

September Group Fitness Schedule

MON	TUE	WED	THUR	FRI	SAT	SUN
CYCLE with Genevelyn <i>Cycle Studio</i> 6:00–7:00 am	ENERGY FLOW YOGA with Rosemary <i>KC Mind Body 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 Studio</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>KC Mind Body 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>KC Mind Body Studio</i> 10:00–10:50 am	BARRE with Rosemary <i>KC Mind Body Studio</i> 9:10–10:00 am	PILATES with Sally 9:00–9:45 am	BARRE with Rosemary <i>KC Mind Body 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 YOGA with Rosemary <i>KC Mind Body Studio</i> 9:00–10:00 am	GENTLE YOGA with Dee 9:15–10:15 am	CYCLE with Joyce G. <i>Cycle Studio</i> 9:20–10:20 am	GENTLE YOGA with Dione 1:00–2:00 pm
CORE with Linda <i>KC Mind Body Studio</i> 9:30–10:00 am	MUSCLE CONDITIONING with Lois <i>Banks Gym</i> 11:00–12:00 pm	PILATES with Karen <i>KC Mind Body Studio</i> 10:15–11:00 am	CYCLE with Joyce G. <i>Cycle Studio</i> 9:20–10:20 am	CYCLE BOOTCAMP with Ashley <i>Cycle Studio</i> 9:30–10:30 am	BODY PUMP with Katie <i>Banks Gym</i> 10:10–11:10 am	FLOW YOGA with Dione 2:15–3:15 pm
FIT & FAB with Lois 10:30–11:30 am	STRONG & STEADY with Lois 12:15–1:00 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 <i>KC Mind Body Studio</i> 10:30–11:30 am	
BOOTCAMP with Ashley <i>Banks Gym or outside</i> 10:30–11:30 am	ZUMBA GOLD with Debra <i>Banks Gym</i> 12:30–1:30 pm	MUSCLE CONDITIONING with Lois <i>Banks Gym</i> 11:45am–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	
MUSCLE CONDITIONING with Lois <i>Banks Gym</i> 11:45–12:45pm	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		
CYCLE with Joyce G <i>Cycle Studio</i> 12:15–1:15 pm	MINDFUL CHAIR YOGA with Nora 2:30–3:30 pm Begins 9/8	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		
SILVER SNEAKERS YOGA with Dee 12:30–1:30 pm	PILATES with Carol Ann 5:30–6:15 pm	SILVER SNEAKERS YOGA with Siv 1:30–2:30 pm	MINDFUL YOGA with Ronni <i>KC Mind Body Studio</i> 5:00–6:00 pm			
FAB FUNCTIONAL FITNESS with Lois <i>Banks Gym</i> 1:00–1:45pm	ZUMBA with Monica <i>KC Mind Body Studio</i> 5:30–6:30 pm	BARRE with Rosemary <i>KC Mind Body Studio</i> 5:30–6:20 pm	BODY PUMP with Becky <i>Banks Gym</i> 6:00–6:45 pm			
SILVER SNEAKERS YOGA with Dee 1:30–2:30 pm	GENTLE YOGA with Ronni 6:30–7:30 pm	WARRIOR RHYTHM with Laurel 6:00–7:00 pm				
BARRE with Rosemary <i>KC Mind Body Studio</i> 5:30–6:20 pm						
BODYPUMP with Staff <i>Banks Gym</i> 5:30–6:30 pm						
CORE with Linda 5:35–6:05 pm						

Labor Day Modified Schedule

8:00 - 9:00 AM Core Yoga with Ronnie
9:15 - 10:15 AM Gentle Yoga with Carol Ann
9:30 - 10:30 AM Body Combat with Amy
10:30 - 11:30 AM Boot Camp with Ashley
12:15-1:15 PM Cycle with Joyce

NEW CLASS INDICATOR



View Group Fitness
 schedule + register
 (included with membership)

Small Group Training (paid program)
 See printed schedule or visit website

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.

Core Yoga ● – This class combines core strengthening movements with the grounding practice of yoga, breathwork & mindfulness.

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.

Mindful Chair Yoga ♦● – This is a chair yoga class with focus on breathwork, meditation, and relaxation.

Advanced Mindful Yoga ♦● – This class 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.

Energy Flow ● – A yoga workout with continuous flowing movement for those with prior yoga experience. Strong emphasis on strength, flexibility, and range of motion.

*Please note: Yoga mats are available for class use, but it is recommended that participants bring their own.

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.

WARRIOR Rhythm™ ● – Fitness-focused with yoga undertones, this class increases strength, flexibility, and balance.

STRENGTH CLASSES

BOOTCAMP ■♦ – This is a high intensity indoor/outdoor class includes strength and cardio drills.

BodyPump ■♦ – This 60 minute, endurance based, barbell class strengthens your entire body. It is suitable for all fitness 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 ♦● – This 45-minute class is designed for older members or those returning to exercise. 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 ball are offered for resistance. A chair is available for stability, 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 fast paced music.

Cycle ●♦ – 60-minute all-terrain ride for enthusiasts of all levels.

Cycle Warrior Revolution ■♦ – This 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 latin music and dance rhythms.

Zumba Gold ●♦ – A lower impact version of the typical Zumba class designed for ALL ages and fitness levels.

Zumba Gold Chair ●♦ – This class is a great way for those who may have limited mobility to enjoy the Zumba Party feel from a comfortable seat.

Strong & Steady ●♦ – This 45-minute class will help you gain confidence on your feet! Focus on getting stronger and steadier in a fun, supportive environment. Basic strength moves use weights, balls and resistance bands while balance exercises use a chair for support.

GROUP FITNESS QUESTIONS?
Visit weinsteinjcc.org or contact Amy Buckberg at abuckberg@weinsteinjcc.org

FITNESS KEY

● BEGINNER ♦ INTERMEDIATE
■ ADVANCED