# Group Fitness Schedule
## March 2020

### Monday
- **Cycle**
  - 6:00-7:00AM: Tim D.
- **Yoga/Pilates Fusion**
  - 8:10-9:10AM: Candy
- **Gentle Yoga**
  - 9:20-10:20AM: Dee
- **Muscle Conditioning**
  - 9:20-10:20AM: Amy
- **Sweat and Sculpt**
  - 9:30-10:15AM: Katie
- **Fit & Fab**
  - 10:30-11:30AM: Dee
- **Silver Sneakers**
  - 1:30-2:30PM: Dee
  - 2:30-3:30PM: Dee
- **Barre**
  - 5:30-6:15PM: Monica
- **BodyPump**
  - 6:00-7:00AM: Ben
- **CXWorx**
  - 6:35-7:05PM: Linda
- **ZUMBA**
  - 6:30-7:30PM: Monica

### Tuesday
- **Cycle**
  - 6:00-7:00AM: Tim D.
- **BodyPump**
  - 6:00-7:00AM: Kerry
- **Gentle Yoga**
  - 9:20-10:20AM: Dee
- **BodyCombat**
  - 9:20-10:20AM: Paula
- **Flow Yoga**
  - 10:00-11:00AM: Mackenzie
- **Gentle Yoga**
  - 10:30-11:30AM: Dee
- **Silver Sneakers Yoga**
  - 1:30-2:30PM: Dee
- **Ashtanga Yoga**
  - 5:30-6:30PM: Mackenzie
- **Pilates**
  - 5:30-6:30PM: Carol Ann
- **CXWorx**
  - 5:45-6:45PM: Linda

### Wednesday
- **Cycle**
  - 6:00-7:00AM: Tim D.
- **Pilates**
  - 8:10-9:10AM: Candy/Dee
- **Gentle Yoga**
  - 9:20-10:20AM: Dee
- **Silver Sneakers**
  - 1:30-2:30PM: Alana
- **Silver Sneakers Yoga**
  - 1:30-2:30PM: Dee
- **Barre**
  - 9:30-10:15AM: Bethany
- **Silver Sneakers Yoga**
  - 1:30-2:30PM: Alana
- **Pilates**
  - 5:30-6:30PM: Alana
- **CXWorx**
  - 5:45-6:45PM: Linda

### Thursday
- **Cycle**
  - 6:00-7:00AM: Tim D.
- **BodyPump**
  - 6:00-7:00AM: Sherry
- **Mindful Yoga**
  - 8:10-9:10AM: Candy/Dee
- **BodyCombat**
  - 9:20-10:20AM: Paula
- **BodyPump**
  - 9:20-10:20AM: Lindsay
- **Flow Yoga**
  - 9:15-10:15AM: Mackenzie
- **Mindful Yoga**
  - 9:20-10:20AM: Kristi
- **BodyPump**
  - 9:20-10:20AM: Siv
- **BodyPump**
  - 4:30-5:00PM: Kerry

### Friday
- **Cycle**
  - 6:00-7:00AM: Joyce W.
- **Mindful Yoga**
  - 6:00-7:00AM: Siv
- **BodyPump**
  - 9:20-10:20AM: Joyce G.
- **BodyPump**
  - 9:30-10:30AM: Katie C.
- **BodyPump**
  - 9:20-10:20AM: Amy
- **BodyPump**
  - 9:20-10:20AM: Paula
- **Silver Sneakers Yoga**
  - 1:30-2:30PM: Dee
- **Barre**
  - 10:30-11:30AM: Dee
- **BodyCombat**
  - 9:20-10:20AM: Jill
- **Pilates**
  - 8:10-9:10AM: Dee
- **ZUMBA**
  - 10:35-11:05AM: Linda

### Saturday
- **Cycle**
  - 6:00-7:00AM: Joyce G.
- **BodyPump**
  - 9:20-10:20AM: Amy
- **Silver Sneakers**
  - 12:30-1:30PM: Dee
- **ZUMBA**
  - 11:00AM-12:10PM: Monica
- **Silver Sneakers Yoga**
  - 1:30-2:30PM: Dee
- **Silver Sneakers**
  - 12:30-1:30PM: Dee
- **ZUMBA**
  - 12:15-1:15PM: Candy
- **Gentle Yoga**
  - 10:30-11:30AM: Dee
- **ZUMBA**
  - 11:10AM-12:10PM: Monica
- **Barre**
  - 10:30-11:15AM: Nadya
- **Silver Sneakers Yoga**
  - 1:30-2:30PM: Dee
- **Silver Sneakers Yoga**
  - 1:30-2:30PM: Dee
- **Gentle Yoga**
  - 10:30-11:30AM: Dee

### Sunday
- **Cycle**
  - 12:15-1:15PM: Michael
- **Body Combat**
  - 9:20-10:20AM: Steph
- **ZUMBA**
  - 10:30-11:30AM: Jill
- **Silver Sneakers Yoga**
  - 1:30-2:30PM: Dee
- **Silver Sneakers**
  - 12:30-1:30PM: Dee
- **BOOtCAMP**
  - 10:30-11:30AM: Jill
- **ZUMBA**
  - 12:00-1:00PM: Jen
- **Gentle Yoga**
  - 3:30-4:30PM: P’Nut
- **ZUMBA**
  - 4:30-5:30PM: P’Nut

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*New Sessions Begin at The WELL March - May 2020*

If you are looking to enhance your workout experience, cultivate a deeper commitment to your health and well-being, and become one step closer to achieving your fitness goals, try a class at The WELL today!

*Please remember to reserve your spot for Cycle, BodyPump and morning Gentle Yoga classes by signing-up at the Front Desk, as equipment and space are limited.

All classes are in Group Exercise Room unless noted by “BG” (Banks Gym) or “DS” (Dance Studio).
CARDIO CLASSES

**BodyCombat** ✶✶ - 60-minute high energy martial arts inspired workout that is totally non-contact. Punch, kick, and strike your way to fitness with this fun class mixed with high energy music.

**Cycle** ✶✶ - All-terrain ride for enthusiasts of all levels; 60-minute class.

**Fit and Fabulous** ✶ - Low-impact class with Muscle Conditioning followed by a 15-minute stretch.

**Zumba** ✶✶ - 60-minute class featuring hot Latin music and dance rhythms.

**Zumba Gold** ✶✶ – a lower-intensity version of the typical Zumba class. It’s a fun class designed for ALL ages and fitness levels.

STRENGTH CLASSES

**BOOTCAMP** ✶✶ - Inside/outside class with strength/cardio intervals and drills with some running (high intensity class).

**BodyPump** ✶✶ - The original barbell class that strengthens your entire body—endurance training where muscle and music collide! This 60-minute class is suitable for all levels.

**CXWorx** ✶✶ - A challenging 30-minute workout featuring a mix of isolated exercises (like crunches or leg extensions) that target specific muscles and integrated moves that use one or two or more muscle groups together.

**Muscle Conditioning** ✶✶ - A 60-minute complete muscle-strengthening workout that uses bands, bars and weights.

**Silver Sneakers** ✶ - This class involves a variety of exercises designed to increase muscle strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is available if needed.

*MIND/BODY CLASSES

**Ashtanga Yoga** ✶✶ - This 60-minute class links breath with movement in a modified practice of the primary series.

**Barre** ✶✶ - This is a fun, energetic, 45-minute workout that fuses techniques from Dance, Pilates and Yoga that will tone, define and chisel the whole body. Barre Pilates is the perfect combination of strength and flexibility.

**Flow Yoga** ✶✶ - This class links breath and movement in an active yoga practice.

**Gentle Flow Yoga** ✶ - A nice mix of gentle and flow yoga.

**Gentle Yoga** ✶ - Perfect for beginners or those who want yoga at a slower pace.

**Mindful Yoga** ✶ - A mixed-level yoga class for beginners and experienced students, this class empowers participants and brings awareness to everything done in class on the mat as well as in life. Proper breath, alignment, and mindfulness are taught throughout the class, fostering a sense of wellness and confidence.

**Pilates** ✶✶ - Strengthen the core, lengthen the spine, build muscle tone, and increase body awareness and flexibility.

**Silver Sneakers Yoga** ✶ - Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

**Sweat and Sculpt** ✶✶ – 45-minute sessions take place on the barre and mat. Whole body exercises followed by controlled low body movements to help build strength and endurance. Emphasis on proper alignment, breathing and developing a strong core.

**Yoga-Pilates Fusion** ✶✶ - This 60-minute powerful mix of yoga and mat Pilates training improves core strength, flexibility and posture.

GROUP FITNESS QUESTIONS?
Visit weinsteinjcc.org or contact Amy Buckberg at abuckberg@weinsteinjcc.org

*Please note:
Yoga mats are available for class use, but it is recommended that participants bring their own.