

September Group Exercise Schedule

MON	TUE	WED	THUR	FRI	SAT	SUN
CYCLE with Genevelyn <i>Cycle Room</i> 6:00–7:00 am	ENERGY FLOW with Rosemary <i>Dance Studio</i> 8:15–9:15 am	CORE YOGA with Ronni 8:00–9:00 am	BODY PUMP with Preston <i>Banks Gym</i> 6:00–7:00 am	CYCLE with Staff <i>Cycle Room</i> 6:00–7:00 am	PILATES with Carol Ann 8:15–9:00 am	WARRIOR RHYTHM with Laurel 9:15–10:15 am
CORE YOGA with Ronni 8:00–9:00 am	PILATES with Kerry 9:00–9:45 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	BARRE SCULPT with Kerry <i>Dance Studio</i> 10:00–10:50 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	FLOW YOGA with Annie 10:00–11:00 am	BODY PUMP with Katie <i>Banks Gym</i> 10:00–11:00 pm	ENERGY FLOW with Rosemary <i>Dance Studio</i> 9:00–10:00 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 Staff 1:00–2:00 pm
CORE with Linda <i>Dance Studio</i> 9:30–10:00 am	MUSCLE CONDITIONING with Lois <i>Banks Gym</i> 11:00–12:00 pm	PILATES with Karen <i>Dance Studio</i> 10:15–11:00 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> 10:10–11:10 am	FLOW YOGA with Staff 2:15–3:15 pm
FIT & FAB with Lois 10:30–11:30 am	ADVANCED MINDFUL YOGA with Nora 12:15–1:15 pm	FIT & FAB with Lois 10:30–11:30 am	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	INDICATES NEW CLASS  Please see our Small Group Training schedule for all of our monthly class offerings. 
MUSCLE CONDITIONING with Lois <i>Banks Gym</i> 11:45–12:45pm	ZUMBA GOLD with Debra <i>Banks Gym</i> 12:30–1:30 pm	MUSCLE CONDITIONING with Lois <i>Banks Gym</i> 11:45–12:45pm	ZUMBA GOLD with Jill <i>Banks Gym</i> 11:00 am–12:00 pm	ZUMBA GOLD CHAIR with Jill 11:30 am–12 pm	FLOW YOGA with Dione 12:15–1:15 pm	
CYCLE with Joyce G <i>Cycle Room</i> 12:15–1:15 pm	SILVER SNEAKERS with Dee 1:30–2:30 pm	GENTLE YOGA with Siv 12:15–1:15 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	PILATES with Carol Ann 5:30–6:15 pm	FAB FUNCTIONAL FITNESS with Lois <i>Banks Gym</i> 1:00–1:45pm	SILVER SNEAKERS with Dee 1:30–2:30 pm	SILVER SNEAKERS with Dee 12:30–1:30 pm		
FAB FUNCTIONAL FITNESS with Lois <i>Banks Gym</i> 1:00–1:45pm	ZUMBA with Staff <i>Dance Studio</i> 6:00–7:00 pm	SILVER SNEAKERS YOGA with Siv 1:30–2:30 pm	MINDFUL YOGA with Ronni <i>Dance Studio</i> 5:00–6:00 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	CYCLE with Genevelyn <i>Cycle Room</i> 6:00–7:00 pm			
BARRE with Rosemary <i>Dance Studio</i> 5:30–6:20 pm		WARRIOR RHYTHM with Laurel 6:00–7:00 pm	BODY PUMP with Becky <i>Banks Gym</i> 6:00–6:45 pm			
BODYPUMP with Staff <i>Banks Gym</i> 5:30–6:30 pm						
CORE with Linda 5:35–6:05 pm						

Monday, September 1
JCC Hours 7AM - 3PM

GENTLE YOGA
with Carol Ann 9:15–10:15 AM

BODY COMBAT
with Amy 9:30–10:30 AM

CYCLE
with Joyce 12:15–1:15 PM

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.

Advanced Mindful Yoga ♦■ - A mindful yoga class for experienced students. This class empowers participants and brings awareness to everything done on the mat and in life. Proper breath, alignment and mindfulness are taught to help foster a sense of wellness and discovery of our inner resources to heal, in the context of yoga philosophy, on which all yoga classes are based.

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.

Energy Flow ■♦ - A yoga workout class with continuous flowing movement for those with prior yoga experience. Strong emphasis on strength, flexibility, and range of motion throughout the entire body.

Core Yoga ■♦● - Class focuses on cultivating a stable, powerful core and a calm centered mind. This class combines core strengthening movements with the grounding practice of yoga, breathwork & mindfulness.

Mindful Yoga ■♦● - This class combines classic asanas, deep stretching & calming breath-work to relax the body and de-stress the mind. The pace is gentle & mindful ~ Yin Yoga style.

WARRIOR Rhythm™ ■♦● -

Fitness-focused with yoga undertones, WARRIOR Rhythm™ increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! Grab a yoga mat, and weights, and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing!

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.

Fab Functional Fitness ♦● - 45 minute class designed for our mature members or those just returning to exercise. In this functional fitness class, participants will utilize a variety of equipment to tone, develop strength, improve coordination and balance.

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

Body Combat ♦■ - 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 Warrior Revolution ♦■ - Experience the ultimate expression of music and cycling! WARRIOR Revolution features diverse playlists, intelligent programming, and dance undertones WARRIOR Revolution is perfect for newbies and seasoned riders looking for an edgier experience.

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

