

**GROUP EXERCISE SCHEDULE (Effective September 8th, 2020)**

~ **Live Classes Held Outdoors at JCC Registration Required** ~Pavilion/Tennis Courts/Gazebo\*\*\* **Virtual with Inclement weather**  
**Virtual Classes are used through Zoom Registration Required/Virtual Pre-Recorded Registration Required**

|          | SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY |
|----------|---|---|--|--|--|---|----------|
| 5:30 AM  |   |   |  |  |  |   |          |
| 6:00 AM  |   |   |  |  |  |   |          |
| 6:30 AM  |   |   |  |  |  |   |          |
| 8:00 AM  |   |   | Cardio Circuit & Core-<br>Lisa<br>Tennis Courts            |  | Cardio Circuit & Core<br>Terry<br>Tennis Courts            |   |          |
| 8:30 AM  |   |   |  |  |  |   |          |
| 9:00 AM  | Total Body Sculpt-<br>Allison/Pavilion<br><br>TRX-Michelle<br>Tennis Courts | Core and More- Lisa<br>Pavilion<br><b>SPIN® -Christine</b>  | Total Body Sculpt- Lisa<br>Pavilion<br><b>SPIN® -Terry</b> | Core and More- Lisa<br>Pavilion  | Total Body Sculpt – John<br>Pavilion<br><b>SPIN® - Art</b> | Cardio Craze – Lisa<br>Tennis Courts<br><b>SPIN® - John</b> |          |
| 10:00 AM | ZUMBA®Lauren<br>Pavilion  | Well Fit – Terry<br>Tennis Courts                           | Stretch Yoga - Josephine                                   | Well Fit – Joanne<br>Tennis Courts                                     | Hatha Yoga – Melissa                                       | Well Fit – Lisa<br>Tennis Courts                            |          |
| 11:00 AM |   |   | Silver Sneakers Classic<br>Lisa                            | Flexibility Flow Yoga-<br>Lily/Pavilion<br><b>Beginner SPIN® - Art</b> | Silver Sneakers Classic<br>Lisa                            |   |          |
| 5:00 PM  |   |   |  |  |  |   |          |
| 6:00 PM  |   | M.C.C – Linda/Pavilion<br><br>Fun Flow Yoga-Katie<br>Gazebo | Strength Trio- Michelle<br>Pavilion                        | Transform 20 and Abs –<br>Linda<br>Pavilion                            | H.I.I.T IT - Allison<br>Pavilion                           |   |          |
| 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.

**Cardio Circuit and Core:** This class combines cardio and strength training stations and ends with core conditioning. [Takes place in Fitness Center.](#)

**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.

**SilverSneakers® 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.

**Senior & Beginner Indoor Cycling:** Introduce yourself to the rewarding world of indoor cycling. This class is specifically designed for seniors or beginners

**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 Trio:** This class includes strength exercises for the upper body, core, and lower body burn at the Barre!

**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:

**H.I.I.T IT:** This interval-based, total body, heart pumping workout will improve and challenge your cardio and muscular endurance. Includes a warm up, high intensity/rest intervals, cooldown/stretch period for recovery & flexibility.

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

## 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.

**Flexibility Flow:** A vinyasa flow class oriented to build heat in the body and to improve strength and flexibility.



TS 9/8/20