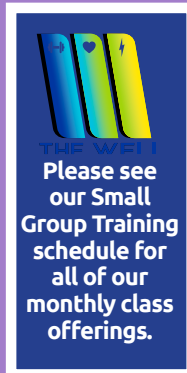


Group Exercise Schedule

November 1-30

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	MINDFUL YOGA with Michele <i>Dance Studio</i> 8:00-9:00 am	BODYPUMP with Preston <i>Banks Gym</i> 6:00-7:00 am	CYCLE with Ellen/ Staff <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
YOGA/PILATES FUSION with Candy 8:00-9:00 am	BARRE with Kerry <i>Dance Studio</i> 10:00-10:45 am	YOGA/PILATES FUSION with Candy 8:00-9:00 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
BODY COMBAT with Paula <i>Dance Studio</i> 9:15-10:15 am	FLOW YOGA with Annie 10:00-11:00 am	BODY COMBAT with Paula 9:15 - 10:15 am	CYCLE with Joyce G. <i>Cycle Room</i> 9:20-10:20 am	BARRE with Nadya <i>Dance Studio</i> 9:00-9:45 am	CORE with Linda <i>Banks Gym</i> 9:20-9:50 am	ZUMBA GOLD with Jill 10:30 - 11:30 am
GENTLE YOGA with Carol Ann 9:15-10:15 am	ZUMBA GOLD with P'nut <i>Banks Gym</i> 11:15 am - 12:15 pm	BODY PUMP with Katie <i>Banks Gym</i> 10:00 - 11:00 am	FLOW YOGA with Annie 10:00-11:00 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 P'nut 1:00-2:00 pm
CORE with Linda <i>Banks Gym</i> 9:30-10:00 am	MINDFUL YOGA with Nora 12:15-1:15 pm	FIT & FAB with Lois 10:30-11:30 am	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 P'nut 2:15-3:15 pm
MUSCLE CONDITIONING with Kristi <i>Banks Gym</i> 10:15-11:15 am	SILVER SNEAKERS with Dee 1:30-2:30 pm	GENTLE YOGA with Siv 12:15-1:15 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 Monica 10:30am- 11:30 am	
FIT & FAB with Michele 10:45-11:45 am	CYCLE with Charles <i>Cycle Room</i> 5:30-6:30 pm	SILVER SNEAKERS YOGA with Siv 1:30-2:30 pm	SILVER SNEAKERS with Dee 1:30-2:30 pm	FIT & FAB with P'nut 10:30-11:30 am		
CYCLE with Joyce G <i>Cycle Room</i> 12:15-1:15 pm	PILATES with Carol Ann 5:30-6:15 pm	BODYPUMP with Rhiannon <i>Banks Gym</i> 5:00-6:00 pm	PILATES with Angela 5:00-5:45 pm	ZUMBA with Jill <i>Banks Gym</i> 12:00-1:00 pm		
SILVER SNEAKERS YOGA with Dee 12:30-1:30 pm	ZUMBA with Monica <i>Banks Gym</i> 6:00-6:55 pm	CORE with Linda 5:35-6:05 pm	CYCLE with Ellen <i>Cycle Room</i> 5:30-6:30 pm	SILVER SNEAKERS with Dee 12:30-1:30 pm		
SILVER SNEAKERS YOGA with Dee 1:30-2:30 pm	GENTLE YOGA with Dione 6:30-7:30 pm		FLOW FUSION YOGA with Rosemary 6:00-7:00 pm			
BODYPUMP with Catherine/ Staff <i>Banks Gym</i> 5:30-6:30 pm	THANKSGIVING DAY SCHEDULE					
	PILATES with Dee 9:00-9:45 am					
	CYCLE with Joyce G. 9:20-10:20 am					



Pop Up Class
STEP
with Kristi
in the Group
Exercise Studio
SUNDAYS -
11/13 & 11/20
9:00 - 10:00 am

INDICATES NEW CLASS

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 Fusion Yoga ●◆■ - This class is an intermediate, vinyasa style, incorporating elements of creativity, and freedom of movement.

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

