


# Group Exercise Schedule

## July 1-31

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

### INDEPENDENCE DAY SCHEDULE Monday 7/4

<b>YOGA/PILATES FUSION</b> with Candy (VIRTUAL) 8:00 am - 9:00 am
<b>GENTLE YOGA</b> with P'nut in the Group Exercise Studio 9:30 am - 10:30 am
<b>ZUMBA</b> with P'nut in the Banks Gym 11:00 am - 12:00 pm
<b>CYCLE</b> with Joyce G in the Cycle Room 12:00 pm - 1:00 pm

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



All group exercise classes are located in the Group Exercise Studio unless otherwise noted. Classes are subject to change. Please visit [weinsteinjcc.org](http://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](http://weinsteinjcc.org) or contact Amy Buckberg at [abuckberg@weinsteinjcc.org](mailto: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

## July 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 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>



Please Note: Classes are subject to change.  
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# Attention Members

**Please note the July 4 Schedule:**

**Center open 7 am - 3 pm**

**Yoga/Pilates Fusion with Candy**  
**VIRTUAL**

8:00 am -9:00 am

**Gentle Yoga with P'nut**  
**in the Group Exercise Studio**

9:30 am -10:30 am

**Zumba with P'nut**  
**in the Banks Gym**

11:00 am -12:00 pm

**Cycle with Joyce G**  
**in the Cycle Studio**

12:00 pm -1:00 pm

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