



Group Fitness Class Schedule

Weinberg Park Heights Jewish Community Center

July 1-July 7, 2018

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

- Classes with a dollar sign have a FEE. New classes are outlined in **PURPLE**. Please support classes outlined in **RED**.
- 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 Studio 1 Training Studio NRG Studio Cycling Roof

Sunday 7/1	Monday 7/2	Tuesday 7/3	Wednesday 7/4	Thursday 7/5	Friday 7/6
FEMALE ONLY CLASSES					
	BODYPUMP 6:00am/Robyn	Les Mills TONE 6:00am/Linda		BODYATTACK-45 6:00am/Shira	BODYPUMP 6:00am/Jackie
ZUMBA 8:30am/Alison	SH'BAM 8:45am/Linda	BODYATTACK 8:30am/Heelah	BODYPUMP 8:30am/Robyn	ZUMBA 8:30am/Joyce	BODYCOMBAT 8:45am/Amy S
	Restor. YOGA-75 9:00am/Nancy	BODYFLOW 9:35am/Jackie	CYCLING 9:30am/Stacy	BODYFLOW 9:30am/Danielle	CYCLING 9:30am/Shoshana
	BODYPUMP 9:30am/Jackie	BODYCOMBAT 9:35am/Surena		BODYSTEP 9:35am/Emily L	BODYPUMP-45 9:45am/Amy S
	YOGA-75 10:15am/Nancy	YOGA-75 10:45am/Jackie	BODYATTACK-45 9:40am/Mati		YOGA-75 10:35am/Rivka M
	JBARRE-45 12:15pm/Eliana	Strength-45 12:15pm/Jackie	JBARRE 12:15pm/Erin		BODYFLOW 10:45am/Jackie
	BODYATTACK 7:15pm/Laura			BODYPUMP-45 5:45pm/Shelly	
	SH'BAM 7:30pm/Robyn	ZUMBA 7:30pm/Jocelyn		BODYATTACK 7:15pm/Heelah	
	BODYPUMP 8:20pm/Laura	BODYFLOW 7:30pm/Robyn		SH'BAM 7:30pm/Robyn	
	YOGA-90 8:00pm/Rivka COMMUNITY	INSANITY 8:30pm/Shana		BODYFLOW 8:30pm/Robyn	
COED CLASSES					
	CYCLING 7:30pm/Yanky	CYCLING 6:00am/Alan		CYCLING 6:00am/Alan	
MALE ONLY CLASSES					
	BODYATTACK-45 8:15pm/Michael	BODYPUMP 7:30pm/Michael			
CLASSES FOR BEGINNERS & ACTIVE OLDER ADULTS (All classes are COED)					
Get Fit, Stay Fit! 9:30am/Erica	Get Fit, Stay Fit! 9:30am/Andrea	ZUMBA Gold 9:30am/Steph	Get Fit, Stay Fit 9:30am/Andrea	Les Mills TONE 9:30am/Marcella	Get Fit, Stay Fit! 9:30am/Andrea
				Gentle YOGA 10:40am/Sandi	
		CHAIR YOGA For Balance/Flexibility 1:00pm/Kathy		TAI CHI-45 11:45am/Kathy	
	TAI CHI-45 5:00pm/Kathy			GET FIT, STAY FIT! 7:00pm/Erica	

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

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.

Our diverse class selection includes the popular Les Mills™ BODYPUMP®, BODYSTEP®, BODYFLOW®, BODYATTACK®, BODYCOMBAT, and SH'BAM® 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 Schwinn® Indoor Cycling classes are another high-energy cardio option. You'll burn hundreds of calories 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! For more information or to determine which class is right for you, contact Amy Schwartz at 410.559.3534 or aschwartz@jcc.org.

GROUP FITNESS 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.

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)*

Chair Yoga for Balance & Flexibility: The perfect solution to keeping your joints healthy and your muscles moving. You'll see increased strength, flexibility, and concentration, and improve overall balance. *(Extra fee)*

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)*

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.



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

GROUP CYCLING CLASSES

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



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**
- **Early departure is permitted ONLY prior to Savasana (Relaxation)**

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 blankets, blocks, and straps. You will stretch and restore your base-line flexibility. Perfect for beginners and people with very tight muscles.

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

Qi Gong Sometimes called "Chinese Yoga" includes an easy and pleasurable focus on the coordination between breathing, movement, and gentle stretching, alancing, and opening of your energy channels.

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.