

Group Exercise Schedule

March 1-31

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



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

WEINSTEIN JCC CLASS DESCRIPTIONS

*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.

Barre Sculpt ■◆● - This class includes regular Barre plus additional strength training.

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.

Yoga Fundamentals ● - Whether you are new or returning to Yoga, fundamentals are for all levels. Learn foundations, ease back in or elevate your practice to feel more comfortable in mind and body.

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.

Pilates Plus ◆■ - Pilates Plus is for the intermediate to advanced Pilates student.

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.

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.

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.

Zumba Gold Chair ◆● - Zumba Gold Chair is a great way for those who may have limited mobility to enjoy the Zumba Party feel from a comfortable seat. Move and groove to fun music while increasing flexibility, strengthening muscles, and raising your spirits.

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

