

GROUP FITNESS SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
8-9am Zumba Ketty (GFS)	6-7am Spin Laura (SS)	6-7am Zumba Ketty (GFS)	6-7am Stretch, Strengthen & Tone Nancy (GFS)	6-7am Spin Charlene (SS)	6-7am Spin Allyssa (SS)	<u>Shabbat schedule</u>
8:30-9:30am Spin Jim (SS)	6-7am Stretch, Strengthen & Tone John (GFS)	6-7am Spin Sylvia (SS)	6-7am Spin Jim (SS)	6-7am Ultimate Cardio Sculpt Karen (GFS)	8-8:45am Zumba Gold Cori (GFS)	8-9am Spin Allyssa (SS)
9-10am 20-20-20 Kristen (GFS)	7:30-8:30am Pilates Bonnie (DS)	8:30-9:30am Body Sculpting Jill (DS)	8:30-9:30am World Dance Jam Elisa (GFS)	7-8am Sunrise Yoga Sandi (DS)	8:45-9:30am Zumba Cori (GFS)	8-9am Yogalates Judi (DS)
9:45-10:45am Yogalates Helene DS)	8:30-9:30am World Dance Jam Elisa (GFS)	8:30-9:30am Hour of Power Joan (GFS)	8:30-9:30am Power Low Rhea (DS)	8:30-9:30am Dancercize Cheryl (GFS)	8:30-9:30am Yoga Jessica (DS)	9-10am Yogalates Judi (DS)
10-11am Spin Janis/Lauren (SS)	8:30-9:30am Pilates Bonnie (DS)	9:30-10:30am Pilates Bonnie (DS)	9:30-10:30am Ultimate Cardio Sculpt Wendy (GFS)	8:30-9:30am Pilates Michele L. (DS)	9-10am Spin Lauren (SS)	9-9:45am Zumba Andria (GFS)
10-11am Turbokick Kristen (GFS)	9:30-10:30am Spin Laura (SS)	9:30-10:30am Spin Holly (SS)	9:30-10:30am Pilates Yael (DS)	9:30-10:30am Yoga Helene (DS)	10:30-11:30am Aqua Zumba (Pool)	9:15-10:15am Spin Alyssa (SS)
11am-12pm J Barre Helene (DS)	9:30-10:45am Hour of Power Jenn (GFS)	9:30-10:45am Step 'n Sculpt Rhea (GFS)	11-11:45am Forever Fit Jill (GFS)	9:30-10:45am Zumba Andria (GFS)	11-11:45am Forever Fit Rhea (GFS)	10:15-11am Zumba Andria (GFS)
	12-1pm Yoga Helene (DS)	12-12:45pm Express Spin Jim (SS)	12-1pm Yoga Helene (DS)	12:15-1:15pm J-Barre Risa (DS)	12-12:45pm Express Spin Holly (SS)	
	6-7pm J-Barre Helene (DS)	6:30-7:30pm Hi-Lo Nancy (GFS)	12-1pm Zumba Yael (GFS)	6:30-7:30pm Spin Steve (SS)		
	6-7:15pm Boot Camp Kristen (GFS)	6:30-7:30pm Yogalates Judi (DS)	6-6:30pm Muscle Kristen (GFS)	6:45-7:45pm Zumba Tisha (GFS)		
	7-8pm Spin Kris (SS)	6:30-7:30pm Yogalates Judi (DS)	6:30-7:30pm Turbo Kick Kristen (GFS)			
	7:15-8:15pm Yoga Jessica (DS)	7:30-8:30pm Zumba Andria (GFS)	6:30-7:30pm Bellydancing Yael (DS)			
			7-8pm Spin Janis (SS)			
			7:30-8:30pm NIA Sarah (GFS)			

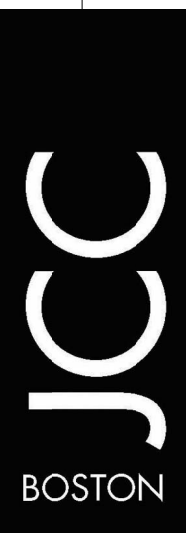
Facility closes at 6pm for Shabbat

Classes, times, teachers subject to change. Updated schedules at bostonjcc.org

FOR SAFETY'S SAKE: Please arrive promptly for classes to allow proper warm-up. Doors are CLOSED 5 min. after start of class.

GFS: Group Fitness Studio
DS: Dance Studio
SS: Spin Studio
EAS: Energy Arts Studio

See reverse side



GROUP FITNESS CLASS DESCRIPTIONS

- **Ab Explosion:** An intense class that is designed to strengthen your abs.
- **Aqua Zumba:** A “pool party” workout which will work your cardiovascular system, tone your body and improve your general health and fitness while at all times being fun and safe.
- **Bellydancing:** A creative way to spice up your exercise routine and find your playful spirit! Shake, twist and shimmy in this dynamic class! Bellydance is a sensual art form that will inspire your heart and body. Class incorporates posture, muscle isolation, flexibility, and easy to follow combinations.
- **Body Sculpting:** A total body workout using free weights for the upper body and a combination of free weights and the step for the lower body.
- **Boot Camp/Cardio Circuit:** Enhance your strength and aerobics capacity in this new cardio circuit class. This class will challenge everyone...from the beginner to the most athletic individual.
- **Cardio Explosion:** A mixture of dance and traditional hi-lo moves. You will get an unbelievable cardio workout!
- **Chisel:** A total workout strengthening all muscles of the body. Class utilizes dumbbells.
- **Forever Fit:** This class is designed for the older adult and combines low impact aerobics with stretching, weight training and balance work.
- **Hour of Power:** This high intensity workout is sure to leave no muscle untouched! Class will include cardiovascular training, weight training and stretching. This class will improve muscle tone, endurance and overall strength.
- **J-Barre:** A non impact total body workout combining elements of Pilates, yoga and ballet to target all major muscle groups to reshape the entire body. The results are improved posture, toned arms and legs and a strong core.
- **Pilates:** A holistic approach to total body conditioning emphasizing the use of the mind and the breath for the execution of controlled and concentrated movements. Pilates is for those who want a firm, yet flexible body, whether you're out-of-shape or a trained athlete and can be easily modified to individual body needs.
- **PiYo:** A dynamic, fluid approach to mind/body wellness that draws from challenging exercises and poses traditionally found in Yoga, Pilates, Dance Conditioning and Sports Training. PiYo fuses these formats together to improve balance, strength, and functional conditioning. Geared for all levels.
- **Power Low:** Low Impact, but lots of fun. An aerobics class designed to minimize stress to the joints.
- **Spinning:** Spinning is a stationary cycling workout that simulates the riding positions used on real road racing bikes. Participants follow the beat of music, and transform the energy from the music into powerful pedal strokes.
- **Step n' Sculpt:** A combination of an intense step workout with muscle conditioning utilizing free weights.
- **Stretch, Strengthen & Tone:** A combination of weight training, stretching and abdominal work geared towards people of all fitness levels.
- **Turbo Kick:** Kick, punch and jump for an incredible full-body workout. Learn lots of different martial arts moves.
- **20/20/20:** 20 minutes of low impact aerobics/20 minutes of muscle strengthening/ 20 minutes of stretching.
- **Ultimate Cardio Sculpt:** Build strength and endurance in this cohesive, high intensity, functionally challenging interval workout consisting of cardio/step drills and muscle conditioning using weights followed by ab/core work.
- **World Dance Jam:** This is a dynamic dance class that includes a combination of NIA, Zumba, Israeli, funk, pop, African, Cajun and Indian dances. It is a fun high energy dance class. All levels are welcome and no dance experience is necessary.
- **Yoga:** Tones the whole body and will bring you greater strength, stamina, flexibility, structural alignment, balance and most importantly, will help you to stay relaxed.
- **Yogalates:** Combines the flexibility, meditative and weight loss elements of yoga with the muscle strengthening and toning of pilates.
- **Zumba:** A fusion of Latin and International music dance themes creating a dynamic, exciting, effective fitness system! The routines feature interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. Zumba is a hip swingin,' body pumpin,' booty shakin,' fun way to get a total body workout!
- **Zumba Gold®:** Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere.

Spinning Class Reminders

- All Spinning classes are free.
- Minimum age for spinning is 16. Minimum age for all other classes is 13 at the discretion of the group fitness director.
- Reservations can be made by phone 24 hours in advance. One sign-up per phone call ONLY. Call 617-558-6522 to make reservations. Bikes cannot be reserved via voicemail. You must speak with a live person to reserve a bike.
- SATURDAY and SUNDAY spin reservations can be made starting at 8:30am on Friday morning.
- Water bottles and towels are required. No exceptions.
- Participants MUST arrive 5 minutes prior to class or their seat will be forfeited. Set your watch to JCC time. NO exceptions.
- New spinners must arrive 10 minutes prior to class to get set up on the bikes.
- Please call 617-558-6522 to cancel your reservation if you can not make it.