

# GROUP EXERCISE SCHEDULE

# WINTER 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	TRX Kettlebell Fusion Shane (55min)	Cross Training Shane (55min)	Sunrise Yoga* Debra (55min)	HIIT Day Starter Shane (55min)			
7:00AM		Endurance Cycling ^ Reed (55min)	TRX® Body Blast Shane (55min)	Endurance Cycling ^ Reed (55min)	Endurance Ride ^ Lourdes(55m)		
8:00AM			Indoor Cycling^ Lori (55 min)			TRX® Body Blast Shane (55min) Endurance Cycling ^ Reed (55min)	TRX® Body Blast * (55min)
8:15AM					Power Pilates Evelyn (55min)		
8:30AM	Mat Pilates Amy (55min)	Barre Training Annette (55min)		Barre Training Evelyn (55min)			Indoor Cycling^ Joe (55 min)
9:00AM		Hatha Yoga** Grisell (55min)	Power Pilates Annette (55 min) Indoor Cycling^ Haydee (55min)	Hatha Yoga** Grisell (55min) Indoor Cycling^ Annette (55min)		Aerobics on Shabbat (1.5hr) Robby	Step & Tone! Robby (55min) Water Aerobics Rosemary (55min)
9:15AM	Vinyasa Yoga** Bianca (55min)	Water Aerobics Rosemarie (55 min)		Water Aerobics Rosemarie (55min)	Vinyasa Yoga** Bianca (55min)	Restorative Yoga** Alex (1hr) Tabata Cycling^ Annette (55min)	Vinyasa Yoga** Bianca (55 min)
9:30AM	Step &Tone! Annette (55min) Indoor Cycling^ Lillian (55min)	Zumba Martha (55min) Indoor Cycling^ Lori (55min)		Zumba® Martha (55min)	Zumba® Martha (55min) Indoor Cycling^ Lori (55min)		
10:00AM			Zumba® Martha (55min)				Body Sculpt Robby (55min)
10:30AM		Core & Flexibility Art (55 min) Restorative Yoga** Alex (1hr)	Hot Power Vinyasa* Liza (55min)	20/20/20 Total Body Annette (55min) Restorative Yoga* * Alex (1hr)		Hot Power Vinyasa* Alex (1 hr)	
11:00AM	Zumba Diana (55min)		Silver Sneakers® Circuit Diana (50min)		Silver Sneakers® Circuit Margie (50min)		
11:30AM				Core & Flexibility Amy (55 min)			
12:00PM					Silver Sneakers® Yoga Margie (50min)		Water Aerobics Maria (1 hr)
12:30PM	Silver Sneakers® Circuit Annette (50min)	Silver Sneakers® Classic Art (50min)		Silver Sneakers® Circuit Margie (50min)		Water Aerobics Maria (1 hr)	
1 :30PM	Silver Sneakers® Yoga Annette (50min)	Silver Sneakers® Circuit Annette (50min)		Silver Sneakers®Yoga Margie (50min)	<b>PLEASE KEEP IN MIND:</b>		
5 :00PM	TRX Body Blast Randy (55min)	Step & Tone! Robby (45min)	Power Circuit Maria (55min)		<b>Be on time</b> to ensure your spot in the class and avoid disrupting classes. <b>Do not enter</b> the studio while a class is in session. At the instructor's discretion, a five-minute grace period for late admittance may be allowed as long as it doesn't disrupt class.		
5 :30PM			Vinyasa Yoga** Bianca (55 min)		<b>Disruptive participants</b> of classes risk the refusal of class and all future classes at the Alper JCC.		
6 :00PM	Body Sculpt Robby (55min)	Indoor Cycling ^ Lillian (55min) POUND Andrea (55min)	TRX® Body Blast Patty (55min)	Legs & Booty Boot Camp 6pm Patty (30min)	<b>Wear</b> closed-toe shoes (with the exception of Yoga) and stay hydrated.		
6 :30PM	Indoor Cycling^ Zack (55min)			Power Abs 6:30pm Patty (30min )	<b>First time attending a class?</b> We welcome all levels! Be sure to arrive at least 10 minutes early and get with the instructor to better acclimate you on the routine. A five-minute transition period begins at the end of most classes and before the classes that follow them. This is to allow the previous class to clean up, and the following instructor to enter and begin setting up.		
6 :40PM		Water Aerobics Maria (1hr)		Water Aerobics Maria (1hr)	<b>Minimum age</b> for all class participation is 13 years, unless otherwise noted. Not all classes are suitable for teens, please check with the instructor prior. Children ages 13-15 must be both on a family membership and accompanied by their parent/legal guardian.		
7 :00PM	Zumba Diana (55min)	Hot Vinyasa Yoga* Bianca (1hr) Cardio Kickboxing Santiago (1hr) Gloves Required	Candlelight Yoga & Meditation** Alex (1hr)	Hot Yoga* Bianca (1hr)  Country Line Dancing Delvin (55min)	<b>Yoga: Entry Level</b> -Parents with family memberships are welcome to bring their child age 7+ to practice and meditate in this class with them.		
7:30 PM	Hot Power Vinyasa* Alex (1hr) Indoor Cycling^ Cindy (1hr)		Indoor Cycling^ Cindy (1hr)		<b>Class Locations:</b> *takes place in building #5: Hot Yoga Studio-HEAT ** takes place in building #5: Hot Yoga Studio-NO HEAT ^Indoor Cycle classes take place in the Indoor Cycling Room All other classes take place in the main Group Exercise Room		

### Fitness Center Hours:

Monday - Thursday 5am - 10pm  
Friday 5am - 6pm  
Saturday 7am - 5pm  
Sunday 7am-6pm

### Pool Hours:

Monday - Thursday 6am - 8pm  
Friday 6am - 4pm  
Saturday & Sunday 7am - 4pm

Mon. through Fri. during Alper J Swim Club programming between the hours of 12-1pm & 3:30-7pm (4pm Fri.), JCC Members will have

### J Play Hours: Ages 3 mo. - 6 yrs.

Monday - Thursday 8am - 12pm & 4-8pm  
Friday 8am - 12pm  
Saturday & Sunday 9am - 12pm

### Kidz Corner Hours: Grades 1-7

Monday - Thursday 5pm - 8pm  
Saturday & Sunday 9am - 12pm  
Located next to Hot Yoga

**MEMBERS  
FREE**

**JCC guests  
\$15**



# GROUP EXERCISE CLASS DESCRIPTIONS

**Barre:** An electrifying class utilizing the wall-mounted ballet barres. Developed in 2008, this is the one-stop shop that includes all the essentials of a well-rounded exercise program!

**Body Sculpting:** Combines anaerobic with aerobic training and uses a variety of exercises using tools such as dumbbells, physioballs and body weight to further promote overall muscular development.

**Country Line Dancing:** From first-timers to line-dancing vets, this interactive class will teach you well coordinated steps to train both your mind and body. Learn grapevines and swivels to take out to the dance floors on the weekends or just have a good ol' time at the J. Jeans and cowboy hat are optional.

**Group Indoor Cycling:** All Classes listed in the schedule with a "n" are indoor cycling classes, and all levels are welcome! Our advanced Cheetah class will let your body experience a variety of conditions designed to test your level of conditioning and to intentionally push you past your "comfort zone". Water bottle, tennis shoes or cycle shoes are required.

**High-intensity interval training (HIIT):** Effective full body workout through a variety of stations such as battle ropes, agility exercises and sprinting. Tabata-style training is incorporated however working at your own pace is also an option.

**Mat Pilates:** Pilates Mat work is a great way to strengthen your core muscles, as well as aligning the whole body using fun exercises that challenge and balance you.

**Pilates on the Reformer:** Classes taught by Theriam in Pilates studio - **\$25/class**. Call 305-595-9555.

**POUND:** Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

**Strength Training:** Learn proper technique in this 45 minute resistance training class using weights, bench, and body bar.

**Salsa Aerobics:** Dance your way to a fit body with a mix of Latin dance steps combined with aerobic steps to kick up the heat!

**SilverSneakers®:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. **Circuit:** Increase your cardiovascular and muscular endurance power with a fun standing circuit workout. Chairs available.

**SilverSneakers® Yoga:** Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**TRX® Suspension Training:** Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. The TRX Suspension Trainer is a portable performance training tool that leverages gravity and the user's body weight to complete 100s of exercises; you can adjust your movements according to your ability. **Kettlebell Fusion** incorporates kettlebells for a serious mix. Only 12 spots per class; kindly reserve your spot and enjoy!

**Kids Yoga:** A beginner's class geared towards Yogi's 4-10 years of age. Namaste!

- **Classes** are included with membership, otherwise it is a \$15 all access day pass. Participants must be at least 16 years of age unless stated otherwise.
- **Holiday Hours** are updated on our website and via Alper JCC emails (sign-up online).
- **Babysitting** is an add'l \$6 for non-members

**Yoga: Hatha:** One of the primary branches of Yoga, Hatha ("sun/moon") will help bring peace to the mind and body, preparing the body for deeper practices such as meditation.

**Yoga: Entry Level:** This is a fundamental yoga class, the students will be taught breath work, proper alignment of poses, relaxation techniques, and an overall deeper understanding of body awareness.

**Restorative Yoga:** This flow requires no muscular exertion; all poses will either be seated or lying down. Each pose is held for several minutes and deeply supported by props – blankets, bolsters, and blocks. No yoga or meditation experience is needed and all levels are welcome and encouraged.

**Sunrise Yoga:** This stretch flow consists of a yoga sequence that guides you through strength building poses to energize the mind and body for the rest of your day. The early practice of Pranayama (breath work) allows the student to set positive intentions.

**Hot Yoga:** A heated Yoga flow that includes an energetic sequence of poses that allows for improvement in flexibility, increase in cardiovascular strength, mobility and toning of the muscles, and fat burn. The power based sequence is aligned with a breath pattern that develops connection between mind, body, and soul and allows the student to experience meditation and relaxation.

**Hot Power Vinyasa:** A rigorous and invigorating vinyasa yoga practice that will challenge the student in body, mind and spirit. You will sweat, you will burn, and you will connect deeper to yourself. Come ready to work!

**Water Aerobics:** Taught in our outdoor heated pool, sweat while you are wet and have fun!

**Zumba:** a dance-infused workout best described as a fun, joyful Latin inspired fitness class that combines all the rhythms in Latin music. Zumba applies dance moves from Salsa, Cumbia, Merengue, Rumba, Mambo, Belly Dance, Flamenco, Samba, Tango, Reggatone and of course Hip Hop.