## Group Fitness & Water Exercise Schedule

### Effective February 1, 2020

**Time** | **Class** | **Level** | **Studio** | **Instructor** | **Time** | **Class** | **Level** | **Studio** | **Instructor**
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**MONDAY**
6 am | Hard Core Strength | ▲ | GF | Andy | 6 am | Bosu Sports Conditioning | GF | Joel |
8:15 am | Yoga (75 min) | R | Katarina | 6 am | Yoga | R | Johanna |
8:30 am | Cardio Interval | ▲ | GF | Laura H. | 6 am | 3-2-1 | GF | Jill |
9:30 am | Aqua Power | P | Chariss | 8:30 am | Barre | R | Pia |
9:30 am | Virtual Core $ | P | Chariss | 9:35 am | Power Sculpt Circuit | GF | Ronly |
9:35 am | Pure Sculpt | GF | Laura B. | 9:35 am | Pilates Mat | R | Yael |
10:30 am | Arthritis Water Exercise $ | P | Tamica | 10:30 am | Vinyasa Flow Yoga (75 min) | GF | Yael |
10:40 am | Drums Alive | GF | Patti | 10:40 am | Cardio Sculpt | GF | Laura B. |
10:40 am | Pilates Mat | R | Marla | 11:15 am | Fitness for Balance | GF | Sue |
11:15 am | MS Water Exercise $ (45 min) | P | Tamica | 11:15 am | Tai Chi for Balance $ (75 min) | R | Susan |
11:45 am | Prime Time | R | Marla | 11:45 am | Fundamentals of Yoga (75 min) | ▲ | R | Paul |
4:30 pm | Pilates Mat | R | Marla | 6 pm | Yoga (75 min) | ▲ | GF | Andy |
5:30 pm | Aqua Tone $ | P | Charles | 6 pm | HiIT | ▲ | GF | Lauren |
5:30 pm | Pure Sculpt | GF | Cheryl | 7 pm | WERQ |
6 pm | Fundamentals of Yoga (75 min) | ▲ | R | Jeanne |
6:15 pm | Rip 'n Ride | C | Rachael |
6:30 pm | WERQ | GF | Laura L. |
**TUESDAY**
6 am | Yoga | R | Caitlin |
8:15 am | Slow Vinyasa Flow (75 min) | R | Cynthia |
8:30 am | Kick Boxing | GF | Lynda |
9:35 am | Power Sculpt Circuit | GF | Jody |
9:30 am | Barre | R | Cynthia |
9:30 am | High Intensity Water $ | P | Chariss |
10:10 am | Dance & Firm | GF | Gigi |
11:50 am | Fundamentals of Yoga (75 min) | ▲ | R | Katarina |
12:30 pm | Tai Chi | GF | Ted |
4:30 pm | Yoga (75 min) | R | Jonathan |
5:45 pm | 20/20/20 | ▲ | GF | Len |
6 pm | Barre (women only) | R | Pia |
6:15 pm | Spin | C | Ralph |
7 pm | Zumba* | GF | Patti |
**WEDNESDAY**
6 am | Spinning* | C | Erin |
8:30 am | Pilates Mat | R | Emily |
8:30 am | Step | GF | Lynda |
8:30 am | Aqua Power | P | Chariss |
9:30 am | Virtual Core $ | P | Chariss |
9:30 am | Spin & Strength | C | Katie |
9:35 am | Vinyasa Flow Yoga (75 min) | ▲ | R | Ilene |
9:35 am | 20/20/20 | GF | Jill |
10:30 am | Arthritis Water Exercise $ | P | Chariss |
10:30 am | MS Water Exercise $ (45 min) | P | Chariss |
10:40 am | Functional Fun | GF | Sue |
11 am | Baby & Me Yoga | R | Caitlin |
11:45 pm | Chair Yoga | GF | Katarina |
4:30 pm | Pilates Mat | R | Marla |
5:30 pm | Aqua Tone $ | P | Charles |
5:30 pm | Pure Sculpt | GF | Kate |
6 pm | Vinyasa Flow Yoga (75 min) | ▲ | R | Ilene |
6 pm | Begin to Spin (15 min) | C | Len |
6:15 pm | Spinning* | C | Len |
6:30 pm | Zumba* | GF | Gail |
7:30 pm | Israeli Dance | GF | Stuart |
**THURSDAY**
6 am | WERQ | GF | Laura L. |
6 am | Yoga | R | Johanna |
6 am | 3-2-1 | GF | Jill |
8:30 am | Barre | R | Pia |
9:35 am | Power Sculpt Circuit | GF | Ronly |
9:35 am | Pilates Mat | R | Yael |
10:30 am | Vinyasa Flow Yoga (75 min) | GF | Yael |
10:40 am | Cardio Sculpt | GF | Laura B. |
11:15 am | Fitness for Balance | GF | Sue |
2:30 pm | Tai Chi for Balance $ (75 min) | R | Susan |
6 pm | Yoga (75 min) | ▲ | GF | Andy |
6 pm | HiIT | ▲ | GF | Lauren |
7 pm | WERQ |
**FRIDAY**
6 am | Insanity | GF | Krista |
6 am | Cycle | C | Michelle |
8:15 am | Core Burn (15 min) | GF | Kate |
8:30 am | Pure Sculpt | GF | Kate |
8:30 am | Aqua Power | P | Bebe |
9:15 am | Yoga (75 min) | R | Paul |
9:30 am | Spinning* | R | Chariss |
9:30 am | Virtual Core $ | P | Bebe |
9:35 am | Hard CORE HIIT | ▲ | GF | Jody T. |
9:35 am | Kick & Slam (Last Fri of month) | ▲ | GF | Jody T. |
10:30 am | Arthritis Water Exercise $ | P | Tamic |
11:15 am | MS Water Exercise $ (45 min) | P | Tamic |
11:45 am | Chair Yoga | GF | Katarina |
5:15 pm | Yoga | R | Jonathan |
8:30 am | Spinning* | C | Ronly |
8:45 am | Yoga (75 min) | R | Michelle |
9 am | Pilates Mat | GF | Marla |
10 am | Boot Camp | GF | Jill |
10 am | Spinning* | C | Terri |
11 am | Prenatal Yoga (60 min) $ | R | Caitlin |
11 am | Pure Sculpt | GF | Jess |
12:15 pm | Yoga (75 min) | R | Caitlin |
12:15 pm | WERQ | GF | Lauren |
**SATURDAY**
8:30 am | Spinning* | C | Ronly |
8:45 am | Yoga (75 min) | R | Michelle |
9 am | Pilates Mat | GF | Marla |
10 am | Boot Camp | GF | Jill |
10 am | Spinning* | C | Terri |
11 am | Prenatal Yoga (60 min) $ | R | Caitlin |
11 am | Pure Sculpt | GF | Jess |
12:15 pm | Yoga (75 min) | R | Caitlin |
12:15 pm | WERQ | GF | Lauren |
**SUNDAY**
8:10 am | Yoga (75 min) | R | Paul |
8:15 am | Ride & Revive (90 min) | C | Michelle |
8:30 am | Cardio Interval | GF | Laura H. |
9:30 am | WERQ | GF | Lauren |
9:30 am | Spinning* | ▲ | R | Ilene |
9:30 am | Vinyasa Flow | ▲ | GF | Leah |
10:30 am | Kick & Core | R | Susan |
10:45 am | Slow Flow Yoga | ▲ | R | Susan |
11:35 am | Qi Gong | GF | Ted |
12:45 pm | Tai Chi | GF | Ted |

**Classes are one hour in length & FREE unless otherwise noted:**
- Proper athletic shoes required.
- Age minimum: 13 years
- Participants must arrive within 10 minutes of scheduled start time.

**Studio Key:**
- R = Rzepka Fitness Studios for Yoga & Pilates
- UR = Upper Rzepka
- GF = Group Fitness Studio
- C = Cycle Studio
- P = Pool

- Classes are for all levels, unless otherwise noted:
  - ▲ = Entry Level
  - ▲ = Challenging

- Red = New Class
- Purple = New Instructor
- Green = New Time
- Orange = New Location
- Blue = Aquatics
- $ = Class is fee based

**For Group Fitness & Small Group Fitness Questions:**
- Jill Stovsky
  - (216) 831-0700, ext. 1392
  - jstovsky@mandeljcc.org

**For Aquatics Questions:**
- (216) 831-0700 ext. 1308
  - pool@mandeljcc.org

**Schedule subject to change.**
CARDIO:

20/20/20 – Mixed cardio (20), athletic step training (20) and core and strength conditioning (20), all combined for a fast pace full body workout.

3-2-1 – Three minutes of cardio work, 2 minutes of strength work, and 1 minute of abs. Various equipment will be used to give you an excellent full body workout!

Barre – Combination of ballet inspired movements, muscle sculpting, yoga stretching and Pilates core work to lengthen, strengthen and shape your muscles.

BOSU Sports Conditioning – This class incorporates a BOSU (1/2 balance trainer) with weights and athletic drills to challenge your balance and your body.

Bootcamp – ▲ This high intensity, non-stop cardio and strength class will push you to your limits. A variety of equipment is used.

CARDIO HIIT – ▲ Blast calories with multiple rounds of High Intensity Cardio work (4-8 minutes) with minimal rest in-between and Tabata segments just for fun! All levels welcome!

Cardio Hip Hop – This class is a high energy mix of cardio athletic moves and hip hop dance. Some strength and core will be mixed in to spice it up!

Cycle/Spin – A fantastic heart pumping workout. Taught on a stationary bike, you climb, sprint and train to great music with incredible instruction.

Dance & Firm – Build “core” strength, work on balance, and tone muscle. Light weights may be used. Class begins with fun dance routines.

Drums Alive – Grab your drumsticks and get ready to work. This fun and rhythmic class will get your heart pumping as you drum to the beat of the music. Equipment provided.

Functional Fun – Warm up with some low impact cardio, strengthen the muscles with some functional full body exercises, and finish with core building movements.

Hard CORE HIIT – ▲ Intense 4-6 minute rounds of cardiovascular exercises alternating with core work segments (2-3 minutes) as recovery in between the High Intensity Interval Training (HIIT) rounds.

HIIT (High-Intensity Interval Training) – ▲ Alternating intervals of high-intensity aerobic work and active recovery. Class is perfect for workout enthusiasts looking for a challenge.

INSANITY™ – A cardio class, based on max interval training. This class will push you to your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance and core training. No equipment or weights needed.

Kick & Core – Full body shadowboxing will increase your heart rate, followed by 15 min of core strength.

Kick & Slam – ▲ A high-energy kickboxing class designed to decrease body fat, increase endurance and reduce stress. Some equipment may be used.

Kick Boxing – This full-body, shadowboxing class will kick start your cardio, tighten your core and improve lean muscle tone.

Prime Time – ▲ Active adults will improve mobility, balance, and strength in this class.

Ride and Revive – Push through an intense 45 minute cycle class and then relax and stretch in a 45 minute yoga session. Please bring your own yoga mat.

Rip ’n Ride – Get ready to work hard! This class mixes intense spinning bouts with body weight exercises.

Spin & Strength – 30 minutes of spin followed by 30 minutes of strength.

Step – ▲ This aerobic based class utilizes a platform with or without risers for a great cardio workout. Weights may be used.

Stretch & Firm – Build “core” strength, work on balance, and tone muscle. Light weights may be used. Class begins with light aerobics.

S.W.E.A.T. – Strength, Willpower, Energy and Aerobic Training will get you through this popular workout, which alternates segments of cardio, lower body work and upper body work.

WERQ – (pronounced “work”) A wildly addictive dance fitness class based on the hottest pop, rock, and hip-hop music. WERQ choreography is designed to keep students moving, smiling, sweating, and torching calories from start to finish.

Zumba® – This heart-racing class features aerobic training set to a fusion of Latin and international music.

STRENGTH TRAINING:

Hard Core Strength – ▲ A great full body workout! Intervals of body blasting sculpting moves. This class is guaranteed to sculpt your muscles!

Core Burn – develop ab strength in this 15 minute core only class

Power Sculpt Circuit – A total body workout! This class alternates between cardio intervals and muscular strength and endurance exercises.

Pure Sculpt – Strength train the upper and lower body using various strength equipment. No aerobics!

MIND AND BODY:

Baby & Me Yoga – Use baby for resistance while having fun socializing with your baby and other new parents/caregivers.

Chair Yoga – ▲ A modified yoga class designed for participants who have limited mobility. Half of the class is performed in chairs, no floor work involved.

Fundamentals of Yoga – ▲ Discover the essential elements that inspire a safe, well-balanced Yoga experience. This class is an introduction to a Yoga practice.

Pilates Mat – Increase “core” strength with the traditional moves created by Joseph Pilates. This very focused workout will teach you to properly align your spine and execute all movement through the “core” abdominal muscles. All levels welcomed. All equipment provided.

PIYO – Combines strength training and body lengthening aspects of Pilates with the core and stretching elements of Yoga. Low impact and adaptable to all ages and fitness levels.

Qi Gong – This traditional practice involves a system of coordinated body posture and movement, breathing and meditation used for health and spirituality.

Restorative Yoga – A practice of slowing down, opening the body through passive stretching, holding poses for extended periods of time and centering breath & body.

Slow Flow – A meditative flow that practices slowing down and focusing on breathing to release tension from the body. All levels welcomed

Tai-Chi – This ancient workout will teach you movement control and body awareness.

Yoga – This practice will transform your body, mind and spirit.

WATER EXERCISE:

Aqua Power – Improve flexibility, endurance and muscle tone using shallow end of the pool

Aqua Tone – Tone your muscles using water resistance

Arthritis Water Exercise – Ease pain and relieve stiffness. Class is ideal for helping increase circulation and build muscle strength. Must be able to walk in chest-deep water.

High Intensity Water Aerobics – Low impact, challenging workout using water weights and noodles.

Multiple Sclerosis Water Exercise – The combination of warm water and gentle movements provide remarkable benefits to people with MS. Improve your range of motion and flexibility with this motivating workout. This class is approved by The National Multiple Sclerosis Society.

Virtual Core – A deep water workout incorporating core, balance, strength and aerobic training for a total body workout.