

Group Exercise Schedule

January 1 - 31

MON	TUES	WED	THURS	FRI	SAT	SUN
CYCLE with Tim <i>Cycle Room</i> 6:00-7:00 am	PILATES with Kerry 9:00-9:45 am	CYCLE with Sherry/ Kristi <i>Cycle Room</i> 9:00-10:00 am	BODYPUMP with Preston <i>Banks Gym</i> 6:00-7:00 am	CYCLE with Joyce W. <i>Cycle Room</i> 6:00-7:00 am	PILATES with Carol Ann 8:15-9:00 am	CYCLE with Deirdre <i>Cycle Room</i> 9:20-10:20 am
BODY COMBAT with Paula <i>Dance Studio</i> 9:15-10:15 am	FLOW YOGA with Annie 10:15-11:15 am	BODY COMBAT with Paula 9:15 - 10:15 am	PILATES with Sally 9:00-9:45 am	PILATES with Dee 8:15-9:00 am	GENTLE YOGA with Carol Ann/Dione 9:15-10:15 am	BOOTCAMP with Amy <i>Banks Gym</i> <i>or Outside</i> 10:30-11:30 am
GENTLE YOGA with Dione 9:15-10:15 am	BARRE UNHITCHED with Kerry 12:00-12:45 pm	BODY PUMP with Kerry <i>Banks Gym</i> 10:00 - 11:00 am	CYCLE with Joyce G. <i>Cycle Room</i> 9:20-10:20 am	Barre with Mackenzie Dance Studio 9:15-10:00 am	CORE with Linda <i>Banks Gym</i> 9:20-9:50 am	ZUMBA GOLD with Jill 10:30 - 11:30 am
CORE with Linda <i>Banks Gym</i> 9:30-10:00 am	SILVER SNEAKERS with Dee 1:30-2:30 pm	GENTLE YOGA with Siv 12:15-1:15 pm	FLOW YOGA with Annie 10:15-11:15 am	GENTLE YOGA with Dee 9:15-10:15 am	CYCLE with Joyce G. <i>Cycle Room</i> 9:20-10:20 am	GENTLE YOGA with Staff 1:00-2:00 pm
MUSCLE CONDITIONING with Kristi <i>Banks Gym</i> 10:15-11:15 am	CYCLE with Charles <i>Cycle Room</i> 5:30-6:30 pm	SILVER SNEAKERS YOGA with Siv 1:30-2:30 pm	ZUMBA GOLD with Jill <i>Banks Gym</i> 11:00 am- 12:00 pm	CYCLE BOOTCAMP with Ashley/ Kristi <i>Cycle Room</i> 9:30 -10:30 am	BODYPUMP with Katie C. <i>Banks Gym</i> 10:00-11:00 am	FLOW YOGA with Staff 2:15-3:15 pm
FIT & FAB with Michele 10:30-11:30 am	PILATES with Carol Ann 5:30-6:15 pm	BODYPUMP with Rhiannon <i>Banks Gym</i> 5:00-6:00 pm	GENTLE YOGA with Dee 12:15-1:15 pm	BODY PUMP with Jill <i>Banks Gym</i> 10:00-11:00 am	ZUMBA with Jen 10:30am- 11:30 am	
SILVER SNEAKERS YOGA with Dee 12:30-1:30 pm	GENTLE YOGA with Leanna 6:30-7:30 pm	CORE with Linda 5:35-6:05 pm	SILVER SNEAKERS with Dee 1:30-2:30 pm	FIT & FAB with Dee 10:30-11:30 am		
SILVER SNEAKERS YOGA with Dee 1:30-2:30 pm			CYCLE with Ellen <i>Cycle Room</i> 5:30-6:30 pm	ZUMBA with Jill <i>Banks Gym</i> 12:00-1:00 pm		
BODYPUMP with Katie/ Preston <i>Banks Gym</i> 5:30-6:30 pm			ZUMBA with Jill <i>Banks Gym</i> 6:00-7:00 pm	SILVER SNEAKERS with Dee 12:30-1:30 pm		
CORE with Linda 6:35-7:05 pm						

NEW TIMES **NEW CLASSES**

IN PERSON VIRTUAL

LES MILLS RPM CYCLE
Tuesdays 6:00 am
Wednesdays 6:00 pm

LES MILLS SPRINT
Tuesdays 8:30 - 9:00 am
Fridays 10:45 - 11:15 am



Please see our Small Group Training schedule for all of our monthly class offerings.

New Year's Day Schedule

NEW YEAR'S DAY CYCLE
with Joyce W
7:15 am - 8:00 am
with Joyce W
8:10 am - 9:10 am
with Joyce G
9:20 am - 10:20 am

PILATES
with Carol Ann
8:15 am - 9:00 am

GENTLE YOGA
with Dione
9:15 am - 10:15 am



Please Note: All group exercise classes are located in the Group Exercise Studio unless otherwise noted. Classes are subject to change. Please visit weinsteinjcc.org for the most up-to-date schedule.



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 Bootcamp ◆■ - 60-minute fun, challenging workout that includes cycle, weights, body weight and core exercises.

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 impact 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.

Core ●◆ - 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 includes bars, bands 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

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.

Flow Yoga ●◆ - This class links breath and movement in an active yoga practice.

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.

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.

FITNESS KEY:

- Beginner
- ◆ Intermediate
- Advanced



Virtual Fitness Schedule

January 1-31

Mondays	Tuesdays	Wednesdays	Thursdays
<p>LIVE at 8:00 am Yoga/Pilates Fusion with Candy <i>Zoom Meeting</i></p>	<p>LIVE at 12:15 pm Mindful Yoga with Nora <i>Zoom Meeting</i></p> <p>LIVE at 6:30 pm Zumba with Sherrina <i>Zoom Meeting</i></p>	<p>LIVE at 8:00 am Yoga/Pilates Fusion with Candy <i>Zoom Meeting</i></p>	<p>LIVE at 12:15 pm Mindful Yoga with Nora <i>Zoom Meeting</i></p>

Fridays	Saturdays	Sundays
	<p>LIVE at 9:20 am Pilates with Mackenzie <i>Zoom Meeting</i></p>	<p>LIVE at 2:00 pm Zumba with Sherrina <i>Zoom Meeting</i></p>



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