

# Group Fitness Schedule | January 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00am			<b>Cardio Sculpt</b> 6:15-7:15am Luciana		<b>Sculpt</b> 6:15-7:15am Luciana				
7:00am									
8:00am		<b>Spin &amp; Strength</b> 8:30-9:25am Susan	<b>HIIT</b> 8:45-9:40am Teresa	<b>Sculpt</b> 8:15-9:10am Luciana	<b>Spin &amp; Strength</b> 8:30-9:25am Else	<b>Cardio Barre</b> 8:30-9:25am Alissa	<b>Pilates</b> 8:00-8:55am Riba	<b>Cardio Sculpt</b> 8:30-9:25am Luciana	<b>TRX: Intermediate</b> 8:45-9:30am Shayne (extra fee)
9:00am	<b>Zumba</b> 9:15-10:10am Amy	<b>Zumba</b> 9:30-10:25am Judy G	<b>Pilates Mat</b> 9:00-10:00am Laura	<b>Cardio Strength</b> 9:30-10:25am Luciana	<b>Zumba</b> 9:15-10:10am Judy G		<b>Spin</b> 9:30-10:25am Riba		<b>Guts &amp; Glutes</b> 9:30-10:25am Teresa
10:00am	<b>Aqua Fit</b> 10:00-10:50am Marla	<b>Hardcore HIIT</b> 10:30-11:25am Jeannette L.	<b>Aqua Fit</b> 10:30-11:25am Aeja	<b>Alignment Based Yoga</b> 10:00-10:55am Judy L	<b>Athletic Stretch (New)</b> 10:30-11:25am Rich	<b>Spin</b> 10:30-11:25am Joe	<b>Aqua Fit</b> 10:30-11:25am Riba	<b>Pilates &amp; Posture</b> 10:30-11:30am Sandy	
11:00am		<b>Healthy Hearts</b> 11:00am-11:55am Joe	<b>FIT</b> 11:30am-12:25pm Else	<b>Healthy Hearts with Spin</b> 11:00am-11:55am Joe	<b>FIT</b> 11:30am-12:25pm Else	<b>Pilates Reformer</b> 11:00-11:55am Else (Extra fee)			
12:00pm		<b>Strength</b> 12:00-12:55pm Judy G	<b>Core &amp; More</b> 12:30-1:25pm Else	<b>Spin</b> 12:00-12:55pm Joe	<b>Pilates with Props</b> 12:00-1:00pm Catherine	<b>Core &amp; More</b> 12:30-1:25pm Else	<b>Zumba Gold</b> 12:30-1:30pm Kelly		
1:00pm		<b>Pilates Reformer</b> 1:00-1:55pm Laura (Extra fee)	<b>Pilates Reformer</b> 1:00-1:55pm Else (Extra fee)	<b>Pilates Reformer</b> 1:00-1:55pm Catherine(Extra fee)					
2:00pm									
3:00pm									
4:00pm									
5:00pm		<b>U-Jam (NEW)</b> 5:00-6:00pm Amy M.	<b>Hatha Yoga</b> 5:15-6:30pm Sara	<b>Pilates Mat</b>   5:00-5:55pm   Else <b>Zumba</b>   5:30-6:25pm   Amy <b>Spin</b>   6:00-7:00pm   Riba	<b>Yoga Flow</b> 5:00-6:15pm Judy L.	<b>Zumba (NEW)</b> 5:00-6:00pm Joanna	<b>Yogalates (NEW)</b> 5:00-6:00PM Else	<b>Hardcore HIIT</b> 5:30-6:25pm Shayne	<b>Zumba</b> 5:30-6:25pm Paris
6:00pm		<b>Spin</b> 6:00-7:00pm Paris	<b>Aqua Fit</b> 6:00-6:50pm   JCC Inst. <b>Hardcore HIIT</b> 6:30-7:30pm   Wendell <b>Lower Back &amp; Hip Release</b> <b>Yoga</b> 6:00-6:55pm   Shayne		<b>Spin</b> 6:00-6:55pm Jen	<b>Barre Yoga</b> 6:30-7:25pm Marina	<b>Aqua Fit</b> 6:00-6:50pm Amy	<b>Spin</b> 6:30-7:30pm Riba	
7:00pm				<b>Israeli Folk Dance</b> 7:15-8:45pm JCC Instructor					
8:00pm									

# Group Fitness Class Descriptions

## **Pilates Reformer**

A small group class, indoors, on the Allegro Reformers. Great for individuals seeking to achieve core stability and postural alignment. 24 hr cancellation notice is required, or will be charged full price.

## **Alignment Based Yoga**

Precise alignment of muscles, bones and joints is the main focus. Spending many minutes in one pose and use props to align properly.

## **Alignment Based Hatha Yoga**

Virtually. Suitable for beginners and experienced yoga students, focused on proper alignment and instruction of various yoga poses. Using the breath and attention to precise body positioning, students are able to gain strength and confidence to move more easily and freely into a wide range of poses.

## **TRX**

Small group class, focused on balance challenges, suspension strength and deep core work. Be sure to bring a mat for floor work. Class is limited to 6.

## **Aqua Fit**

Join us in the pool for this non-impact, total body workout. Improve cardiovascular stamina, muscular endurance, flexibility, and range of motion. Plan to bring your own towel and water bottle.

## **Barre Yoga**

In this class the use of barre and other props will help you understand the pose and allow your body to slowly increase flexibility, improve overall functioning of the body, strength, and stability.

## **Cardio Barre**

High energy, low impact class combines ballet, kickboxing, Pilates, and yoga and is non-stop fast paced movement. Class is taught in bare feet and different props such as gliders and light weights are used each week.

## **Cardio Sculpt**

Combine Body Sculpt with cardio intervals for a total body workout!

## **Cardio Strength**

Join Luciana, and utilize weights for a strength building workout! Some cardio may be incorporated to give you that full body workout.

## **Chair Yoga**

A gentle form of yoga that is practiced sitting on a chair. Suitable for seniors or those with limited mobility.

## **Core & More!**

Join Elise and engage the core, incorporating Pilates, and wind down with stretching!

## **Flow & Align Yoga**

Simpler, slow-moving flow designed to create expansion in your body, release tension, and encourage the exploration of movement throughout your whole system. Bring together breathwork, focus, flexibility and mobility to create a balance between a calm mind and a mobile body.

## **Flow & Hold Yoga**

Start with a dynamic flow to warm the body before furthering your practice, using breath & deep muscles to refine your asana. Discover ease, stillness, and a meditative state.

## **FIT**

Light on the joints and easy to follow, this low impact dance aerobics and strength class uses light weights, functional movements, and gets your heart pumping and muscles working!

## **Gentle Vinyasa Yoga**

A slow meditative joyful practice of movement to build flexibility, balance, strength and alignment with the synchronization of breath. Props and modifications available for any person with reduced mobility or limitations. All levels welcome.

## **Gentle Restorative Yoga**

This class combines yoga postures that move at a gentle pace as well as breath work, meditation and restorative poses to help quiet the mind and calm the body.

## **Guts & Glutes**

Work your buttocks, legs and entire lower body while you tighten your core and sculpt your abs.

## **Hardcore HIIT**

High Intensity Interval Training class is a full body cardio workout that incorporates strength and stability. All levels welcome!

## **Hatha Yoga**

Experience the harmonious integration of body, breath and mind this holistic and rejuvenating practice. Suitable for all fitness levels, as it emphasizes proper body alignment and more sustained stretches.

## **Healthy Hearts**

This class is tailored for active adults focusing on gently building cardiovascular endurance, daily life strength, and body balance.

## **HIIT**

High intensity interval training is a form of exercise with short periods of intense exercise and with less intense recovery periods.

## **Lower hip and back**

Focuses on the connection point between the upper and lower body. Psoas release is a way to let go of this tension we have built up over time and a way to connect deeper within ourselves. The deep stretching and neurogenic tremoring that is experienced in this class is an optimal way to get back to a neutral happy place.

## **Pilates & Posture**

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

## **Pilates Fundamentals**

This introductory mat class will focus on the basic Pilates principles.

## **Pilates Mat**

Fundamentals of Pilates technique (without apparatus/equipment). Focus on alignment, opposition, balance and functional fluid movement from the core's foundation - the powerhouse.

## **Pilates with Props**

A dynamic and engaging workout that will target your core and challenge your whole body. Using small props to build strength, flexibility, and balance while improving posture and alignment.

## **PureCore**

Tough core workout featuring challenging, exercises to strengthen not just the abs but all the muscles of the torso. Explore the world of planks, hovers, balance, and integrated exercises. \*All levels welcome.

## **Qigong**

Qigong movements and flows with a focus on proper posture, mechanics and alignment. Designed to increase strength and flexibility, while relaxing the mind for physical and emotional well-being.

## **Sculpt**

Weights are used along with other strength equipment to challenge your body and to help build all major muscle groups and increase your endurance.

## **Spin**

Indoor cycling to great music! Get the rush of outdoor cycling with hills, flats, and jumps in fun and creative intervals.

## **Spin & Strength**

This class will start off on the bike, getting that heart rate up and finish off on a mat with some core work and stretching.

## **Spin & Strength (30/30)**

This class will start off with 30 minutes of Spin to get that heart rate up, and conclude with 30 minutes of strength based exercises, utilizing hand weights, to give you a total body workout.

## **Strong Nation**

Music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

## **U-Jam**

U-Jam Fitness is an addictive dance fitness format that will make you move, sweat, and smile.

## **Vigorous Vinyasa**

Incorporating sun salutations/flows based on standing and balancing poses before introducing apex poses into the flow. A strong focus on utilizing the breath to establish ease and steadiness in the practice.

## **Yoga for Balance and Posture**

Tone and stretch your body with standing yoga poses and challenge your posture with balancing poses. Utilize a chair or wall for stretches and balance work.

## **Yoga is Therapy**

Is a community for healing through yoga. Linda provides a safe place for students to explore their own practice.

## **Zumba**

Every Zumba class is a fun event. The mix of Latin, top 40 and Hip Hop music keeps you energized!