

# WINTER/SPRING

## group exercise schedule *January through April*

- cardio
- dance
- mind & body

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9:15 – 10:15 AM</b> Pilates & Beyond  INSTRUCTOR LOCATION Lisa GF	<b>6:15 – 7:00 AM</b> Hard Core  INSTRUCTOR LOCATION Josh Gym	<b>6:00 – 6:45 AM</b> Cycling  INSTRUCTOR LOCATION Keith FF	<b>6:15 – 7:00 AM</b> Hard Core  INSTRUCTOR LOCATION Josh Gym	<b>6:00 – 6:45 AM</b> Cycling  INSTRUCTOR LOCATION Keith FF	<b>8:00 – 9:00 AM</b> Barre Burn  INSTRUCTOR LOCATION Rena GF	<b>8:15 – 9:00 AM</b> TRX  INSTRUCTOR LOCATION Josh GF
<b>9:30 – 10:30 AM</b> Water Aerobics  INSTRUCTOR LOCATION Michelle F@D	<b>8:30 – 9:15 AM</b> LO-HIIT  <b>NEW Class Time</b> INSTRUCTOR LOCATION Pam Gym	<b>8:30 – 9:30 AM</b> Yoga  INSTRUCTOR LOCATION Alana GF	<b>9:15 – 10:15 AM</b> Suspension Circuits  <b>Begins 1/4</b> INSTRUCTOR LOCATION Lisa FF	<b>9:15 – 10:15 AM</b> Basic Strength/Rep  INSTRUCTOR LOCATION Pam GF	<b>9:15 – 10:15 AM</b> Zumba  INSTRUCTOR LOCATION Ruby GF	<b>9:00 – 10:00 AM</b> Yoga  INSTRUCTOR LOCATION Britney GF
<b>10:15 – 11:15 AM</b> Zumba  <b>Added Class Time</b> INSTRUCTOR LOCATION Craig GF	<b>9:15 – 10:15 AM</b> Strength & Stretch  INSTRUCTOR LOCATION Rebecca GF	<b>9:45 – 10:45 AM</b> POUND  INSTRUCTOR LOCATION Katrina GF	<b>9:15 – 10:15 AM</b> Zumba  INSTRUCTOR LOCATION Craig GF	<b>10:30 – 11:30 AM</b> Slow Flow Yoga  INSTRUCTOR LOCATION Irene GF	<b>10:30 AM – 11:15 AM</b> Tabata  INSTRUCTOR LOCATION Lisa Gym	<b>10:15 – 11:00 AM</b> Tabata  INSTRUCTOR LOCATION Sam GF
<b>11:30 – 12:30 PM</b> NIA  INSTRUCTOR LOCATION Dorita GF	<b>10:30 – 11:30 AM</b> Tai Chi  <b>Begins 1/9</b> INSTRUCTOR LOCATION Vito GF	<b>6:15 – 7:15 PM</b> Zumba + Strength  INSTRUCTOR LOCATION Donna GF	<b>10:30 – 11:30 AM</b> Stability, Strength, and Balance  INSTRUCTOR LOCATION Julia GF	<b>11:30 – 12:30 PM</b> POUND  INSTRUCTOR LOCATION Katrina GF	<b>10:30 – 11:30 AM</b> NIA  INSTRUCTOR LOCATION *** GF	<b>11:00 – 11:45 AM</b> Cycling  INSTRUCTOR LOCATION Keith FF
<b>5:00 – 6:00 PM</b> Barre Burn  INSTRUCTOR LOCATION Rena GF	<b>6:00 – 7:00 PM</b> Flow Yoga  INSTRUCTOR LOCATION Jeannie GF		<b>11:30 – 12:30 PM</b> NIA  INSTRUCTOR LOCATION Dorita GF	Prenatal Yoga has many great benefits for pregnancy, labor, and connecting with your baby. Classes include postures to develop stamina, strength, and balance and to relieve tension and address aches and pains of pregnancy; breath work to relieve stress and prepare for labor; and time to nurture yourself and develop a sense of community.  	<b>11:15 – 12:15 PM</b> Prenatal Yoga  <b>Begins 2/4</b> INSTRUCTOR LOCATION TBD GF	
<b>6:15 – 7:15 PM</b> POUND  INSTRUCTOR LOCATION Katrina GF	Tai Chi, a Chinese martial art, is renown for both defense training and its healing practices, popular for pain relief and overall health improvement. The slow, gentle, meditative movements are accessible to all ages and abilities.		<b>5:15 – 6:15 PM</b> Pilates/Barre  INSTRUCTOR LOCATION Rena GF		<b>3:30 – 4:30 PM</b> Zumba  INSTRUCTOR LOCATION *** GF	
			<b>6:30 – 7:30 PM</b> STRONG by Zumba  <b>Childcare Available</b> INSTRUCTOR LOCATION Donna GF			

# group exercise classes

M = Multi Levels    AOA = Active Older Adults

## DANCE

**NIA** Neuro-muscular Integrative Action is a holistic, sensory-based movement practice that combines the spirited energy of Jazz, modern dance and improvisational movement with the power and precision of the martial arts, along with the flexibility, balance and sensory awareness of Yoga, Feldenkrais and Alexander Technique. All levels of fitness welcome. **M**

**Zumba®** When participants see a Zumba® class in action, they can't wait to give it a try. Zumba® classes feature exotic rhythms set to red-hot Latin and international beats. Zumba® plus strength Same great Zumba® class with the added component of strength training. **M**

## ROTATING INSTRUCTORS

Grab a friend and experience working together with one of our personal trainers. Personal training can be fun and affordable.

For more information, contact Pam Taylor, Director of Healthy Living at [ptaylor@levinjcc.org](mailto:ptaylor@levinjcc.org) or 354-4940

We are now offering group ex classes to non-members at the following rates:

\$10 for a single class  
\$45 for a 5 class package

## CARDIO

**Cycling** Beginners are encouraged to build their time on the bike to prevent soreness on the saddle. Classes are based on individual fitness levels to improve upon cardiovascular endurance while an instructor leads you through a series of flat roads, hills, jumps and sprints. All levels of fitness are welcome. Water bottle, sneakers or cycle shoes are required. **M**

**Hard Core** A class for those looking to get Hard Core! Improve your strength, cardio, agility, speed and endurance with a variety of exercises. Class is designed for Intermediate/Advanced levels. **M**

**High Intensity Interval Training (HIIT)** Intervals at your maximum intensity followed by a short rest. This format is using HARD work using full body movements, plyometric (jumping) and other equipment. Helps boost metabolism along with cardio to help burn those calories throughout the day. **M**

**LO-HIIT** Interval training with low-impact movements as an option. **M**

**POUND®** Full body drumming workout that uniquely combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements using lightly weighted exercise drumsticks (Ripstix®). The workout is easily modifiable and is accessible to all fitness levels. **M**

**STRONG by Zumba** STRONG is a high-intensity (modifications will be shown) workout where every move is synced to a beat. Plyometric or explosive moves like high knees, lunges, squats, and kickboxing, all led by music. **M**

**Tabata** A combination of moderate to high intensity exercises with bouts of rest (ration 20:10 seconds), which provides a great alternative to traditional cardio workouts. Various equipment and plyometric (jumping) movements are used to achieve desired intensity levels. Class is designed for Intermediate/Advanced fitness levels. **M**

**Water Aerobics** Truly for all levels. An ultra-low impact combination of cardio, strength and stretching exercises that reduces stress on joints and muscles. **M**

## MIND & BODY

**Barre Burn** Work at the barre and challenge yourself in this safe, low-impact, total-body strength class involving elements of ballet and Pilates. The latest addition among specialty classes, Barre Burn is designed to increase muscle definition and improve posture, alignment, strength, and balance. **M**

**Basic Strength/Rep** Rep Reebok is an effective strength training activity, utilizing platforms and various weights to increase muscle tone, shape and function. Beginner to intermediate. **M**

**Pilates and Beyond** Take your knowledge of Pilates to the next level! You will challenge your core, increase your flexibility, and improve your postural alignment using the stability ball and the mat. **M**

**Pilates/Mat Pilates** This class is designed to increase the body's core muscular strength and stability, and increase flexibility, while focus is placed on breathing and postural alignment. The use of stability balls, bands and weights may be used during portions of the class. Exercises include standing, kneeling, sitting, prone and supine positions. Note many exercises involve flexion of the spine. **M**

**Prenatal Yoga** Prenatal yoga includes postures adapted for pregnant bodies, as well as breathing and relaxation to help alleviate pregnancy discomforts, prepare for labor, and connect with your baby, as well as meeting with other expectant parents. No previous yoga experience needed. **M**

**Slow Flow & Yoga** Enjoy a challenging Yoga practice at a slow, flowing pace. Experience the combination of strengthening, lengthening, and balance poses as well as Vinyasa flow. Movement, meditation and breathing - it's all here. **M**

**Stability, Strength, and Balance** Total body muscle sculpting using the stability ball to improve balance and core strength. Works multiple muscle groups at once. Requires the ability to sit comfortably on the stability ball. **M**

**Strength & Stretch** This muscle strengthening class incorporates the use of resistive equipment, i.e. weights, bars, balls, and bands to provide a total body strength training workout. All levels of fitness. **AOA**

**Tai Chi** In each class, you will learn Tai Chi principles and a short sequence of gentle movements to help you relax and feel better while increasing your strength, flexibility, and balance. **M**

**Suspension Circuits** Incorporate the TRX suspension training with high energy cardio intervals. **M**

**TRX Suspension** Uses your own body weight for resistance. TRX certified trainers teach you how to engage your core, work all muscle groups and provide total-body workouts. **M \$**