



Group Fitness Schedule

May 2018

New Class

New Day

New Time

New Instructor

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Cycle 6:00-7:00AM Joyce W.	BodyPump BG 6:00-7:00AM Kerry	Cycle 6:00-7:00AM Sherry	BodyPump BG 6:00-7:00AM Margret/Preston	Cycle 6:00-7:00AM Mary Jo	Pilates 8:15-9:15AM Carol Ann/Dee
Yoga/Pilates Fusion 8:10-9:10AM Candy	Gentle Yoga 8:10-9:10AM Michele	Pilates 8:10-9:10AM Candy/Dee	Flow Yoga DS 9:15-10:15AM Mackenzie	Mindful Yoga 6:00-7:00AM Siv	Cycle 9:15-10:15AM Joyce G.
Gentle Yoga 9:20-10:20AM Dee	Pilates DS 9:15-10:00AM Kerry	Gentle Yoga 9:20-10:20AM Dee	Cycle 9:20-10:20AM Kristi	Pilates 8:10-9:10AM Dee	Gentle Yoga 9:20-10:20AM Dee
Muscle Conditioning BG 9:20-10:20AM Amy	Body Combat 9:20-10:20AM Sarah P.	BodyPump BG 9:20-10:20AM Melissa	BodyCombat 9:20-10:20AM Sarah P.	BodyPump BG 9:20-10:20AM Melissa	BodyPump BG 9:30-10:30AM Kris/Keesha
Barre DS 10:30-11:15AM Laurie	Flow Yoga DS 10:00-11:00AM Mackenzie	Fit & Fab 10:30-11:30AM Dee	Fit & Fab 10:30-11:30AM Henry	Gentle Yoga 9:20-10:20AM Michele	CXWorx 10:35-11:05AM Linda
Fit & Fab 10:30-11:30AM Henry	Fit & Fab 10:30-11:30AM Dee	Cycle 12:15-1:15PM Joyce G./Michael	CXWorx BG 10:35-11:05AM Linda	Fit & Fab 10:30-11:30AM Henry/Preston	ZUMBA 11:10AM-12:10PM Monica
Cycle 12:15-1:15PM Amy	CXWorx BG 10:35-11:05AM Linda	ZUMBA 12:20-1:20PM P'Nut	Mindful Yoga 12:15-1:15PM Nora	Barre DS 10:30-11:15AM Nadya	Flow Yoga 12:15-1:15PM Candy
Silver Sneakers 1:30-2:30PM Michele	Gentle Flow Yoga 12:15-1:15PM Dee	Silver Sneakers 1:30-2:30PM Michele	Silver Sneakers Yoga 1:30-2:30PM Michele	ZUMBA 11:30AM-12:30PM Jill	Sunday
Silver Sneakers 2:30-3:30PM Michele	Silver Sneakers Yoga 1:30-2:30PM Michele	Silver Sneakers 2:30-3:30PM Michele	Pilates 5:30-6:30PM Dee	BodyPump Express 12:30-1:15PM Jill	Intermediate Step 9:00-10:00AM Henry
Barre DS 5:30-6:15PM Monica	Step 4:30-5:30PM Henry	BodyPump 4:30-5:30PM Jill	Cycle 6:00-7:00PM Joyce G./Amy H.	Silver Sneakers 1:30-2:30PM Dee	Cycle 9:30-10:30AM Amy
BodyPump BG 5:30-6:30PM Ben	Pilates 5:30-6:30PM Carol Ann/Dee	CXWorx 5:35-6:05PM Linda	BodyPump BG 6:15-7:15PM Ben	CXWorx 4:30-5:00PM Kerry	Fit & Fab 10:30-11:30AM Henry
WERQ 5:30-6:30PM Jill	ZUMBA 6:30-7:30PM Monica	Mindful Yoga 6:30-7:30PM Dee/Karen	WERQ 6:30-7:30PM Jill		BOOTCAMP 10:30-11:30AM Amy
Cycle 6:00-7:00PM Amy H.	Gentle Yoga DS 6:30-7:30PM Dee				ZUMBA 12:00-1:00PM Monica
CXWorx 6:35-7:05PM Linda					Gentle Yoga 3:30-4:30PM Amanda/Candice
Ashtanga Yoga DS 7:00-8:00PM Mackenzie					Flow Yoga 4:30-5:30PM Amanda/Candice

Memorial Day Schedule: Monday, May 28

8:10AM Yoga/Pilates Fusion with Candy
 9:20AM Gentle Yoga with Dee
 9:20AM Body Pump with Ben (BG)
 10:30AM Barre with Laurie (DS)
 10:30AM Fit and Fab with Dee
 1130AM-1:00PM Zumba Dance Party with Jill & P'nut (BG)
 1:30PM Silver Sneakers with Dee

*All classes are in Group Exercise Room unless noted by "BG" (Banks Gym) or "DS" (Dance Studio).

*See reverse for class descriptions and our fitness key.

WEINSTEIN JCC CLASS DESCRIPTIONS

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. *Cycle Express is 45-minutes.*

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

Step/Intermediate Step ●◆ - Step class with complex choreography and optional power moves; abs and back included.

WERQ ●◆ - This fiercely fun 60 minute dance fitness class is based on pop, rock, and hip hop music and is taught by Certified Fitness Professionals.

Zumba ●◆ - 60-minute class featuring hot Latin music and dance rhythms.

FITNESS KEY:

- Beginner
- ◆ Intermediate
- Advanced

GROUP FITNESS QUESTIONS?

Visit weinsteinjcc.org or contact Amy Buckberg at abuckberg@weinsteinjcc.org



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. *BodyPump Express is 45 minutes.*

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 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.

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.

MIND/BODY CLASSES

Ashtanga Yoga ◆■ - This 75-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.

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