

JFIT SCHEDULE

NEW! Small Group Training | Effective October 9, 2022

Reserve your spot on [Mindbody](#) up to two days before the class. In-person classes are available to all JCC members 13+. All classes will meet on the Turf in the George Schultz Fitness Center. Classes are limited to 6 participants and will provide individualized attention from certified personal trainers.

SUNDAY	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00-9:45am Member Choice Varied</p>	<p>8:00-8:45am TRX Cardio Jen Davis</p> <p>9:00-9:30am Mobility & More! Jessie Amodeo</p>	<p>8:30-9:15am Build & Burn John Renner</p> <p>11:00-11:30am Balls & Bands Joan Hayes</p> <p>12:00-12:45pm Build & Burn John Renner</p>	<p>8:30-9:15am Build & Burn John Renner</p> <p>12:00-12:45pm Build & Burn John Renner</p> <p>6:00-6:45pm Build & Burn John Renner</p>	<p>6:30-7:15am TRX Cardio Justin Pryce</p>	<p>9:00-9:45am Member Choice Varied</p>

JFIT CLASS DESCRIPTIONS

Mobility and More!: Spice up your workout by priming your body before you begin! Practicing mobility exercises can help correct muscle imbalances, improve joint movement, and encourage proper recruitment patterns to increase workout efficiency and effectiveness. Discover and experience what functional exercises will benefit you most!

Member Choice: Come to us with your class preference! Whether you are looking for a good sweat, or just a good stretch, your trainer will guide you!

TRX Cardio: Feel the burn and increase stamina in this total body, timed interval workout. Using the TRX Suspension Trainer combined with metabolic drills, keep your heart rate up while building muscle, core strength, balance, flexibility & more!

Balls & Bands: Elevate your fitness game with medicine balls and resistance bands targeting all the major muscle groups. Improve strength, balance, coordination, and flexibility in a FUN and engaging atmosphere. Be sure to keep your eye on the prize!

Build & Burn: Jump from station to station in this timed, HIIT (High Intensity Interval Training) class. Participants will run (no pun intended!) through a series of circuits to build muscle and burn calories while focusing on proper alignment/technique for maximum results. HIIT workouts are effective and efficient and can add a new dimension to your training regimen.