



# Group Fitness Schedule

Hybrid Classes in Red (Join live or virtually). Live Classes in Blue

MondayTuesdayWednesdayThursdayFridaySaturdaySunday

<div>Cycle Core 6:30 am - 7:15 am Robin</div> <div>Functional Interval Training 9:30 am - 10:15 am Olga</div> <div>Zumba 10:30 am - 11:15 am Olga</div> <div>Hatha Yoga 11:30 am - 12:15 pm Rebecca</div>	<div>Barbell Strong 9:30 am - 10:15 am Nancy</div> <div>Fit Over 50 10:30 am - 11:15 am Nancy</div> <div>Power Cycle 12:00 pm - 12:45 pm Will</div> <div>Fit Fusion 5:00 pm - 5:45 pm Will</div>	<div>Power Cycle 6:30 am - 7:15 am Robin</div> <div>HIIT 9:30 am - 10:15 am Jon</div> <div>Zumba 9:30 am - 10:15 am Olga</div> <div>Pilates Fusion 10:30 am - 11:15 am Jerome</div> <div>Core Fusion 11:30 am - 12:15 pm Will</div>	<div>Barbell Strong 9:30 am - 10:15 am Jon</div> <div>Lengthen &amp; Strengthen 9:30 am - 10:15 am Micki</div> <div>Fit Over 50 10:30 am - 11:15 am Nicole</div> <div>Body Sculpt 12:00 pm - 12:45 pm Nicole</div> <div>Immersive Cycle 5:00 pm - 5:45 pm Will</div>	<div>Cycle and Strength 6:30 am - 7:15 am Robin</div> <div>Aerobics for Everyone 9:30 am - 10:15 am Rebecca</div> <div>JBARRE 10:30 am - 11:15 am Lori</div> <div>Vinyasa Yoga 11:30 am - 12:15 pm Rebecca</div>	<div>Total Body Conditioning 9:00 am - 9:45 am Olga</div> <div>Restorative Yoga *Virtual Only* 9:30 am - 10:15 am Jenny</div>
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# JCC Class Descriptions

**Hybrid Classes in Red (Join live or virtually). Live Classes in Blue**

## **Hatha Yoga**

Hatha yoga provides a balanced combination of sustained poses with attention to basic alignment and therapeutic principles to help build flexibility, body relaxation, and mental concentration.

## **Vinyasa Yoga**

Vinyasa is a style of yoga incorporating a gradual progression through a series of poses while linking movement and breath. The flow of poses allows for participants to experience a variety of movement for your body.

## **Restorative Yoga \*Virtual Only\***

Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. It is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

## **Lengthen & Strengthen**

This stretch and movement class focuses on improving flexibility, joint stability, and muscle balance to help build a resilient body in an encouraging and unintimidating atmosphere.

## **Core Fusion**

A mat based class focusing on core exercises combining yoga and Pilates movements to help improve core stability, build strength, and create effortless movement for your body.

## **Pilates Fusion**

Strength meets flexibility with Pilates inspired movements that will leave your body toned and transformed.

## **JBARRE**

A barre based workout which combines elements of core work, Pilates, yoga, and ballet. Resulting in a toned upper-body; leaner and firmer legs; and sculpted hips.

## **Cycle Core**

Pedal through a series of intervals followed by 15 minutes of floor based core exercises.

## **Power Cycle**

Pedal through hill climbs, sprints, and many other challenging drills to power up your cardiovascular conditioning.

## **Cycle and Strength**

Get your heart pumping with climbs and sprint intervals followed by 15 minutes of strength movements utilizing dumbbells and body weight.

## **Immersive Cycle**

As you cycle through hill climbs, sprints, and other challenging drills be immersed in exciting lights, videos, and music that elevates your cycle experience.

## **Aerobics for Everyone**

This high energy low impact class focuses on coordination, stamina, and strength to reduce stress on joints while increasing your range of motion and mobility. All fitness levels are welcome.

## **Zumba**

Forget the workout, lose yourself in the music and get yourself in shape with a dance/fitness party featuring exotic rhythms set to high energy Latin and international beats.

## **Fit Fusion**

A blend of strength, cardio, core and stretch exercises that provides a well balanced class to help get you fit.

## **Barbell Strong**

This barbell focused class combines squats, deadlifts, presses, lunges, curls and more using a barbell, plates and your own body weight. Learn the right technique to safely build overall full body strength.

## **Body Sculpt**

A toning routine utilizing dumbbells, body weight, and bands for a full body workout.

## **Functional Interval Training**

Functional strength movements; cardio drills; and core exercises are combined in various intervals to give you a complete strength and cardio workout.

## **Total Body Conditioning**

Work all muscled groups with a variety of conditioning and strengthening exercises for a head to toe total body workout.

## **Fit Over 50**

Designed for, but not exclusive to, people over 50, this class will help people of all ages improve strength, mobility, bone density and flexibility.

## **HIIT**

High Intensity Interval Training takes you through quick, intense bursts of exercise, followed by short active, recovery. \*It is recommended that participants are able to transition from standing to the ground to get the most out of this class safely and effectively.\*