



Group Fitness Class Schedule

Rosenbloom Owings Mills Jewish Community Center

July 1-July 7, 2018

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

- Classes marked "E" are for everyone from beginners to active older adults.
- Participants arriving in excess of 10 minutes late to YOGA CLASSES will **not be permitted** to join the class.

PLEASE NOTE: This is a MODIFIED SCHEDULE. Please check it carefully!

STUDIOS:

Group Fitness
 Dance
 Training
 Track/Fitness Ctr
 Cycling
 Outside

Sunday 7/1	Monday 7/2	Tuesday 7/3	Wednesday 7/4	Thursday 7/5	Friday 7/6	Saturday 7/7
MORNING CLASSES						
	Cycling-45 6:00am/Pauline	Les Mills TONE 6:00am/Amy S. E		BODYPUMP-45 6:00am/Pauline	Cycling-45 6:00am/Lori R	Vinyasa Yoga 7:45am/Sarah COMMUNITY
BODYPUMP 8:00am/Pauline	BODYFLOW 6:00am/Amy S		Cycling-45 8:30am/Lori R		Les Mills TONE 6:00am/Pauline	BODYATTACK-45 8:30am/Laura
Cycling 8:00am/Mike	Les Mills TONE E 8:30am/Amy S	BODYPUMP 8:30am/Larisa	BODYSTEP 8:30am/Amy S	BODYATTACK 8:30am/Susanna	BODYPUMP 8:30am/Rachel	BODYPUMP 9:20am/Laura
BODYFLOW 9:00am/Rachel	Cycling 8:30am/Larisa	JBARRE 8:30am/Amy S			ZUMBA 8:30am/Jocelyn	Joyful Flow Yoga 9:30am/Jennean
BODYSTEP 9:05am/Pauline	BODYCOMBAT 9:30am/Larisa	Core Flow Yoga 9:30am/Linda R	Dance & Tone 9:30am/Steph	Gentle Yoga 9:30am/Jeanne E	JBARRE 9:30am/Donna	BODYFLOW 10:30am/Larisa
Cycling-45 9:10am/Lori R	BODYPUMP 9:30am/Rachel	BODYATTACK 9:30am/Larisa	BODYPUMP 9:30am/Amy S	Dance & Tone 9:35am/Steph	BODYCOMBAT 9:35am/Surena	
Pilates Fusion 10:00am/Jackie		Cycling 9:30am/Amy H	RPM 9:30am/Emily H	Cycling 9:30am/Larisa	Cycling & Abs 9:30am/Amy H	JBARRE 12:15pm/Larisa
BODYPUMP 10:05am/Bruce	ZUMBA Gold45 10:40am/Hilary E	CXWORX 10:30am/Larisa	Yoga-75 10:30am/Amy GK	Yoga-75 10:40am/Tanya	ZUMBA Gold 10:35am/Pam E	
Yoga-75 11:05am/Jackie	Yoga-75 10:40am/Jeanne		ZUMBA Gold 10:40am/Hilary		Yoga-75 10:40am/Judy	
ZUMBA 11:15am/Jocelyn	Get & Stay Fit45 11:30am/Elaina E	Walk & Circuit 11:00am/Karyl E		Walk & Circuit 11:00am/Karyl E	Get & Stay Fit 11:30am/Elaina E	
	Strength-45 12:20pm/Jackie	Get & Stay Fit45 12:15pm/Karyl E		Golden DRUMS 12:15pm/Karyl E		
EVENING CLASSES						
	BODYCOMBAT 4:30pm/Susanna			Cycling-45 5:00pm/Larisa		
	ZUMBA+Toning 5:30pm/Jocelyn	Les Mills TONE 5:45pm/Erica E		CXWORX 6:00pm/Larisa		
	SHOCKWAVE 6:30pm/Alek	Slow Flow Yoga 6:00pm/Linda E		SHOCKWAVE 6:30pm/Alek		
	BODYFLOW 6:30pm/Rachel	BODYATTACK 6:30pm/Laura		BODYATTACK 6:30pm/Susanna		
	STRONG By ZUMBA 6:30pm/Joyce	Restora. Yoga-30 7:00pm/Linda E		Yoga-60 7:35pm/Amy GK Tennis Courts		
	Yoga-75 7:30pm/Linda	Cycling 7:30pm/Mike				
	BODYPUMP 7:30pm/Karen					

PLEASE NOTE:

- New classes or new class times are outlined in PURPLE
- COMMUNITY classes are free for members and guests and will be held on the grassy field. Please bring your mat with you!
- In case of inclement weather, classes scheduled outdoors will be moved inside to the Dance Studio off the front lobby!

The JCC reserves the right to change/cancel classes due to instructor availability or low class attendance. For more info or to determine the classes best for you, contact Amy Schwartz: aschwartz@jcc.org or 410.559.3534



GROUP FITNESS CLASSES AT THE JEWISH COMMUNITY CENTER

Group Fitness classes for JCC members ages 15+ are included in your membership at no additional charge. For more info or to determine which class is right for you, contact Amy at 410.559.3534 or aschwartz@jcc.org.

We offer a variety of the most current and popular classes such as Les Mills™ BODYPUMP®, BODYSTEP®, BODYFLOW®, BODYATTACK®, and BODYCOMBAT workouts, 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.

Our instructors are some of the area's best! They are nationally certified – having completed training which prepares them to motivate you to do more than you could ever do alone. Get a great workout in any of our classes.

GROUP FITNESS CLASS DESCRIPTIONS

RESISTANCE TRAINING

BODYPUMP The original barbell class that challenges all your major muscle groups. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for – and fast!

JBARRE: A fusion of yoga, Pilates, strength training, and ballet. JBARRE helps to improve strength, balance, flexibility and posture.

Les Mills TONE A 45-minute class with the optimal mix of strength, cardio and core training in one workout. (Formerly BODYVIVE)

STRENGTH-45: 45-minutes of endurance-based training that creates strong, lean muscles, in a fun, low impact, fast paced, total body workout. Uses light weights, resistance bands and other props.

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

FOR BEGINNERS & ACTIVE OLDER ADULTS

Get & Stay Fit: An easy-to-follow class with everything you need to get fit and stay fit – improve fitness, balance, and coordination.

Golden DRUMS & More: A fun class using drumsticks & a resistance ball!

ZUMBA® gold

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

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

GROUP CYCLING CLASSES

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



RPM: Ride to the rhythm of powerful music as your instructor leads you through hills, flats, mountain peaks, time trials, and intervals.

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.

Les Mills TONE A 45-minute class with the optimal mix of strength, cardio and core training in one workout. (Formerly BODYVIVE)

DANCE & TONE: A dance and toning workout in one!



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

STRONG by ZUMBA® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

MIND/BODY CLASSES

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

PLEASE NOTE -- Our yoga classes are for all levels when not specified as "beginner" or "gentle."

Joyful Flow Yoga offers an alignment-based, creative, music filled vinyasa flow practice. (All levels welcome!)

Core Flow Yoga blends the precision of Pilates with the flow and extension of yoga. Core-Flow has a strong emphasis on strength and stability using core muscles.

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

Slow Flow Yoga: This type of yoga connects accessible yoga postures with breath and fluid movement in a well-rounded practice. With a slower pace there's time to explore postures so that new students can build confidence and familiarity, while more experienced students can refine fundamentals of alignment and explore deeper sensations.

Pilates Fusion: A workout focusing on core strength, flexibility and total body conditioning.

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 see Amy Schwartz to purchase.