

# Group Exercise Schedule • July 2024

TIME	CLASS	STUDIO	INSTRUCTOR
<b>MONDAY</b>			
6 am	Hard Core Strength	GF	Andy
8:30 am	Step Interval	GF	Michelle
9:30 am	Slow Flow Yoga	R	Jeanne
9:30 am	Cycle and Strength	C	Jill S.
9:30 am	Box and Core*	GYM	Pia
10 am	Low Impact Cardio & Weights	GF	Chariss
5 pm	Cardio Barre	GF	Lauren
6 pm	Slow Flow Yogat	R	Caitlin
6 pm	Cardio Sculpt	GF	Leigh
7 pm	Pop Zumba	GF	Lori
7:15 pm	Restorative Yoga	R	Caitlin

TIME	CLASS	STUDIO	INSTRUCTOR
<b>TUESDAY</b>			
6 am	Cardio Sculpt	GF	Laura B
8:30 am	Slow Flow Yoga	R	Cynthia
8:30 am	4-3-2	GF	Laura H
9:40 am	Pilates Mat	R	Kim
9:45 am	Power Strength Circuit	GF	Jody
11 am	Zumba	GF	Anna
5:30 pm	TRX (45 minutes)	M	Cheryl
6 pm	Slow Flow Yoga	R	Eleanor
6 pm	WERQ	GF	Lauren
6:30 pm	Cycle	C	Jaime

TIME	CLASS	STUDIO	INSTRUCTOR
<b>WEDNESDAY</b>			
6 am	Cycle	C	Erin
6:30 am	Shaolin Iron Body	GF	Alla
<b>8:30 am</b>	<b>Mindful Meditation (30mins)</b>	<b>R</b>	<b>Eleanor</b>
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	Leigh
6 pm	Power Vinyasa Yoga	R	Ilene
7 pm	Israeli Dance (1hr. 45mins) \$	GF	Stuart

TIME	CLASS	STUDIO	INSTRUCTOR
<b>THURSDAY</b>			
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	Barre	R	Pia

TIME	CLASS	STUDIO	INSTRUCTOR
<b>FRIDAY</b>			
6 am	Cycle	C	Jaime
8:30 am	Kickboxing	GF	Lynda
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	Drums Alive	GF	Pia

TIME	CLASS	STUDIO	INSTRUCTOR
<b>SATURDAY</b>			
8:30 am	Cycle	C	Ronly
8:30 am	Slow Flow Yoga	R	Johanna
9 am	Pilates Mat	GF	Marla
10:05 am	Boot Camp	GF	Jill S.
10:05 am	Barre	R	Lauren
11:15 am	WERQ	GF	Lauren

TIME	CLASS	STUDIO	INSTRUCTOR
<b>SUNDAY</b>			
8:10 am	Slow Flow Yoga (75 minutes)	R	Paul
8:15 am	Cycle + Stretch	C	Kate
8:30 am	Boxing Bootcamp*	GYM	Laura H.
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.

MON, JULY 8 • 12-1 PM • MYA

WED, JULY 17 • 12-1 PM • MYA

FRI, JULY 26 • 12-1 PM • THOMAS

TUES, JULY 30 • 5:30-6:30 PM • THOMAS

*Free, no appointment necessary*



SCAN FOR OUR  
NEW ONLINE  
SEARCHABLE  
SCHEDULE



\* Bring your own gloves to all boxing classes

\*\* Class canceled in inclement weather

- 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    GYM = Court D  
C = Cycle Studio    M = Mezzanine  
R = Rzepka Yoga Studio    \$ = Fee Based

### Classes are for all levels

■ New Time    ■ New Location  
■ New Class    ■ New/Substitute Instructor



Mandel Jewish  
Community Center

# 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.

**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.

**Box and Core** Boxing and kickboxing combinations on a 100-lb bag, alternating with core exercises for an intense workout. Bring your own boxing gloves.

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

**Cardio Barre** is a high energy, low impact workout that combines barre work, light weights and floor work. This class will lengthen, and strengthen your body while keeping your heart rate pumping!

### Cardio Sculpt

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

**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.

**Step Interval** This aerobics class alternates cardio and strength moves for full-body on platforms with our without risers.

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



## CYCLE

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

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

**Cycle + Stretch** An intense 45-minute cycle class and 15-minute stretch session.



## DANCE

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

**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 exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. 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 cultivates strength, endurance, focus, balance and flexibility. This practice is more athletic in nature but is taught with modifications. All levels are welcome!

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

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

**Slow Flow Yoga** This practice has a slower, meditative pace and emphasizes peace and calm in the body and mind. You will 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.

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



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