

AUTUMN

group exercise schedule



September through December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 – 10:15AM Pilates & Beyond INSTRUCTOR: Lisa LOCATION: GF	6:15 – 7:00AM Hard Core INSTRUCTOR: Josh LOCATION: Gym	6:00 – 6:45AM Cycling INSTRUCTOR: Keith LOCATION: FF	6:15 – 7:00AM Hard Core INSTRUCTOR: Josh LOCATION: Gym	6:00 – 6:45AM Cycling INSTRUCTOR: Keith LOCATION: FF	8:00 – 9:00AM Barre Burn INSTRUCTOR: Rena LOCATION: GF	8:15 – 9:00AM TRX INSTRUCTOR: Josh LOCATION: GF
9:30 – 10:30AM Water Aerobics INSTRUCTOR: Michelle LOCATION: F@D	8:15 – 9:00AM Lo HIIT INSTRUCTOR: Pam LOCATION: Gym	8:30 – 9:30AM Yoga INSTRUCTOR: Alana LOCATION: GF	9:15 – 10:15AM Zumba INSTRUCTOR: Craig LOCATION: GF	9:15 – 10:15AM Basic Strength/Rep INSTRUCTOR: Pam LOCATION: GF	9:15 – 10:15AM Zumba INSTRUCTOR: Ruby LOCATION: GF	9:00 – 10:00AM Yoga INSTRUCTOR: Britney LOCATION: GF
11:30 – 12:30PM NIA INSTRUCTOR: Dorita LOCATION: GF	9:15 – 10:15AM Strength & Stretch INSTRUCTOR: Rebecca LOCATION: GF	9:30 – 10:30AM Suspension Circuits INSTRUCTOR: Lisa LOCATION: FF	10:30 – 11:30AM Stability, Strength, & Balance INSTRUCTOR: Julia LOCATION: GF	10:30 – 11:30AM Slow Flow Yoga INSTRUCTOR: Irene LOCATION: GF	10:30 – 11:15AM Tabata INSTRUCTOR: Lisa LOCATION: Gym	10:15 – 11:00AM Tabata INSTRUCTOR: Sam LOCATION: GF BEGINNING 11/12
5:00 – 6:00PM Barre Burn INSTRUCTOR: Rena LOCATION: GF	10:00 – 10:45AM Chair Yoga INSTRUCTOR: Alana LOCATION: SL	9:45 – 10:45AM POUND INSTRUCTOR: Katrina LOCATION: GF	11:30 – 12:30PM NIA INSTRUCTOR: Dorita LOCATION: GF	11:30AM – 12:30PM POUND INSTRUCTOR: Katrina LOCATION: GF	10:30 – 11:30AM NIA INSTRUCTOR: *** LOCATION: GF	11:00 – 11:45AM Cycling INSTRUCTOR: Keith LOCATION: FF
6:15 – 7:15PM POUND INSTRUCTOR: Katrina LOCATION: GF	6:00 – 7:00PM Flow Yoga INSTRUCTOR: Jeannie LOCATION: GF	6:15 – 7:15PM Zumba + Strength INSTRUCTOR: Donna LOCATION: GF	5:15 – 6:15PM Pilates/Barre INSTRUCTOR: Rena LOCATION: GF	<p>STRONG by Zumba offers a high-intensity workout with every move synched to a beat. Plyometric or explosive moves like high knees, burpees, lunges, squats, jumping jacks, and kickboxing offer the right challenge for every body. Modifications are also available.</p>		3:30 – 4:30PM Zumba INSTRUCTOR: *** LOCATION: GF

- cardio
- dance
- mind & body

6:30 – 7:30PM
STRONG by Zumba
NEW DAY & TIME
 INSTRUCTOR: Donna LOCATION: GF

MEMBER APPRECIATION BREAKFAST
Sun., Nov. 5th
10AM-12PM

WE'RE GETTING READY TO CELEBRATE YOU!
 November is Member Appreciation Month! To show our thanks, we'll have a special member breakfast, free giveaways and massages, discounts, and holiday promotions, all for you!

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**

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 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**

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**

Chair Yoga A gentle form of yoga performed either seated or standing, using a chair for support. It's a great form of exercise for seniors with mobility issues and anyone wanting ways to stretch and open the body while seated.

AOA

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**

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**

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, & Jump Total body muscle sculpting using the stability ball to improve your balance and core strength. Working multiple muscle groups at once. Class 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**

STRONG by Zumba Strong by Zumba is a high-intensity (modifications will be shown) workout where every move is synced to a beat. Plyometric or explosive moves like high knees, burpees and jumping jacks interchanged with isometric moves like lunges, squats, and kickboxing, all led by music. **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 \$**