

Group Exercise Schedule • December 2024

TIME	CLASS	STUDIO	INSTRUCTOR
MONDAY			
6 am	Hard Core Strength	GF	Andy
8:30 am	50/50	GF	Laura H.
9:30 am	Slow Flow Yoga	R	Jeanne
9:30 am	Cycle and Strength	C	Michelle S.
10 am	Low Impact Cardio & Weights	GF	Chariss
6 pm	Cardio Sculpt	GF	Leigh
6 pm	Slow Flow Yoga	R	Eleanor
7 pm	Cardio Dance	GF	Lori
TUESDAY			
6 am	Cardio Sculpt	GF	Laura B.
8:30 am	Slow Flow Yoga	R	Cynthia
8:30 am	4-3-2	GF	Laura H.
9:45 am	Power Strength Circuit	GF	Jody
11 am	Zumba	GF	Anna
6 pm	Barre	R	Pia
6 pm	WERQ	GF	Lauren
6:30 pm	Cycle	C	Erin
7 pm	Women's Functional Training \$\$	GF	Ronly
7 pm	Yin Restorative Yoga	R	Nikki
WEDNESDAY			
6 am	Cycle	C	Kate
6:30 am	Shaolin Iron Body	GF	Alla
8:30 am	Mindful Meditation (30 mins)	R	Eleanor
8:30 am	Pure Strength	GF	Kate
9:30 am	Slow Flow Yoga	R	Ilene
9:45 am	Boxing Bootcamp*	GYM	Katie P.
11:30 am	Chair Yoga	GF	Katarina
6 pm	Pure Strength	GF	Cheryl
6 pm	Power Vinyasa Yoga	R	Ilene
7 pm	Israeli Dance (1 hr. 45 mins) \$	GF	Stuart

TIME	CLASS	STUDIO	INSTRUCTOR
THURSDAY			
6 am	Bosu Sports Conditioning	GF	Joel
8:30 am	Step	GF	Lynda
8:30 am	Barre	R	Pia
9:35 am	Shred	GF	Ronly
9:45 am	Slow Flow Yoga	R	Annie
11 am	Prime Time	GF	Sue
6 pm	HIIT	GF	Andy
6 pm	Warrior Sculpt Yoga	R	Laura
7 pm	Women's Functional Training \$\$	GF	Ronly
FRIDAY			
6 am	Cycle	C	Erin
8:30 am	Kickboxing	GF	Lynda
8:30 am	TRX	Gym	Kate
9:30 am	Cycle	C	Chariss
9:30 am	Slow Flow Yoga (75 minutes)	R	Paul
9:45 am	Pure Strength	GF	Jody
11 am	Cardio Strength Silver	GF	Pia
5:15 pm	Knockout Party (45min)	GF	Lori
SATURDAY			
8:30 am	Cycle	C	Ronly
8:30 am	Slow Flow Yoga	R	Johanna
9 am	Pilates Mat	GF	Marla
10 am	Vinyasa Flow Yoga	R	Nikki
10 am	Barre	C	Lauren
10:05 am	Boot Camp	GF	Leigh
11:15 am	WERQ	GF	Lauren
SUNDAY			
8:10 am	Slow Flow Yoga (75 minutes)	R	Paul
8:30 am	Women's Functional Training \$\$	GF	Ronly
9:30 am	Cycle	C	Erin
9:35 am	Power Vinyasa Yoga	R	Ilene
9:35 am	WERQ	GF	Lauren
10:45 am	POUND	GF	Laura B.
11:30 am	Beginners Tai Chi	GF	Alla

Fitness Center Equipment Orientation

Join this group orientation where members of our personal training team will show you how to use the cardio and strength equipment at The J.

Sat, Dec, 7 • 12-1 pm • Omar
 Sun, Dec, 15 • 12-1 pm • Omar
 Fri, Dec, 20 • 12-1 pm • Thomas
 Sun, Dec, 29 • 11am-12 pm • Omar

*Special Recovery Zone group orientation
 Sunday December 29th 12-1PM Thomas*

Free, no appointment necessary



Classes are subject to change

- Classes are one hour in length unless noted
- Proper athletic shoes required. Bring your own water & mat
- Age minimum 13 years
- Participants must arrive within 10 minutes of scheduled start time.
- Please leave all personal items at home or store them in a locker

Studio Key

- GF = Group Fitness Studio
- C = Cycle Studio
- R = Rzepka Yoga Studio
- GYM = Court D
- M = Mezzanine
- \$ = Fee-based
- \$\$ = Fee-based; **advanced registration required**

*** Bring your own gloves to all boxing classes**

Classes are for all levels

- New Time
- New Location
- New Class
- New/Substitute Instructor



SCAN FOR OUR ONLINE SEARCHABLE SCHEDULE



GROUP EXERCISE DESCRIPTIONS



CARDIO/STRENGTH

4-3-2 A full-body workout with intervals of 4 minutes of cardio, 3 minutes of strength and 2 minute of core work.

50/50 Half cardio and half strength for an awesome hour workout.

Boot Camp A high-intensity, non-stop cardio and strength class that pushes your limits. A variety of equipment is used.

BOSU Sports Conditioning Incorporates a BOSU (1/2 balance trainer) with weights and athletic drills to challenge your balance and strengthen your core.

Boxing Boot Camp An intense boxing and kickboxing workout with 5 rounds each of boxing, strength training and core exercises using various equipment.

Cardio Sculpt Alternates cardio and strength intervals for a full-body workout.

Cardio Strength Silver A mix of low impact cardio and strength exercises geared to our senior members.

Hard Core Strength and Cardio A great full body workout using intervals of body blasting sculpting and cardio moves.

HIIT A high-intensity aerobic workout with alternating intervals and active recovery.

Kickboxing A full-body shadowboxing class to kick start your cardio, tighten your core and improve lean muscle tone. Bring your own boxing gloves.

Power Strength Circuit A full-body workout that includes cardio and strength intervals using various equipment.

Pure Strength Strength training of the upper/lower body and core using various strength equipment. No cardio.

Shred Combination of cardio and strength to shred the entire body- lower/upper body and core. Modifications and progressions will be offered as needed.

Step This aerobic-based class utilizes a platform with or without risers for a cardio workout.

TRX Suspension training that uses body weight to develop strength, balance, flexibility and core stability simultaneously.

Women's Functional Training Build strength, improve endurance, enhance mobility and challenge your body in ways that will transform you. Cultivate healthy habits, boost confidence and embrace your best self. For all fitness levels and age groups.



CYCLE

Cycle/Spin A heart-pumping workout to music with climbs and sprints.

Cycle and Strength 30 minutes of climbs and sprints using the stationary bike, followed by 30 minutes of strength training using various equipment.



DANCE

Israeli Dance Instruction for fun and fitness from our master instructor.

Knockout Party (45 min) Start this party with some fun dance routines and finish with a strong punch of kickboxing.

Pop Zumba A little hip hop, pop and Zumba mixed together for one awesome dance experience.

WERQ A dance fitness class choreographed to pop, rock and hip-hop music for a calorie-burn workout.

Zumba This heart-racing dance class is set to a fusion of Latin and international music.



LOW IMPACT

Drums Alive® A combination of traditional physical fitness with brain-affected benefits of music and rhythm.

Low Impact Cardio and Weights Cardio moves with less stress on your joints for improved mobility, balance and strength.

POUND Instead of listening to music, you become the music in this full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. Uses lightly weighted drumsticks engineered specifically for exercising. All levels welcome!

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



MIND BODY

Barre Core work to lengthen, strengthen and shape your muscles that combines ballet-inspired movements, muscle sculpting, yoga stretching and Pilates.

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.

Pilates Mat A very focused workout that helps properly align the spine and increase core strength. All levels welcomed.

Power Vinyasa Yoga This practice accelerates the flow of positions to challenge the body and cultivate strength, endurance, focus, balance and flexibility. This practice is more athletic but is taught with modifications. All levels are welcome.

Shaolin Iron Body (Tai Chi) Learn the world's most powerful, healthiest and balanced program that will challenge your mind and body.

Slow Flow Yoga A slower, meditative pace that emphasizes peace and calm in the body and mind. Experience a creative flow including standing poses, balance postures and yin postures. All levels are welcome and modifications are given.

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

YIN Restorative Yoga A style of yoga that encourages physical, mental and emotional relaxation. Appropriate for all levels, it is practiced at a slow pace, focusing on long holds, stillness and deep breathing. Props/support may be used.

Vinyasa Flow Yoga This is an intermediate yoga class with creative variations of traditional poses.

Warrior Sculpt Yoga This class begins with a warm-up and followed by a series of yoga flows and sequences that incorporates light dumbbells. You'll then be guided into a series of targeted strength exercises for the upper body, lower body and core along with cardio intervals.



Mandel Jewish
Community Center