November Group Fitness Schedule

MON

CYCLE
with Genevelyn
Cycle Studio
6:00–7:00 am

CORE YOGA
with Ronni
8:00–9:00 am

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

BODY COMBAT
with Paula
Banks Gym
9:30–10:30 am

CORE
with Linda
KC Mind Body Studio
9:30–10:00 am

FIT & FAB
with Lois
10:30–11:30 am

BOOTCAMP
with Ashley
Banks Gym or outside
10:30–11:30 am

MUSCLE CONDITIONING
with Lois
Banks Gym
11:45 –12:45pm

CYCLE
with Joyce G
Cycle Studio
12:15–1:15 pm

SILVER SNEAKERS YOGA
with Dee
12:30–1:30 pm

FAB FUNCTIONAL FITNESS
with Lois
Banks Gym
1:00 –1:45pm

SILVER SNEAKERS YOGA
with Dee
1:30–2:30 pm

BARRE
with Rosemary
KC Mind Body Studio
5:30–6:20 pm

BODYPUMP
with Staff
Banks Gym
5:30–6:30 pm

CORE
with Linda
5:35–6:05 pm

TUE

ENERGY FLOW YOGA
with Rosemary
KC Mind Body Studio
8:15–9:15 am

PILATES
with Kerry
9:00–9:45 am

BARRE SCULPT
with Kerry
KC Mind Body Studio
10:00–10:50 am

FLOW YOGA
with Annie
10:00–11:00 am

MUSCLE CONDITIONING
with Lois
Banks Gym
11:00–12:00 pm

STRONG & STEADY
with Lois
12:15–1:00 pm

ZUMBA GOLD
with Debra
Banks Gym
12:30–1:30 pm

SILVER SNEAKERS
with Dee
1:30–2:30 pm

MINDFUL CHAIR YOGA
with Nora
2:30–3:30 pm

PILATES
with Carol Ann
5:30–6:15 pm

ZUMBA
with Monica
KC Mind Body Studio
5:30–6:30 pm

GENTLE YOGA
with Ronni
6:30–7:30 pm

WED

CORE YOGA
with Ronni
8:00–9:00 am

BODY COMBAT
with Paula
9:15–10:15 am

BARRE
with Rosemary
KC Mind Body Studio
9:10–10:00 am

BODY PUMP
with Katie
Banks Gym
10:00–11:00 pm

PILATES
with Karen
KC Mind Body Studio
10:15–11:00 am

FIT & FAB
with Lois
10:30–11:30 am

MUSCLE CONDITIONING
with Lois
Banks Gym
11:45am –12:45pm

GENTLE YOGA
with Siv
12:15–1:15 pm

FAB FUNCTIONAL FITNESS
with Lois
Banks Gym
1:00 –1:45pm

SILVER SNEAKERS YOGA
with Siv
1:30–2:30 pm

BARRE
with Rosemary
KC Mind Body Studio
5:30–6:20 pm

WARRIOR RHYTHM
with Laurel
6:00–7:00 pm

THUR

BODY PUMP
with Preston
Banks Gym
6:00–7:00 am

PILATES PLUS
with Kerry
KC Mind Body Studio
8:00–8:45 am

PILATES
with Sally
9:00–9:45 am

ENERGY FLOW YOGA
with Rosemary
KC Mind Body Studio
9:00–10:00 am

CYCLE
with Joyce G.
Cycle Studio
9:20–10:20 am

FLOW YOGA
with Annie
10:00–11:00 am

ZUMBA GOLD
with Jill
Banks Gym
11:00 am–12:00 pm

GENTLE YOGA
with Jill
12:15–1:15 pm

SILVER SNEAKERS
with Dee
1:30–2:30 pm

MINDFUL YOGA
with Ronni
KC Mind Body Studio
5:00–6:00 pm

BODY PUMP
with Becky
Banks Gym
6:00 - 6:45 pm

FRI

CYCLE
with Staff
Cycle Studio
6:00–7:00 am

PILATES
with Dee
8:15–9:00 am

BARRE
with Rosemary
KC Mind Body Studio
9:10–10:00 am

GENTLE YOGA
with Dee
9:15–10:15 am

CYCLE BOOTCAMP
with Ashley
Cycle Studio
9:30–10:30 am

BODY PUMP
with Jill
Banks Gym
10:00–11:00 am

ZUMBA GOLD CHAIR
with Jill
11:30 am–12 pm

ZUMBA
with Jill
Banks Gym
12:30–1:30 pm

SILVER SNEAKERS
with Dee
12:30–1:30 pm

SAT

PILATES
with Carol Ann
8:15–9:00 am

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

CORE
with Linda
Banks Gym
9:20–9:50 am

CYCLE
with Joyce G.
Cycle Studio
9:20–10:20 am

BODY PUMP
with Katie
Banks Gym
10:10–11:10 am

ZUMBA
with Monica
KC Mind Body Studio
10:30–11:30 am

FLOW YOGA
with Dione
12:15–1:15 pm

SUN

WARRIOR RHYTHM
with Laurel
9:15–10:15 am

BOOTCAMP
with Amy
Banks Gym or Outside
10:30–11:30 am

ZUMBA GOLD
with Jill
10:30–11:30 am

GENTLE YOGA
with Dione
1:00–2:00 pm

FLOW YOGA
with Dione
2:15–3:15 pm

NEW CLASS INDICATOR

View Group Fitness schedule + register
(included with membership)

THANKSGIVING SCHEDULE UPDATE
Thu, Nov 26: Modified hours and a special group fitness schedule. Check MotionVibe for details.

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, mediation, 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 continous 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 intesity 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

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 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 Fab ● – 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 ♦ INTEREDIATE
■ ADVANCED