7:00 PM (*45) S1 - BODYATTACK	3:00 - 4:00 PM S1 - SilverSneakers			
6:30 - 7:00 PM (*30) S2 - BODYATTACK	5:30 - 6:15 PM (*45) S2 - BODYCOMBAT	6:15 - 7:15 PM Aud - Power Yoga	5:30 - 6:00 PM (*30) S3 - SPRINT	<h3>Parkinson's MOVEMENT!</h3> <p>(Movement for all Movement Disorders) * SOCIAL * MENTAL * PHYSICAL *</p> <p>SPECIAL Screening process required to participant in the Parkinson's Movement Program. The Screening process will start in September 2019. Classes will start October 2019. Classes will take participants through the PWR![®] exercises & education. Three (3) Levels of classes and each participant will be pre-screened to learn which level is recommended for them.</p> <p>***Ask for the Parkinson's Movement Schedule*** Questions? Contact Meghan Hayes @ mhayes@yorkjcc.org</p>		
6:30 - 7:30 PM S1 - BODYPUMP	6:30 - 7:00 PM S1 - CORE FOCUS	6:15 - 7:00 PM S3 - SGT -\$-Op PT	5:30 - 6:15 PM (*45) S2 - TONE			
7:00 - 7:30 PM S2 - CXWORX	6:30 - 7:15 PM (*45) S2 - BODYPUMP	6:30 - 7:30 PM S2 - BODYPUMP	5:45 - 6:15 PM (*30) S1 - CORE FOCUS			
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 S1 - Hatha Yoga			
KEY: UPDATES or NEW	7:00 - 7:45 PM (*45) S1 - ZUMBA	7:15-7:45 PM S3 -SGT-\$-GRIT	6:30 - 7:30 PM S3 - SGT-\$-Op PT			
	7:45 - 8:30 PM (*45) S1 - Cardio Step Intervals		6:30 - 7:30 PM S2 - BODYCOMBAT			

KEY:
 Low Impact
 Classes

KEY:
 Minimum class participation needed to
 continue offering this class.

Studio names and maxes:
 Studio 1: S1 - Limited to 25 Participants
 Studio 2: S2 - Limited to 40 participants & NO chairs
 Studio 3: S3 - Limited to 24 participants for cycling

Group Fitness Class Descriptions - effective June 3, 2019

<p>For Group Fitness Questions reach out to our Group Fitness Manager Michaline Blasé at mblase@yorkjcc.org</p>	<p>See our website at www.yorkjcc.org for more details around each class or stop by the Fitness Center Desk.</p>
<p>Alignment Yoga will cultivate strength, flexibility and focus with alignment-based cueing to create both stability and freedom in each pose.</p>	<p>Hatha Yoga 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>Better Balance 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>High/Low 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!</p>
<p>BODYATTACK™ by LES MILLS 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>NRG (Step Intervals) is an interval step workout incorporating body, cardio and weights for strengthening.</p>
<p>BODYCOMBAT™ by LES MILLS is a fun, energetic mix of martial arts and endurance, unleashing strength you never knew you had. (*60/45/30)</p>	<p>PiYo is a fun, challenging class fusing Pilates and Yoga. You will tone your muscles, work on balance and get a great stretch.</p>
<p>BODYFLOW® by LES MILLS is a Yoga, Tai Chi and Pilates inspired workout which leaves you long, strong, calm, centered and feeling balanced. (*60/45/30)</p>	<p>Power Yoga 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>BODYPUMP™ by LES MILLS 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>RPM™ by LES MILLS 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>BOOTCAMP 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>Silver & Fit® 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>Cardio Step Intervals is a fun class that consists of high energy step moves with intervals of weights for resistance and toning exercises. (*60)</p>	<p>SilverSneakers® Classic 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>Chair Yoga is a gentle form of Yoga that is practiced sitting on a chair, or standing using a chair for support.</p>	<p>SPRINT™ by LES MILLS 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>CIZE 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>Tai Chi 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>Coach by Color 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>Tai Chi Chih 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>CORE FOCUS is all for strengthening and toning the core through abdominal and back work. (*30)</p>	<p>TONE™ by LES MILLS 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>CXWORX™ by LES MILLS 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>Tune-Up is a combination class of High/Low aerobic and dance moves, plus total body strength training.</p>
<p>Cycle 45 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>Yoga uses breathing techniques, exercise and meditation. It helps to improve health, relaxation and happiness.</p>
<p>FOREVER YOUNG 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>Zumba® 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>Friday Night Fights is your time to train like a fighter. Using sparring for cardio and interval training. Join in for the fight!</p>	<p>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. (*45)</p>
<p>Gentle Yoga 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>Non-Member Punch Cards: Group Fitness/Aquatics Classes \$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>