

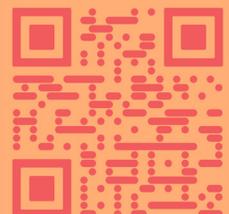
# Group Exercise Schedule

## October 1-31

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>CYCLE</b> with Joyce W. <i>Cycle Room</i> 6:00–7:00 am	<b>PILATES</b> with Kerry 9:00–9:45 am	<b>YOGA/PILATES FUSION</b> with Candy 8:00–9:00 am	<b>BODY PUMP</b> with Preston <i>Banks Gym</i> 6:00–7:00 am	<b>CYCLE</b> with Ellen <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>YOGA/PILATES FUSION</b> with Candy 8:00–9:00 am	<b>BARRE</b> with Kerry <i>Dance Studio</i> 10:00–10:50 am	<b>BODY COMBAT</b> with Paula 9:15–10:15 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 9:15–10:15 am	<b>BOOTCAMP</b> with Amy <i>Banks Gym or Outside</i> 10:30–11:30 am
<b>BODY COMBAT</b> with Paula <i>Dance Studio</i> 9:15–10:15 am	<b>FLOW YOGA</b> with Annie 10:00–11:00 am	<b>BARRE</b> with Rosemary <i>Dance Studio</i> 9:10–10:00 am	<b>CYCLE</b> with Joyce G. <i>Cycle Room</i> 9:20–10:20 am	<b>BARRE</b> with Rosemary <i>Dance Studio</i> 9:10–10:00 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>GENTLE YOGA</b> with Carol Ann 9:15–10:15 am	<b>MINDFUL YOGA</b> with Nora 12:15–1:15 pm	<b>BODY PUMP</b> with Katie <i>Banks Gym</i> 10:00–11:00 pm	<b>FLOW YOGA</b> with Annie 10:00–11:00 am	<b>GENTLE YOGA</b> with Dee 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 Candy 1:00–2:00 pm
<b>CORE</b> with Linda <i>Banks Gym</i> 9:30–10:00 am	<b>ZUMBA GOLD</b> with Debra <i>Banks Gym</i> 12:30–1:30 pm	<b>FIT &amp; FAB</b> with Lois 10:30–11:30 am	<b>BODY PUMP</b> with Jill <i>Banks Gym</i> 11:00am-12:00pm	<b>CYCLE BOOTCAMP</b> with Ashley <i>Cycle Room</i> 9:30–10:30 am	<b>BODY PUMP</b> with Katie <i>Banks Gym</i> 10:00–11:00 am	<b>FLOW YOGA</b> with Candy 2:15–3:15 pm
<b>FIT &amp; FAB</b> with Lois 10:30–11:30 am	<b>SILVER SNEAKERS</b> with Dee 1:30–2:30 pm	<b>MUSCLE CONDITIONING</b> with Lois <i>Banks Gym</i> 11:45am–12:45pm	<b>GENTLE YOGA</b> with Jill 12:15–1:15 pm	<b>BODY PUMP</b> with Jill <i>Banks Gym</i> 10:00–11:00 am	<b>ZUMBA</b> with Monica 10:30–11:30 am	 <p><b>THE WELL</b> @WELLSTUDIO</p> <p>Please see our Small Group Training schedule for all of our monthly class offerings.</p>
<b>MUSCLE CONDITIONING</b> with Lois <i>Banks Gym</i> 11:45am–12:45pm	<b>CYCLE</b> with Charles <i>Cycle Room</i> 5:30–6:30 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>FLOW YOGA</b> with Candy 12:15–1:15 pm	
<b>CYCLE</b> with Joyce G <i>Cycle Room</i> 12:15–1:15 pm	<b>PILATES</b> with Carol Ann 5:30–6:15 pm	<b>SILVER SNEAKERS YOGA</b> with Siv 1:30–2:30 pm	<b>YIN YOGA</b> with Candy 5:00–5:45 pm	<b>ZUMBA</b> with Jill <i>Banks Gym</i> 12:00–1:00 pm		
<b>SILVER SNEAKERS YOGA</b> with Dee 12:30–1:30 pm	<b>ZUMBA</b> with Monica <i>Dance Studio</i> 6:00–7:00 pm	<b>CORE</b> with Linda 5:35–6:05 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>SILVER SNEAKERS YOGA</b> with Dee 1:30–2:30 pm	<b>GENTLE YOGA</b> with Dione 6:30–7:30 pm	<b>BARRE</b> with Rosemary <i>Dance Studio</i> 5:30–6:20 pm				
<b>BODYPUMP</b> with Staff <i>Banks Gym</i> 5:30–6:30 pm						
<b>CORE</b> with Linda 5:35–6:05 pm						

NEW INSTRUCTOR

All group exercise classes are located in the Group Exercise Studio unless otherwise noted. Classes are subject to change.



# 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, 50-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.

**Yin Yoga** ◆■ - This class is a slower-paced, more meditative style. Poses are held for a long period of time (typically 3-5 min.) to target the connective tissues. The asanas are more passive and are held with the muscles fully relaxed, allowing time and gravity to deepen the stretch and target the fascia.

## 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

