Group Fitness Class Descriptions

Aqua Bootcamp: Take boot camp into the water with high intensity drills for a total body aquatic workout.

Aquafit: Get out of the cardio studio and into the pool for this nonimpact, total body workout. Improve cardiovascular stamina, muscular strength, flexibility, and range of motion.

Aqua Tabata: Uses water resistance with several basic aqua moves for a short period of time at a high intensity and a short rest in between.

Aqua Yoga: Return the range of gravity to your land, and experience the benefits and accessibility of yoga in the water.

Master Swims: A structured workout in the pool.

Cardio & Fusion Fitness

20/20/20 This emerging combo includes 20 minutes of Zumba, 20 minutes of Cardio, and 30 minutes of stretching.

Core Barre: Functional training with a twist. Barre work, mat work, lower impact cardiovascular and a short static hold.

Dance Experience: A fun and fast paced class that will leave you feeling strong and balanced.

Cardio Barre: Improve your balance, strengthen your core, and create a long, lean physique. This high energy, low impact class combines barre, Pilates, and yoga to create a non-stop fast paced class. Class is taught in bare feet using traditional ballet barres.

Cardio Kick: A cardiovascular workout using the basic kickboxing techniques to develop endurance, conditioning, and stamina.

Cardio Sculpt: Combine Body Sculpt with cardio intervals for a total body workout.

Dance Alive: Dance Fitness that awakens the dancer in you with dance drills that are high-energy and exhilarating.

DanceFit: A high energy calorie burning Cardio Dance Experience.

Classical Pilates Mat: This is the core of the Pilates method of body conditioning, and the work is most challenging, strengthening the core muscles, and limbering the spine.

On the Ball: Cardio, strength and core exercises all using the Stability Ball! Keep it simple with one piece of equipment that will be sure to challenge you.

Pilates Fundamentals: This introductory class will focus on the basics of Pilates and beginning movements in the Pilates systems of exercises.

Pilates Mat: Introduce yourself to the fundamentals of Pilates technique (without apparatus/equipment).

Focus on alignment, opposition, balance and functional fluid movement from the core’s foundation - the powerhouse.

Pilates & Posture: All levels welcome. Enhance your mat class with an assortment of accessories to work your core and postural fitness.

SCULP: Raise the BAR! Barre is used along with other strength equipment to challenge your body and to help build all major muscle groups and increase your endurance. Our instructors will challenge you with an innovative workout that will have you feeling stronger and happier.

Shred: A High-Intensity endurance based 30 minute workout utilizing a 3-2-1 interval approach. A 5min preview of the exercises for each class on Shred will give you an idea of what you will be doing each class.

STRONGbyZumba® combines high intensity interval training with the science of Synch Music Motivation. In every class, music and moves align to push beyond your perceived limits, to reach your fitness goals faster. We recommend bringing your own mat to class.

Yoga & Stretch

Tai Chi Easy®: A beginner friendly approach to Tai Chi and Qigong which is beneficial and fun. Straightforward and highly adaptable, this class results in empowerment of self-care, improved balance and increased strength and flexibility.

Breathe and Flow Yoga: An all levels class where you will be guided to link movement, transitions between poses and breath for a mindful and strong yoga practice. You are invited to go deeper and to consistently use your breath with fluidity to strengthen your body and move with ease.

Candlelight Stretch: This class is extraordinary, offering the reinforcing benefits of slowing, strengthening, and restorative for your mind/body.

Challenge: A gentle form of yoga that is practiced sitting or in chair. Suitable for seniors or those with limited mobility.

Express Mat Pilates: A slightly shortened version of our Pilates Mat Class. Introduce yourself to the fundamentals of Pilates technique (without apparatus/equipment).

Focus on alignment, opposition, balance and functional fluid movement from the core’s foundation - the powerhouse.

Flow & Align: Yoga is based on apparatus as we weave poses into a mindful flow. We give importance to your breath and the fluctuating mind. The flow is 30 minutes of continuous slow-pace movement with a portion of time to wind down and rest - this benefits the body as well as the mind.

Flow & Hold it! Yoga: Start with a dynamic flow to warm the body before furthering your practice, using breath & deep stretches to refuel your mind. Discover ease, stillness, and a meditative state.

gentle/Restorative: Yoga practice that moves at a gentle pace, combined with breath work and gentle and restorative poses to quiet the mind and calm the body.

Gentle Vinyasa: A slow meditative yoga practice of movement to build flexibility, balance, strength, and mindfulness.

Gentle Yoga: Incorporates asanas in a slow, meditative and calm practice. Encouraged for anyone with reduced mobility or limitations.

Hatha Yoga: The foundation of Yoga. Learn asanas (poses) and pranayama (breathing techniques).

In the Hatha Aligned class, emphasis is on postural exercises. All levels welcome. Bring your own Mat.

Blocks, straps, blankets, and bolsters provided.

Jyengar Yoga: Precise alignment of movements and joint focus is the main focus. Rather than moving quickly through the postures, you may spend many minutes in one pose and use props to align your body properly.

Mobility, Core & Balance: Flexibility, balance, strength, and core all in one. Focus on core to improve your concentration and balance.

Power Hour Yoga: These 60 minute flowing sequences are designed to generate heat, build strength, increase flexibility, and inspire your day.

QFlow: This class incorporates QiQong movements and breath with a focus on proper posture and alignment. These routines are designed to increase flexibility and fluidity, while reducing stress and pain through a mind and physical emotional wellbeing.

Roll & Release: A class for those who want to treat the symptoms of injury prevention. Roll out your muscles, treat day to day stress. Experience QiFlow, relax and rejuvenate yourself.

Vinyasa Flow: A continuous flow of movement with a dynamic sequence of poses (asanas), building flexibility, strength and the synchronisation of breath to movement.

Experience in Hatha is recommended.

Yoga for Athletes: This class is designed to take you through asanas of highly effective strengthening and stretching exercises that key to the movement demands on all athletes, no matter what sport.

Yoga Sculpt: A combination of strength and cardio exercises combined in a slow, smooth flow of Power Yoga flows class sure to tone your physique.

Yoga Fundamentals: All levels welcome. Enjoy the fundamentals of yoga in an easy going, fun environment.

Based on the yoga philosophy of Swami Sivananda, this class is an introduction to basic yoga postures and breathing techniques.

Yoga sculpt: A slow-paced yoga flow incorporating a slow, smooth flow of Power Yoga flows class sure to tone your physique.

Yoga Flow: Yoga Flow is a true blend of alignment, flow, strength, and flexibility.

Yoga is a practice for healing. Let’s provide a space for students to learn.

Yoga Therapy: Yoga Therapy is a community for healing. Lending provides a safe space for students to learn.

Yoga 101: An introductory course for those new to yoga.

TRX & Small Group Training

TRX: There is a fee for this class. Class size is limited to 8 participants. Try your 1st Class FREE! Register Online and for more information on pricing, call 408-357-7419.

TRX: These classes use the TRX Suspension Trainer along with other equipment in the small group class.

Area of Fitness Room B for a full body strength and cardio workout in less than an hour.

TRX 20/20: Small group training that incorporates 20 minutes of TRX, 20 minutes of bodyweight work, and finishes with 20 minutes of cardio.

This class is packed full of strength, cardio, flexibility and flows with a focus on proper posture, mechanics and flows with a focus on proper posture, mechanics.

Note: No AQUA Classes March 9 to March 30 while pool is closed for improvements. 

February 2020 Group Fitness Schedule

March 2020

Meet Our Member of the Month

Shirley Rose

Shirley Rose was born and raised in Israel. She has lived in the U.S for the last 20 years. She has a background in Kinesiology and exercise and loves studying biology, nutrition and the human body, as well as helping others. Fitness is her lifestyle! Here at the JCC she enjoys strength and cardio workouts. Irving various times of the year you can find Shirley studying while on the Stairmaster-- talk about multi-tasking!

Since starting to work out here she has noticed that she is more toned and energetic. She loves the employees who work at the JCC and loves engaging in the wonderful chats with all the members. The advice she has for new members is to set goals and achieve them gradually to maximize strength (muscular or cardiovascular), lose weight or whatever their goal is to use the very professional knowledgeable trainers.

She also loves the moments when her kiddos enjoyed and learned at Camp Shalom. She says: “These are the most treasured moments for me. It has been a great positive experience for me to be a member here at the JCC. Feel happy, strong and sleek.”