

GROUP EXERCISE SCHEDULE (Effective July 17th , 2022)

~ 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	TRX and FLEX- John	Total Body Sculpt- Lisa	Core and More- Lisa		Hi/Lo Cardio & Stretch Lisa	Metabolic Burn Session John * Virtual option also available
8:30 AM							
9:00 AM	Chisel and Burn Michelle	TRX and FLEX- John Well Fit – Terry Aqua Fitness- Indoor Pool Linda	SPIN® -Terry	Well Fit – John * Virtual option also available Aqua Fitness- Indoor Pool Linda	SPIN® - John Aqua Fitness- Indoor Pool Sarah	Well Fit – Lisa	TRX and FLEX John
10:00 AM	ZUMBA® Michelle		Stretch Yoga - Josephine * Virtual option also available		Hatha Yoga - Sarah * Virtual option also available		Hatha Yoga 75- Michelle * Virtual option also available! ZUMBA® Carolyn
11:00 AM			Silver Sneakers Classic Lisa	ZUMBA Gold® Michelle		Silver Sneakers Classic Rebecca	
12:00 PM						Aqua Barre- Indoor Pool Rebecca	
2:00 PM			Aqua Fitness- Indoor Pool Linda				
6:00 PM		ZUMBA® Carolyn	Fun Flow Yoga-Sarah * Virtual option also available! SPIN® - John	Cardio Craze Rebecca	Pop Pilates- Madeline ZUMBA® Carolyn (held in auditorium)		
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

Cardio Craze: Get ready for 45 minutes of heart pumping cardio using a variety of formats to burn serious calories. Be sure to bring your water and a towel!

Chisel and Burn: Focus 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.

Pop Pilates: A 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.

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.

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

Yoga Classes: You must bring your own mat

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.

Hatha Yoga 75: This 75-minute class focuses on Yoga postures, both static and dynamic, breathing practices and guided meditations. Bring bolster 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.

Aqua Barre: A shallow water class focusing on balance, abs/core, lower body toning and flexibility. In this class we will focus on small isometric movements to create long lean muscles and improve strength. [Shallow end ONLY](#)

