

**GROUP EXERCISE SCHEDULE (Effective November 8 th, 2020)**  
 ~ Live Classes Held Outdoors/**Indoors** at JCC **Registration Required**  
For Inclement Weather Outdoor classes move Indoors to Auditorium  
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		Core and More- Lisa Pavilion	Total Body Sculpt- Lisa Pavilion	Core and More- Lisa Pavilion	Total Body Sculpt – John Pavilion	Cardio Craze – Lisa Tennis Courts	Metabolic Burn Session John/Pavilion
8:30 AM							
9:00 AM	Total Body Sculpt- Allison/Pavilion	Well Fit – Terry Tennis Courts	<b>SPIN® -Terry Auditorium</b>	Well Fit – Joanne Tennis Courts	<b>SPIN® - Art Auditorium</b>	Well Fit – Lisa Tennis Courts	Strength Conditioning John/Pavilion
10:00 AM	<b>ZUMBA®</b> Lauren/Pavilion		Stretch Yoga – Virtual Josephine		Hatha Yoga –Virtual Melissa		<b>Blissful Yoga Michelle/Auditorium</b>
11:00 AM							
12:00 PM			<b>Silver Sneakers Classic Lisa/Auditorium</b>		<b>Silver Sneakers Classic Ashley/Auditorium</b>		
5:00 PM							
6:00 PM		M.C.C – Linda Pavilion	<b>Fun Flow Yoga-Katie Auditorium</b>	Transform 20 and Abs – Linda/Pavilion	<b>ZUMBA®</b> Lauren/Auditorium		
7:00 PM							
7:30 PM							

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

**M.C.C:** Muscle, Cardio, and Core. A combination of strength, cardio, and core exercises to challenge all levels of fitness. This class will use various equipment and bodyweight exercises to give you a total body workout.

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

**Cardio Craze:** Get ready for 45 minutes of heart pumping cardio using a variety of formats to burn some serious calories.

**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.

**Strength Conditioning:** each class will target both upper and lower body using a variety of equipment and strength training techniques.

**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.

## 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.

## 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.

**Blissful Yoga:** A stress relieving yoga class. Poses will transition slower and held longer to gain flexibility, build strength and focus on alignment. Final relaxation if time allows. All level of fitness welcome. Bring blanket and blocks if you have them



TS 11/8/20