

GROUP FITNESS SCHEDULE Effective December 17, 2018

Group Fitness Studio

Mind/Body Studio

Cycle Studio

SUN	MON	TUE	WED	THU	FRI	SAT
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 Zumba Mirna	Shabbat Schedule
8-8:55am Zumba Ketty	8:30-9:25am Zumba Marina	8-8:55am Ultimate Cardio Sculpt Joan	8:30-9:15am POUND® Rockout. Workout 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 Ultimate Cardio Sculpt Wendy	10:30-11:00am Balance & Strength Ketty	9:30-10:45am Ultimate Cardio Sculpt Rhea	9-9:55am Zumba 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	11am-12pm Core Strong Petra (New Class/New Instructor)	11-11:55am Forever Fit Rhea	10-10:55am POUND® Rockout. Workout Stephanie
	6-6:55pm 20-20-20 Carlina/Kristen		6-6:30pm Muscle Kristen	12-1pm Barre Fusion Lisa K		
	7-7:55pm Interval Challenge Jen D.	7:30-8:25pm Zumba Andria	6:30-7:25pm Turbo Kick Kristen	6:45-7:40pm Zumba Tisha		
8:30-9:30am Strength & Structure Constance	7:30-8:25am Pilates Carol	8:30-9:25am Core Yoga Stephanie J.	8:30-9:25am Yoga Samantha (New Instructor)	8-9am Pilates Lynne	7:30-8:25am Restorative Yoga Andree	7-7:55am Strength & Structure Heidi
9:45-10:45am Align, Flow & Restore Constance	8:30-9:25am Pilates Carol	9:30-10:25am Pilates Andree/Robby (New Instructor)	9:30-10:25am Pilates Yael	9:30-10:30am Modern Yoga Helene	8:30-9:30am Pilates Denise	8-8:55am Yoga Lauren
	9:30-10:30am Basic Tai Chi Movement Paul & Rosalie	10:30-11:25am Pilates Bonnie	10:30-11:30am Slow Paced Yoga Dan (New Instructor)	10:30-11:30am Yin Yoga Helene (New Class beg 1/10)	9:30-10:30am Basic Tai Chi Movement Paul & Rosalie	9-10am Pilates Elena
	12-1pm Modern Yoga Helene	11:30am- 12:30pm Slow Flow Yoga Heidi	12-1pm Modern Yoga Helene		12-1pm Yoga Teri	
6-7:15pm Restorative Yoga Leah (New Class/ Instructor begins 12/16)	6-7pm NIA Sarah	6:30-7:25pm Yoga Teri	6:30-7:25pm Bellydance Yael	6:30-7:30pm Slow Flow Ashtanga Andree		
	7:00-8:00pm Move and Meditate Sarah	7:30-8:30pm Yoga Teri	7:30-8:30pm Hatha Yoga Lisa C.	7:30-8:30pm Pilates Lisa K.		
8:30-9:30am Cycle Elizabeth	6-7am Cycle Karen M	9-10am Cycle Tessa	6-7am Cycle Julie	6-7am Cycle Karen	5:45-6:45am Cycle Judylynn	8-9am Cycle Tessa
10-11am Cycle Janis	9:30-10:30am Cycle Nicole	12-12:45pm Cycle Petra	7:30-8:15am Cycle Kris	9:30-10:30am Cycle Petra (New Instructor)	12-12:45pm Cycle Stephanie	9:15-10:15am Cycle Lisa
	7-8pm Cycle Lisa L.	7-8pm Cycle Jeff	7-8pm Cycle Janis			

GROUP FITNESS CLASS DESCRIPTIONS

Align, Flow & Restore: Slow to moderate-paced yoga class for beginners and yogis wanting to improve his/her yoga practice. Attention to pose alignment (asana), breath work (pranayama), and movement w/ purpose (vinyasa) will be provided. The practice will end w/ a series of poses/stretchers for full body rejuvenation and healing.

Balance & Strength: 30-minute class incorporating 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 & sculpt muscles, improving strength, flexibility & posture. Practiced both at the barre and on the floor. No dance experience required.

Basic Tai Chi Movement: Learn the basic foundations of Tai Chi practice. Incorporates moving meditation while developing structural muscles for a mind/body connection. Tai Chi will enhance overall physicality for sports and every day activities. All levels welcome.

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

Core Strong: Fusion class working core muscles & more, combining traditional Pilates exercises with other forms of resistance training including free weights, improving strength, flexibility and mobility.

Core Yoga: Slow flowing practice that requires both mental and physical focus, building core strength, whole body agility and vigor. Incorporates Pranayama (breath work) and asana 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 follow the beat of music, and transform the energy from the music into powerful pedal strokes.

Forever Fit: This class is designed for the older adult and combines low impact aerobics with stretching, weight training and balance work.

Hatha Yoga: Focuses on breath awareness and gentle stretching to prepare the body/mind for a nurturing yoga practice. Incorporates yoga postures while linking movement to 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.

Modern Yoga: Combines basic traditional yoga poses with today's knowledge of anatomy, kinetic function and the mind/body connection. Practiced at a slow to moderate pace, this format emphasizes the use of modifications to suit individual practitioner needs to achieve balance of strength, flexibility and mobility.

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/restorative stretching to relax the body and mind.

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

NIA (Neuromuscular Integrated Action): A fun cardiovascular workout incorporating dance, martial arts and healing arts to inspiring music. Great for the mind and body.

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

POUND Rockout. Workout.®: Use 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.

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, to help find balance in mind, body and spirit.

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 & body, focusing on pose alignment and full-body strength. This "all levels" class caters to the yogi looking to deepen his/her yoga practice with opportunity to explore a variety of pose/movement progressions.

Tabata Intervals: Full body workout incorporating 20 seconds of very high intensity exercise with 10 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: 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.

Yin Yoga - Improving range of motion and joint circulation, incorporates a series of long held passive floor poses achieving connective tissue revitalization.

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.

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

Cycle Class Reminders

All cycling classes are free.

Minimum age for cycling is 16. Minimum age for all other classes is 13 at the discretion of the group fitness director.

Cycle reservations are accepted online only.

www.bostonjcc.org/cyclesignup

Reservation link is also available at JCC website under Health and Fitness landing page under schedules

Reservations can be made 49 hours in advance, 7 days a week. Please cancel your reservation online if you are unable to attend class.

Participants MUST arrive 5 minutes prior to class or their seat will be forfeited. Set your watch to JCC time. NO exceptions.

Waitlisted participants must wait until 5 minutes prior to class to take a bike.

New cyclers must arrive 10 minutes prior to class to get set up on the bikes.

Contact cycle@jccgb.org for more information