

Group Exercise Schedule

June 1-30

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|---|--|--|---|---|--|
| CYCLE with Tim <i>Cycle Room</i> 6:00-7:00 am | PILATES with Carol Ann 9:00-9:45 am | MINDFUL YOGA with Michele 8:00-9:00 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 | CYCLE with Sherry/ Kristi <i>Cycle Room</i> 9:00-10:00 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 with Sally <i>Dance Studio</i> 12:00-12:45 pm | BODY COMBAT* with Paula 9:15 - 10:15 am | CYCLE with Joyce G. <i>Cycle Room</i> 9:20-10:20 am | GENTLE YOGA with Dee 9:15-10:15 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 | BODY PUMP with Katie <i>Banks Gym</i> 10:00 - 11:00 am | FLOW YOGA with Annie 10:15-11:15 am | CYCLE BOOTCAMP with Ashley/ Kristi <i>Cycle Room</i> 9:30 - 10:30 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 | ZUMBA with Angela <i>Banks Gym</i> 12:00-1:00 pm | ZUMBA GOLD with Jill <i>Banks Gym</i> 11:00 am- 12:00 pm | BODY PUMP with Jill <i>Banks Gym</i> 10:00-11:00 am | CYCLE 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 | GENTLE YOGA with Siv 12:15-1:15 pm | GENTLE YOGA with Dee 12:15-1:15 pm | FIT & FAB with Dee 10:30-11:30 am | ZUMBA with Monica 10:30am- 11:30 am | |
| SILVER SNEAKERS YOGA with Dee 12:30-1:30 pm | GENTLE YOGA with Leanna 6:30-7:30 pm | SILVER SNEAKERS YOGA with Siv 1:30-2:30 pm | SILVER SNEAKERS with Dee 1:30-2:30 pm | ZUMBA with Jill <i>Banks Gym</i> 12:00-1:00 pm | | |
| SILVER SNEAKERS YOGA with Dee 1:30-2:30 pm | | BODYPUMP with Rhiannon <i>Banks Gym</i> 5:00-6:00 pm | CYCLE with Ellen <i>Cycle Room</i> 5:30-6:30 pm | SILVER SNEAKERS with Dee 12:30-1:30 pm | | |
| BODYPUMP with Catherine/ Staff <i>Banks Gym</i> 5:30-6:30 pm | | CORE with Linda 5:35-6:05 pm | ZUMBA with Jill/Monica <i>Group Exercise Studio</i> 6:00-7:00 pm | | | |
| CORE with Linda 6:35-7:05 pm | | | | | | |

*No Body Combat Classes on 6/13, 6/15, 6/20, 6/22

INDICATES NEW LOCATION

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

LES MILLS VIRTUAL
on the big screen in the indoor cycling studio

LES MILLS RPM CYCLE
Mondays 7:00-7:50 pm
Tuesdays 6:00-6:50 am
Wednesdays 6:00-6:50 pm

LES MILLS SPRINT
Mondays 12:00-12:30 pm
Tuesdays 8:30-9:00 am
Wednesdays 10:30-11:00 am
Thursdays 12:00-12:30 pm
Fridays 11:15-11:45 am



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.

RPM ●◆■ - A 50-minute indoor cycling class on our club's big screen set to motivating music. Burn calories, get fit and feel euphoric.

Sprint ◆■ - A 30-minute High-Intensity Interval Training (HIIT) workout on our club's big screen, using an indoor bike to achieve fast results.

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

June 1-30

| 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 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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