



# Group Fitness Class Schedule

Weinberg Park Heights Jewish Community Center

September 3-October 1, 2019

All classes are 55 minutes except as specified otherwise. (i.e. Yoga-75 is 75 minutes in length.)

- ⚙ Register for classes outlined in **YELLOW**. New classes outlined in **PURPLE**. Time or studio changes in **BLUE**.
- ⚙ To receive important Group Fitness-related information via text message, text "join groupx" to 888.535.2230.

**STUDIOS:**   Studio 1   Group Fitness   NRG Studio   Cycling   Training Studio

**PLEASE NOTE: The JCC is closes early on Sun, 9/29, and is closed Mon-Tues, 9/30-10/1.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEMALE ONLY CLASSES</b>					
	<b>BODYPUMP</b> 6:00am/Robyn	<b>Les Mills TONE</b> 6:00am/Linda	<b>BODYPUMP</b> 6:00am/Robyn	<b>BODYATTACK-45</b> 6:00am/Shira	<b>BODYPUMP-45</b> 6:00am/Jackie
<b>BODYFLOW</b> 8:15am/Robyn	<b>BODYCOMBAT</b> 8:30am/Mati	<b>Cycling-45</b> 8:30am/Shoshana	<b>BODYFLOW</b> 8:30am/Linda	<b>ZUMBA</b> 8:30am/Joyce	
<b>ZUMBA</b> 8:30am/Alison		<b>BODYSTEP</b> 8:30am/Jackie	<b>BODYPUMP</b> 8:30am/Rachel		<b>BODYCOMBAT</b> 8:45am/Amy S
<b>Les Mills TONE</b> 8:30am/Linda	<b>Restor. YOGA-75</b> 9:00am/Nancy	<b>BODYFLOW</b> 9:35am/Jackie	<b>JBARRE</b> 9:30pm/Jackie	<b>BODYFLOW</b> 9:30am/Rachel	<b>Les Mills RPM</b> 9:30am/Emily H
<b>BODYPUMP</b> 9:30am/Robyn	<b>BODYPUMP-45</b> 9:35am/Jackie	<b>BODYCOMBAT</b> 9:35am/Surena	<b>Cycling</b> 9:30am/Stacy	<b>BODYSTEP</b> 9:30am/Emily L	<b>BODYPUMP-45</b> 9:45am/Amy S
<b>INSANITY</b> 9:30am/Shana		<b>CXWORX</b> 10:35am/Surena	<b>BODYATTACK</b> 9:35am/Mati		
<b>CYCLING</b> 9:30am/Monica/Stacy	<b>YOGA-75</b> 10:15am/Nancy	<b>Therapeutic Yoga</b> 10:45am/Jackie	<b>YOGA-75</b> 10:40am/Judy		<b>YOGA-75</b> 10:45am/Rivka M
<b>BODYSTEP</b> 10:35am/Emily/Lori	<b>CXWORX</b> 12:15pm/Lori	<b>Strength-45</b> 12:15pm/Jackie	<b>JBARRE-45</b> 12:15pm/Erin	<b>YOGA-75</b> 5:15pm/Judy	<b>BODYFLOW</b> 10:45am/Jackie
<b>YOGA-75</b> 10:45am/Judy	<b>BODYATTACK</b> 7:15pm/Laura	<b>ZUMBA</b> 7:30pm/Pam	<b>Les Mills TONE</b> 6:30pm/Linda	<b>BODYPUMP Xpress</b> 5:45pm/Shelly	
	<b>SH'BAM</b> 7:15pm/Robyn	<b>BODYFLOW</b> 7:30pm/Robyn	<b>Starts 9/11</b> <b>BODYCOMBAT</b> 7:15pm/Adina	<b>CXWORX</b> 6:20pm/Shelly	
	<b>SMR-30</b> 7:30pm/Rivka M	<b>BODYCOMBAT</b> 7:30pm/Shira		<b>BODYATTACK</b> 7:15pm/Heelah	
	<b>BODYPUMP</b> 8:20pm/Laura	<b>CXWORX</b> 8:30pm/Shira	<b>BODYPUMP Xpress</b> 8:20pm/Shelly	<b>SH'BAM</b> 7:30pm/Robyn	
	<b>YOGA-75</b> 8:15pm/Rivka M	<b>INSANITY</b> 8:30pm/Shana	<b>CXWORX</b> 9:00pm/Shelly	<b>BODYFLOW</b> 8:30pm/Robyn	
<b>CLASSES FOR GIRLS &amp; WOMEN</b> (Ages 10-16 except as specified)					
			<b>BODYFLOW</b> 7:30pm/Linda <b>Class #48168</b>		
<b>COED CLASSES</b>					
<b>CYCLING</b> 8:15am/Alan	<b>CYCLING-45</b> 7:30pm/Yanky	<b>CYCLING</b> 6:00am/Alan	<b>CYCLING-45</b> 7:30pm/Yanky	<b>CYCLING</b> 6:00am/Alan	
<b>MALE ONLY CLASSES</b>					
<b>YOGA-75</b> 9:20am/Eric				<b>YOGA-75</b> 8:00pm/Zach	
<b>CLASSES FOR BEGINNERS &amp; ACTIVE OLDER ADULTS</b> (All classes are COED)					
<b>Get Fit, Stay Fit!</b> 9:30am/Erica	<b>Get Fit, Stay Fit!</b> 9:30am/Andrea	<b>ZUMBA Gold</b> 9:30am/Steph	<b>Get Fit, Stay Fit</b> 9:35am/Andrea	<b>ZUMBA Gold</b> 9:35am/ZG Team	<b>Get Fit, Stay Fit!</b> 9:30am/Andrea
		<b>Extra Gentle Yoga</b> 12:30pm/Kathy <b>Class #46610</b>		<b>Gentle YOGA</b> 10:40am/Eric	
	<b>TAI CHI-45</b> 5:00pm/Kathy <b>Class #46570</b>	<b>Get Fit, Stay Fit</b> 7:00pm/Erica		<b>Tai Chi</b> 11:45am/Kathy <b>Class #46581</b>	

# GROUP FITNESS CLASSES AT THE JEWISH COMMUNITY CENTER

The JCC's Group Fitness program is a great way to exercise and have a lot of fun. There is a social atmosphere while energy and motivation run high. Instead of one workout partner, you have a room full of them. Our instructors are some of the area's best! They are nationally certified – having completed training programs which prepare them to motivate you to do more than you could ever do alone.

We have a diverse class selection including Les Mills™ programs like BODYPUMP® and BODYCOMBAT, as well as ZUMBA®, JBARRE, and yoga. Yoga enthusiasts will enjoy a wide range of classes – all focusing on breathing and postural alignment while building strength, balance, and flexibility. Our Indoor Cycling classes are another high-energy cardio option. You'll work hard while your instructor takes you on an authentic ride set to great music.

**Group Fitness classes are included in your membership at no additional charge. Group Fitness classes are for JCC Members ages 16+. NO EXCEPTIONS! The JCC reserves the right to change/cancel classes due to instructor availability or low class attendance.** For more information or to determine which class is right for you, contact Amy Schwartz at 410.559.3534 or [aschwartz@jcc.org](mailto:aschwartz@jcc.org).

## CLASS DESCRIPTIONS

### RESISTANCE TRAINING

**BODYPUMP** This workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls.

**CXWORX:** An intense, extremely effective 30-minute core workout.

**JBARRE:** A full body conditioning class with a focus on flexibility, balance, stability and strength.

**STRENGTH-45:** 45-minutes of endurance-based training that creates strong, lean muscles. It's a total body workout using light weights, resistance bands and more.

### OLDER ADULTS/BEGINNERS

**Get Fit, Stay Fit:** Easy-to-learn movement and strength training to improve overall fitness, balance, and coordination.

**ZUMBA GOLD** A fun and easy-to-do dance workout for beginners & active older adults.

**Gentle Yoga:** A nurturing practice with gentle movement, breathing, guided relaxation, and supported poses to increase flexibility, balance, and well-being.

**Tai Chi:** Gentle, fluid movement to achieve relaxation of body and mind. *(Free for members, Fee for guests)*

**EXTRA GENTLE Yoga:** Extra Gentle Yoga is yoga incorporating range of movement exercises, alignment, stretching, strengthening, awareness, breathing and relaxation to refresh, energize, improve posture, deepen breathing and improve well-being. *(Fee for guests.)*

### CARDIOVASCULAR CLASSES

**BODYSTEP** is a simple, athletic and fun workout using an adjustable step platform set to energizing music.

**BODYCOMBAT** Inspired by martial arts – karate, boxing, taekwondo, tai chi and muay thai. You will strike, punch, and kick your way to superior cardio fitness.

**BODYATTACK** The sports-inspired cardio workout to build strength and stamina. A high-energy class to improve coordination and agility.

**INSANITY** Long bursts of maximum-intensity exercises with short periods of rest. This kind of interval training will get you into the best shape of your life!

**SH'BAM** features simple dance moves set to the latest music. It's the perfect way to let out your inner star – even if you're dance challenged.

**ZUMBA** A fun and easy-to-do dance workout. High energy so you can dance away your worries. Great for the body and the mind.

### COMBINATION CLASSES

**Les Mills TONE** A 45-minute class with the optimal mix of strength, cardio and core training.

### GROUP CYCLING CLASSES

**Cycling and Les Mills RPM:** Build endurance and cardiovascular fitness as your instructor takes you on a ride on stationary bicycles.

### TRY SOMETHING NEW!

**SMR/Self Myofascial Release** Erase your tight spots with foam rolling and trigger point balls. **(Limited to 20 participants)**

### MIND/BODY CLASSES

**For the safety and consideration of our members**

- **Participants arriving in excess of 10 minutes late will not be permitted to join the class.**
- **ALL cell phones must be silenced**
- **If you need to leave early, please leave prior to Savasana.**

**Yoga** blends postures with breathing exercises and meditation. It is a practice cultivating strength, balance, and flexibility emphasizing experiencing life in the moment.

**Our yoga classes are for all levels when not specified as "beginner," "power," or "restorative."**

**Gentle Yoga:** A nurturing practice with gentle movement, breathing, guided relaxation, and supported pose(s) to increase flexibility, balance, and well-being.

**Restorative Yoga:** Supported, gentle yoga. Postures are assisted using blocks, and straps. You will stretch and restore your base-line flexibility. Perfect for beginners and people with very tight muscles.

**Therapeutic Yoga:** Promotes flexibility, stability, and strength. Props are used for myofascial release and postural alignment which can help ease back, neck, and joint pain.

**BODYFLOW** The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

**PLEASE NOTE** – The JCC no longer has mats for member use. This is for your health and the health of others. Please bring your own mat! We have yoga mats for sale. They are \$15. Please go to the fitness center to purchase.