

GROUP EXERCISE SCHEDULE (Effective September 12th, 2021)

~ Live Classes Held **Indoors** at the JCC, **Indoor Pool**, and **Virtual**

Registration Required Each Week to Attend

Virtual Classes are used through Zoom Registration Required

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM							
6:00 AM							
6:30 AM							
8:00 AM	TRX and FLEX Terry	Core and More- Lisa Aqua Fitness- Indoor Pool Linda	Total Body Sculpt- Lisa	Core and More- Lisa Aqua Fitness- Indoor Pool Linda	Total Body Sculpt – John	Hi/Lo Cardio & Stretch Lisa	Metabolic Burn Session John
8:30 AM							
9:00 AM	Chisel and Burn Michelle	Step & Strength – Terry	SPIN® -Terry	Well Fit – John	SPIN® - Art	Well Fit – Lisa	TRX and FLEX John
10:00 AM	ZUMBA® Lauren		Stretch Yoga - Josephine * Virtual option also available		Hatha Yoga - Melissa * Virtual option also available		Hatha Yoga- Michelle * Virtual option also available! ZUMBA® Carolyn
11:00 AM			Silver Sneakers Classic Lisa		Silver Sneakers Classic Ashley		
12:00 PM				ZUMBA Gold® Michelle			
2:00 PM			Aqua Fitness- Indoor Pool Linda				
6:00 PM		Ignite – Linda ZUMBA® Carolyn	Fun Flow Yoga-Sarah * Virtual option also available! SPIN® - Art	Insanity- Linda	Pop Pilates- Madeline		
7:00 PM							

*****Classes with less than two participants will be canceled an hour before the start of a class*****

Registration for classes can be made on your Daxko Mobile APP, Schenectady JCC Website, or by contacting the Sports and Wellness Desk

CLASS DESCRIPTIONS

Many classes have limited space. Registration is required.

LAND CLASSES

Core and More: This class focuses on abs, low back, legs, balance and stability.

Chisel and Burn: This class focuses on building strength and endurance. We will incorporate free weights, kettlebells, resistance bands, body bands, barre, and bodyweight and cardio exercises for a full body workout.

Hi/Lo Cardio & Stretch: Rev up the metabolism without impacting the joints with 35 minutes of heart pumping, high energy, low impact cardiovascular activity ending with 10 minutes of cool down and stretching. Higher intensity options always available.

Ignite: A 45-minute combination of strength, core, and a little cardio. Get ready to IGNITE your metabolism

Pop Pilates: An incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop music. This intense, mat-based workout challenges student to rhythmically flow from one exercise to the next. Develop a rock solid core leaving no muscle untouched. This format takes classical Pilates to the next level.

Silver Sneakers® Classic: Have fun and move to the music. A variety of exercises designed to increase muscular strength and range of motion. Hand-held weights, elastic tubing, and a ball are offered for resistance. A chair is provided for support.

SPIN®: Our instructors guide you on a variety of "journeys" designed to improve your fitness and push it to new levels. Meet the challenge and have fun.

Step and Strength: This class combines low impact cardio using a step bench combined with strength training for a heart pumping total body workout. All levels welcome!

Total Body Sculpt: Body sculpting and strength training at its best! We will incorporate free weights, resistance bands and body bars for a full body workout.

Transform 20 and Abs: Using a step bench you will torch calories while targeting your legs and upper body. No weights required!! The class ends with abs and core.

Well Fit: If you are new to group fitness, prefer a lower impact workout or are just trying to stay well and fit, this is the class for you. Well Fit combines low impact aerobics and strength training segments.

ZUMBA®: This fusion of Latin and international music and dance forms create a dynamic, exciting, effective fitness system.

ZUMBA Gold®: This fusion of Latin and international music and dance forms create a dynamic, exciting, effective fitness system. This class is for active older adults or those looking for a low-impact workout.

High Intensity Interval Training - TRX Classes:

Metabolic Burn Session: High Intensity cardio and calorie crushing resistance workout utilizing multiple joint strength exercise with minimal rest breaks.

TRX and Flex: This class will combine a variety of strength training techniques to help you improve strength, endurance and increase lean muscle

Insanity: A 45-minute high intensity workout using body weight exercise only. Add some cardio and abs and you have an INSANE workout.

Yoga Classes:

Stretch Yoga: Move your whole body through a complete series of yoga poses designed to increase flexibility, balance and range of movement. Breathing exercises, stretching and a final relaxation will promote stress reduction and mental clarity

Hatha Yoga: Hatha Yoga practice is for all levels of fitness and experience. The class focuses on Yoga postures, both static and dynamic, breathing practices and guided meditations. Bring a mat and blanket if you have them

Fun Flow Yoga: This energetic, motivating Vinyasa yoga flow class focuses on building strength, flexibility and balance both on and off the mat. Set to upbeat music, this class will challenge and invigorate your body. This class is suitable for all levels, with modifications provided for both the beginning and advanced student.

Water Classes:

Aqua Fitness: This aerobic water class will improve core strength, stability, flexibility and overall cardiovascular fitness. All ability levels are welcome. [Shallow or deep end option required when making reservation.](#)



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