Group Exercise Schedule: WINTER Updated 2.14.20

**SUNDAYS**

- 8-8:55 am **Booty Barre**
- 8:15-9 am **Cycling**
- 9:15-9:30 am **Cycling**
- 9:15-10:10 am **Tabata Cardio Sculpt**
- 9-10:15 am **Advanced Yoga**
- 10:15-11:10 am **Dance Fit**
- 10:30-11:30 am **Beginner Yoga**

**MONDAYS**

- 5:45-6:45 am **Cardio Conditioning**
- 6-6:55 am **Tabata Cardio Sculpt**
- 7-7:50 am **Cardio Strength Conditioning**
- 7:30-8:25 am **Cycling**
- 9:30-10:25 am **Kick-It-To-The-Core**
- 8-8:55 pm **FUNdamental Fitness**

**TUESDAYS**

- 5:45-6:30 am **Cycling**
- 6-6:55 am **Tabata Cardio Sculpt**
- 7:30-8:25 am **Cardio Strength Conditioning**
- 8:30-9:30 am **Cycling**
- 8:30-9:25 am **Off the Barre - Amped!**
- 9:30-10:25 am **FUNdamental Battle Stations**
- 9:30-10:25 am **Pilates & Sculpt**
- 10:30-11:15 am **Classic Weight Conditioning**

**WEDNESDAYS**

- 5:45-6:30 am **Cycling**
- 6:45-7:45 am **Yoga**
- 7-7:55 pm **FUNdamental Fitness**
- 4-4:55 pm **Power Yoga**
- 10:30-11:25 am **Barre Class**

**THURSDAYS**

- 5:45-6:45 am **Barre Class**
- 6:30-7:30 pm **Yoga**
- 5:30-6:30 pm **Meditation**
- 4:30-5:25 pm **FUNdamental Fitness**
- 11:30 am-12:25 am **Balance Your Body**

**FRIDAYS**

- 6-7 am **Total Body Conditioning**
- 7:30-8:25 am **Booty Barre**
- 8:30-9:25 am **Drum & Pump**
- 9:30-10:15 am **Cycling**
- 9:30-10:25 am **Power Hour**

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Elevate Your Fitness, the Treadmill HIIT Class Way!

January special: 4 classes for $45/ Single class $15 payable at the Seiden Wellness Center Desk

Try our high-intensity interval training, on and off the Woodway treadmill. A great way to burn calories fast. This is a 45 minute advanced high intensity class. Register online 48 hours in advance of the class start.

Offered Mon, 8:30 am (starting January), Tue, 10:30 am; Thur, 8:35 am; Fri, 6 am
Register online for prime-time classes including:

**Cycling, Barre & Woodway Treadmill**

Group Exercise class schedules are subject to change; Check the website for latest updates. Group Exercise classes are open to JCC members 14+. **Classes open to individuals 12+.**

info: Contact Hagit Tal at htal@jccotp.org

For the safety of our members, instructors may decide participants arriving late are unable to participate if they have missed the necessary warm-up.

Group fitness builds relationships, provides energetic experiences and creates a dynamic culture. Regular exercise improves your health and self image, so whether you want to lose weight, tone up, or simply get moving, you are sure to find a class that is right for you. Class instructors are certified and/or have degrees in fitness.

20/20

20 minutes cardio, 20 minutes weights, 20 minutes abs.

**Age Less Play More**

Rediscover your full body potential at any age with a combination of exercises incorporating breathing, stretching and balancing techniques to put your body in the best possible alignment. Each class routine is unique depending on the needs of the day.

**AM Sweat**

Challenge your body with intervals of cardio work and Strength training. A great way to start your day!

**Barre Class**

A total body workout which combines the techniques from Pilates, ballet, and some Yoga. Isometric exercises lengthen and sculpt your muscles to create a sleek, lean, and sculpted body. Includes muscle defining arm exercises, intense glut and thigh work, abdominal core work, and physical therapy stretching.

**Booty Barre**

An energetic, fun workout that fuses techniques from Dance, Pilates and Yoga that will tone, define and chisel the whole body with a strong emphasis on glutes and hamstrings. This method is the perfect combination of strength and flexibility with added cardio to burn fat fast.

**Cardio Bootcamp**

An all over cardio/weight workout combining timed military style cardio drills with strength training. Sessions end with core strengthening exercises.

**Cardio Booty Barre**

Non-stop ballet movements performed at temps.

**Cardio Pump**

A 55-minute workout designed to improve strength and build lean muscle. This workout includes cardio and strength exercises using our brand new equipment - barbell and weighted plates - to blast all major muscle groups.

**Cardio Strength Conditioning**

Condition the body through cardio and strength intervals. Movements designed to maximize time and define the body.

**Classic Weight Conditioning**

Learn proper techniques for lifting free weights; get fast results.

**Cycling**

Enjoy great music in a dynamic, instructor-led program on stationary bikes. Each bike has its own computer, measuring cadence and distance as well as adjustable degrees of resistance, allowing people at any fitness level to participate.

**Chiseled**

Shred your core with intense fat burning class. A well rounded workout to strengthen and tone while keeping your heart rate elevated. All movements can be modified for participants with limitations.

**Cycling Fusion**

Get the best of both worlds – first half of class is cycling followed by weight training.

**Drum & Pump**

Have a ball and feel the burn with powerful high energy beats and rhythms of drumming for an amazing body workout. Combined with upper, lower and abdominal routines to make this a complete body experience.

**Dance Fit**

...is an all out dance party that incorporates several styles of dance. It’s a great cardio workout featuring different exciting tracks that provide peaks of high intensity. So much fun, you’ll forget you’re working out!

**FITT (Frequency, intensity, time & type)**

Full body strengthening highlighting core stability, balance and symmetry, using weights, bands, mats and stability balls.

**FUNDamental Fitness**

Reap the benefit of a personal trainer in a group exercise setting. You will move, burn, stimulate, and take charge of every muscle using a variety of equipment. Go back to basics and see what a difference it will make.

**Glutes & Core Flow**

A conditioning series of exercises that focus on firing up all aspects of the glutes, hips/thighs and abdominal muscles. You will be guided through progressive flowing movements of warm-ups to high/low intensity and finishing off with a relaxing cool-down.

**Keep Fit/Stay Strong**

Keep fit with the class that you can participate in forever. Class includes low impact cardio using a variety of equipment such as steps, weights, bands and weighted balls to work on stability, balance and bone strengthening while listening to the songs of the 50’s through today. Beginner to intermediate.

**Kick-It-To-Core**

A non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class combines kicks and punches into high energy, athletic combinations using weighted gloves. Weight conditioning and core are integrated into the class to leave you feeling strong and fit!

**Movin’ Mama**

Stroll, squat and spring into a fun and challenging workout! Movin’ Mamas caters to moms of all fitness levels. This 45-minute class includes cardio, strength training, and core work. Incorporating your baby and stroller into this class guarantees the ultimate mom and baby bonding time. Non-members: $15 per class.

**Off the Barre - Amped!**

A combination of boot camp style workout to get your heart pumping and then take it to the barre for a burn.

**Pilates & Sculpt**

A full body low impact workout that combines Pilates and Strength training. Using weighted bands, stability balls, weights and more this class with strength and tone arms, legs and core.

**Power Flow**

Power Vinyasa Flows to build overall strength and flexibility. The music will always be pumping and the energy flowing as you work to bring up your heart rate, stretching and sweating it all out, while still being able to take pause to connect in to your mind, body and spirit. Students of all levels are welcome to join the fun and will learn how to take your yoga practice to the next level utilizing numerous yoga postures and arm balances.

**Power Hour**

Heart pumping cardio intervals combined with weight strength training and core work. Non-stop body movement to maximize results making you powerful inside and out.

**Tabata Cardio Sculpt**

A dynamic and functional class provides a full body workout using equipment and body weight exercises incorporating Tabata interval timing.

**Toning & Lifting**

Lifting weights, lifting bands, lifting your body weight are all ways to help you tone in your muscles and feel the burn.

**Total Body Conditioning**

This cardiovascular conditioning and body sculpting class will help you tone your muscles and improve your strength while burning fat.

**Total Cut**

Challenging but fun total body workout incorporating strength and low impact cardio.

**Zumba**

This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

**MIND/BODY**

**Balance Your Body**

This low impact exercise class helps strengthen muscles, increase range of motion and flexibility, and improve balance and body posture. Utilizes free weights, medicine balls, body bars, resistance bands, Steps, and mandatory mat work. Geared towards the prevention of osteoporosis.

**Gentle & Beginner’s Yoga**

This gentle, Hatha-based yoga class develops flexibility, coordination, concentration, and strength. Learn breathing techniques, gentle flowing movements, passive and supported poses.

**Mat Pilates**

Focus on spinal alignment and breath this class challenges your core using the traditional Pilates mat work exercises.

**Meditation for Beginners**

Learn simple techniques to help relax your body and center your mind. When you make meditation part of your daily routine its helps build resistance to emotional stress, anxiety or depression and boosts your mood. Brought to you by Graf Center for Integrative Medicine at Englewood Health.

**Mommy & Me Yoga**

Inviting all moms with young babies to enjoy special bonding through yoga movements. Great opportunity to work with Arlene Minoyan, a yoga instructor with extensive experience.

**Stability & Strength**

This dynamic class helps to realign the body utilizing techniques from Pilates, Yoga and Feldenkrais. Concentration is on stretching and strengthening to create lifestyle changes that last forever. Standing and mat work required.

**Tai Chi Bone Strengthening**

Developed centuries ago in China, Tai Chi is now used to promote optimal health and increase a greater understanding of our bodies using slow, low-impact movements and exercise to develop and strengthen tendons and bones, increasing balance and energy, while reducing stress, calming the mind and strengthen the immune system.

**Vinyasa Yoga**

Refine and build upon your practice in this intermediate Vinyasa class that presents variations of the basic poses in a creative sequence flow.

**Yoga**

This Sunday morning class is designed to create awareness & relaxation, improve circulation, and balance the immune system, while unifying the body, mind, and soul.

**ADDITIONAL FEE-BASED CLASSES**

Pilates Apparatus Small Group Training
Treadmill HIIT Classes

Contact Hagit Tal at htal@jccotp.org