

# Group Fitness Schedule

Effective November 8, 2019



JCC Greater  
Boston

## Group Fitness Studio (GFS)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7-7:55am Zumba (Ketty)	6-6:55am Muscle-Up (John)	6-6:55am Zumba (Ketty)	7:30-8:25am Zumba (Michael)	8:30-9:25am Zumba (Cheryl)	7:30-8:25am Tabata Intervals (Jenn)	<b>Shabbat Schedule</b>
8-8:55am Zumba (Ketty)	8:30-9:25am Zumba (Marina)	8-8:55am Cardio Sculpt (Joan)	8:30-9:15am POUND® (Ketty)	9:30-10:25am Zumba Gold (Ketty)	8:30-9:25am Zumba (Yael)	8-8:55am Zumba (Cheryl)
9-9:55am 20-20-20 (Kristen)	9:30-10:30am Tabata Intervals (Jen D.)	9-9:55am Forever Fit (Jill)	9:30-10:45am Cardio Sculpt (Wendy)	10:30-11:15am Balance & Strength (Ketty)	9:30-10:45am Cardio Sculpt (Rhea)	9-9:55am Zumba Gold/Balance & Strength (Andria)
10-10:55am Turbo Kick (Kristen)	11-11:55am Forever Fit (Jill)	10-11:15am Interval Challenge (Kris)	11-11:55am Forever Fit (Jill)	6:45-7:40pm Zumba (Tisha)	11-11:55am Forever Fit (Rhea)	10-10:55am POUND® (Stephanie)
	6-6:55pm 20-20-20 (Carlina/Kristen)	12-1pm Barre Fusion (Lisa K.)	12-1pm Power Sculpt (Petra)			
	7-7:55pm Interval Challenge (Jen D.)	6:30-7:25pm Zumba (Andria)	2-2:45pm Forever Fit (Jill)			
			6-6:30pm Muscle (Kristen)			
			6:30-7:25pm Turbo Kick (Kristen)			

## Mind Body Studio (MBS)

8:45-9:45am Strength & Structure (Constance)	7:30-8:25am Mat Pilates (Carol)	7-7:55am Barre Fusion (Petra)	8:30-9:25am Yoga (Samantha)	6-6:55am Power Sculpt (Petra)	7:30-8:25am Restorative Yoga (Andree)	7-7:55am Strength & Structure (Heidi)
10-11am Align & Flow (Constance)	8:30-9:25am Mat Pilates (Carol)	8:30-9:25am Core Yoga (Stephanie J.)	9:30-10:25am Mat Pilates (Yael)	7-7:55am Barre Fusion (Petra)	8:30-9:30am Mat Pilates (Denise)	8-8:55am Yoga (Lauren)
5-6:15pm Restorative Yoga (Leah)	9:30-10:30am Basic Tai Chi Movement (Paul & Rosalie)	9:30-10:25am Mat Pilates (Elda)	10:30-11:30am Gentle Yoga (Dan)	8-9am Mat Pilates (Lynne)	9:30-10:30am Basic Tai Chi Movement (Paul & Rosalie)	9-10am Mat Pilates (Elena)
	12-1pm Modern Yoga (Helene)	10:30-11:25am Mat Pilates (Bonnie)	12-1pm Modern Yoga (Helene)	9:30-10:30am Modern Yoga (Helene)	12-1pm Yoga (Erica)	
	6:30-7:25pm Shake Your Soul® (Leanne) New class begins 12/2	11:30-12:30pm Slow Flow Yoga (Heidi)	6:30-7:25pm Bellydance (Yael)	10:30-11:30am Yin Yoga (Helene)		
	7:30-8:30pm Move and Meditate (Annie)	6:30-7:25pm Yoga (Leah)	7:30-8:30pm Hatha Yoga (Lisa C.)	6:30-7:30pm Slow Flow Ashtanga (Andree)		
		7:30-8:30pm Yoga (Leah)		7:30-8:30pm Mat Pilates (Lisa K.)		

## Cycle Studio

8:30-9:20am Cycle (Elizabeth)	6-6:50am Cycle (Karen M.)	6-6:50am Cycle (Petra)	6-6:50am Cycle (Jay)	6-6:50am Cycle (Karen)	5:45-6:35am Cycle (Judylynn)	8-8:50am Cycle (Tessa)
10-10:50am Cycle (Janis)	9:30-10:20am Cycle (Nicole)	9-9:50am Cycle (Tessa)	7:30-8:15am Cycle (Kris)	9-9:50am Cycle Sculpt (Petra)	9:30-10:20am Cycle (Deidre)	9:15-10:05am Cycle (Lisa)
	12:15-1pm Cycle Sculpt (Petra)	7-7:50pm Cycle (Lisa)	10:30-11:20pm Cycle Sculpt (Petra)		12-12:45pm Cycle (Stephanie)	
	7-7:50pm Cycle (Jeff)		7-7:50pm Cycle (Janice K.)			

### **Align & Flow**

Slow to moderate-paced yoga for beginners and yogis wanting to improve their yoga practice. Attention to pose alignment (asana), breath work (pranayama), and movement with purpose (vinyasa) will be provided.

### **Balance and Strength**

Incorporates exercise to improve balance, core stability and full body strength.

### **Barre Fusion**

Total body workout utilizing the ballet barre and yoga fundamentals to lengthen, tone and sculpt muscles, improving strength, flexibility and posture. Practiced both at the barre and on the floor. No dance experience required.

### **Basic Tai Chi Movement**

Incorporates moving meditation while developing structural muscles for a mind and body connection. Tai Chi will enhance overall physicality for sports and everyday activities. All levels welcome.

### **Bellydance**

Shake, twist and shimmy in this dynamic class! Class incorporates posture, muscle isolation, flexibility and easy to follow combinations.

### **Cardio Sculpt**

Build strength and endurance in this cohesive, high intensity and functionally challenging interval workout. Consists of cardio and step drills and muscle conditioning using weights, followed by ab and core work.

### **Core Yoga**

Slow flowing practice that requires both mental and physical focus to build core strength, whole body agility and vigor. Incorporates pranayama (breath work) and asana (alignment) together for participants to apply on and off the mat.

### **Cycle**

Stationary cycling workout that simulates the riding positions used on real road racing bikes. Participants bike to the beat and transform the energy from the music into powerful pedal strokes.

### **Cycle Sculpt**

Cycle class incorporating light dumbbells and exercises to improve muscle endurance, strength and tone.

### **Forever Fit**

Designed for older adults. Combines low impact aerobics with stretching, weight training and balance work.

### **Gentle Yoga**

Slower paced class. Tones the whole body and will bring you greater strength, stamina, flexibility, structural alignment, balance and most importantly – will help you stay relaxed.

### **Hatha Yoga**

Focuses on breath awareness and gentle stretching to prepare the body and mind for a nurturing yoga practice. Incorporates yoga postures while linking movement and breath to improve flexibility, strength and balance, ending with relaxation and meditation.

### **Interval Challenge**

Maximize your workout results with Interval Challenge! Intensity and formats during class will vary for a full body workout, including cardio, core stability, plyometrics, strength training and more. All levels welcome.

### **Mat Pilates**

A holistic approach to total body conditioning. Emphasizes mind and breath for the execution of controlled and concentrated movements.

### **Modern Yoga**

Combines basic traditional yoga poses with anatomy, kinetic function and the mind & body connection. Practiced at a slow to moderate pace; emphasizing modifications for strength, flexibility and mobility. No prior knowledge needed. Participants are encouraged to practice at their own level.

### **Move and Meditate**

Explore a variety of active meditation techniques drawn from eastern spiritual traditions and modern mindfulness-based stress reduction exercises. Begins with gentle and restorative stretching to relax the body and mind.

### **Muscle-Up**

Full-body strength training workout to build muscle strength, endurance and flexibility.

### **POUND® Rockout. Workout**

Using lightly weighted “drumsticks” called Ripstix, fuses Pilates, isometric movements and plyometrics with constant simulated drumming to sculpt muscle and burn calories. Ripstix provided during class. Limit 25 participants.

### **Power Sculpt**

Combining high intensity cardio & resistance training with yoga asana (movement) & breath, ignite your inner fire as you work to build strength, stamina and flexibility fueled by electrifying music with this full body workout. All levels welcome.

### **Restorative Yoga**

A deeply calming yoga class that is rejuvenating for muscles and joints. Bolsters and/or blocks may be used to support the body in restful positions. Combined with meditation and breathing techniques for balance of mind, body and spirit.

### **Shake Your Soul®**

Inspired by yoga, Qi Kung, modern & African dance, and body-mind centering, a fun and joyful movement practice set to music from all over the world for people of all ages and levels of dance. Increases strength, balance and flexibility while relaxing the nervous system, energizing the body and awakening the soul.

### **Slow Flow Ashtanga**

This dynamic practice synchronizes breath and movement. Work to calm the mind while moving through a set sequence of postures to strengthen the core muscle groups and improve flexibility.

### **Strength & Structure**

A dynamic Vinyasa Flow yoga class that challenges the mind and body, focusing on pose alignment and full-body strength. This “all levels” class caters to the yogi looking to deepen their yoga practice with the opportunity to explore a variety of pose and movement progressions.

### **Tabata Intervals**

Full body workout incorporating twenty seconds of very high intensity exercise with ten seconds of rest. Includes strength, core and cardio training.

### **Turbo Kick**

Kick, punch and jump for an incredible full-body workout. Learn many different martial arts moves.

### **20-20-20**

Twenty minutes of low impact aerobics; twenty minutes of muscle strengthening; twenty minutes of stretching.

### **Yin Yoga**

Improve range of motion and joint circulation. Incorporates a series of long held passive floor poses for achieving connective tissue revitalization.

### **Yoga/Gentle Yoga**

Tones the whole body and will bring you greater strength, stamina, flexibility, structural alignment, balance and most importantly – will help you stay relaxed.

### **Zumba**

A fusion of Latin and International music dance themes to for a dynamic, exciting and effective fitness system! Zumba is a hip swingin', body pumpin', booty shakin' fun way to get a total body workout.

### **Zumba Gold**

For active older adults looking for a modified Zumba class with lower intensity movements.

### **Cycle Classes:**

- Reserve a bike at <https://www.bostonjcc.org/cyclesignup>
- Arrive 5 minutes early to set up bike