



CARDIO/  
STRENGTH



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>8 AM</b> Body Step (Brenda)</p> <p><b>9:00 AM</b> BodyPump [A] (Claudia)</p> <p><b>4:00 PM</b> BodyFlow [A] (Kristen)</p>	<p><b>6 AM</b> BodyPump [A] (Joe &amp; Sharon)</p> <p><b>8 AM</b> Tone [A] (Rhonda, 45-60 min.)</p> <p><b>9:15 AM</b> Body Step [A] (Stacie, 30 min.)</p> <p><b>9:15 AM</b> Tone [B] (Mary, 30 min.)</p> <p><b>9:45 AM</b> CxWORX [A] (Stacie, 30 min.)</p> <p><b>5:30 PM</b> POUND [A] (Christina)</p> <p><b>6:30 PM</b> Zumba [A] (Alina)</p> <p><i>Kids Welcome!</i></p>	<p><b>6:15 AM</b> Bodyflow [A] (Kristen, 45 min)</p> <p><b>8 AM</b> Zumba [B] OR Tone [A] (Elaine) <i>(alternating weeks)</i></p> <p><b>9:15 AM</b> BodyPump [A] (Claudia)</p> <p><b>5:30 PM</b> Tone (Elaine)</p> <p><b>6:30 PM</b> BodyPump [A] (Stacie)</p>	<p><b>8 AM</b> Circuit/Interval (Brenda)</p> <p><b>5:30 PM</b> Muscle Mix (Tracy)</p> <p><b>6:30 PM [A]</b> CxWORX (Deb, 30 min)</p>	<p><b>6:30 AM</b> CX Worx [A] (Deb/Sharon, 30 min)</p> <p><b>8 AM</b> Step Interval [A] (1 hr. with Cheryl)</p> <p><b>9:30 AM</b> BodyPump [A] (Stacie, 45 min)</p> <p><b>5:30 PM</b> BodyPump [A] (Anthony)</p>	<p><b>6 AM</b> BodyPump [A] (Sharon)</p> <p><b>8 AM</b> Sculpt [A] (Cheryl M.)</p> <p><b>9:15 AM</b> Tone [A] (Elaine, 45-60 min)</p>	<p><b>8:30 AM</b> Zumba [A] (Sharon)</p> <p><b>9:30 AM</b> CxWorx [A] (Sharon)</p>
<p><b>WATER</b></p> <p>Pool</p>		<p><b>8 AM</b> Hydro Circuit (Elaine)</p> <p><b>9:15 AM</b> Waterworks (Kelly)</p> <p><b>6:30 PM</b> Aqua Challenge (Sue)</p>	<p><b>8:15 AM</b> Deep H2O (Elaine)</p>	<p><b>6 AM</b> Hydrorider (Elaine)*</p> <p><b>8:15 AM</b> Water In Motion (Elaine)</p> <p><b>9:15 AM</b> Waterworks (Suzie)</p> <p><b>6:30 PM</b> Aqua Challenge (Marje)</p>	<p><b>8:15 AM</b> HIIT the Water (Sharon)</p>	<p><b>9:15 AM</b> Water In Motion (Brenda)</p>	<p><b>7 AM</b> Hydrorider (Elaine)*</p> <p><b>8 AM</b> Hydrorider (Elaine)*</p>
<p><b>MIND/BODY</b></p> <p>Aerobics Room or as Noted</p>	<p><b>4:00 PM</b> BodyFlow [A] (Kristen)</p>	<p><b>10:15 AM</b> BodyFlow [A] (Stacie)</p> <p><b>6:00 PM</b> Yoga [EC] (Steve)</p>	<p><b>12:15 PM</b> Chair Yoga [B] (Mary, 45 min)</p>	<p><b>9:15 AM</b> BodyFlow [A] (Mary)</p>	<p><b>6:30 PM</b> BodyFlow (Deb) [A]</p> <p><b>11:45 AM</b> Chair Yoga - 45 min (Mary) [B]</p>	<p><b>10:15 AM</b> BodyFlow [A] (Elaine)</p>	
<p><b>SPINNING</b></p> <p>Spin Room or as Noted</p>	<p><b>8 AM</b> RPM [Spin] (Anthony, 45 min.)</p> <p>Must sign up for Spin and TRX on Turboroster. Space is limited!</p>	<p><b>5:45 PM</b> HIIT Spin [Spin] (Dana, 45 min.)</p>	<p><b>6 AM</b> RPM [Spin] (Debby)</p> <p><b>9:15 AM*</b> LKG [Spin]</p> <p><b>6:30 PM</b> RPM (MKL)</p>	<p><b>6 AM</b> Spin [Spin] (Sharon)</p>	<p><b>6 AM</b> Spin (Heather) [Spin]</p> <p><b>9:15 AM</b> RPM (Brenda, 45 min.)</p> <p><b>6:00 PM</b> Sprint/TRX (Sharon)</p>	<p><b>6:00 AM</b> Sprint (30 min.) (Sharon)</p>	<p><b>7:45 AM</b> Spin [Spin] (Lisa T.)</p> <p><b>9:00 AM</b> Sprint (30 min.) (Stacie)</p>
<p><b>SENIOR FIT</b></p> <p>Aerobics Room or as Noted</p>		<p><b>10:15 AM</b> Chair Exercise [Aud] (Brenda)</p> <p><b>11:15 AM</b> Senior Fit (Elaine) [A]</p>	<p><b>11:15 AM</b> Senior Fit (Sharon) [A]</p> <p><b>12:15 PM</b> Chair Yoga [B] (Mary, 45 min)</p>	<p><b>10:15 AM</b> Chair Ex (Kristen) [Aud]</p> <p><b>11:15 AM</b> Senior Fit (Cheryl) [A]</p>	<p><b>11:45 AM</b> Chair Yoga - 45 min (Mary) [B]</p>	<p><b>11:15 AM</b> Senior Fit [A] (Brenda)</p>	<p>633 Salisbury Street Worcester, MA 01609 508-756-7109 worcestercjcc.org</p>

\*Hydrorider - \$10/class ~ Sign up on Turboroster [Aud] Auditorium [A] Studio A [B] Studio B [EC] Early Childhood Common area [Gym] Gymnasium [Spin] Spin Studio [T] TRX Room

## GROUP EXERCISE CLASS DESCRIPTIONS

**Aqua Challenge:** A 45-minute shallow water class with minimal impact on your joints. Followed by optional 20 minute deep H2O run. Tools are used to increase the resistance of the water leading to a satisfying yet very effective class. A challenging cardio and strength workout in the water, improves endurance and flexibility. An excellent cross training activity.

**BodyFlow:** A revolution in mind/body training that will change the way you feel about your body. You'll stand straighter, feel stronger, and become more flexible. Set to uplifting music, BodyFlow is designed to increase your endurance, reduce stress, and relieve pain.

**BodyPump:** The original barbell class. Works every major muscle group using barbells and adjustable weights. Quite simply, it's the fastest way in the universe to get in shape. All levels are welcome. You can safely try BodyPump.

**BodyStep:** We've taken the dance out and put the muscle back into step. BodyStep is a simple, athletic workout with high intensity intervals followed by muscle conditioning tracks that will shape and tone your entire lower body and push your fat burning systems into high gear.

**CBL-Barre:** Ballet inspired cardio, strength and core - full body workout. No ballet/yoga/pilates experience necessary. Barefoot or socks - no shoes.

**Chair Exercise:** Gain strength, flexibility, and endurance with exercises done while seated in a chair. Some balance work while standing and using the chair for stability. \*\*Most appropriate for those with mobility problems\*\*

**Chair Yoga:** 30 minute session of gentle flow w/Mary, seated or standing while using a chair for support. Work on balance and flexibility while enjoying the beautiful music and movement of BodyFlow.

**CxSpin™:** 30 min. CxWorx core class followed by a 30 min. spin, core & cardio in 1 class!

**CxWORX:** 30 minute core class based on rigorous scientific research . Dynamic training using a tube, weight plates and your own body weight hones in on your abs, glutes, back obliques and "slings" connecting the upper and lower body.

**Deep Water:** A 45-minute class that is done while suspended in the deep end of the pool with the use of flotation device. Non-impact exercise that will suit most people including those with weight or joint problems. Work on building strength in your core muscle groups (abdominal/back). It can be a real calorie burner!

**HIIT Spin:** High intensity - 100% effort with quick bursts of exercise on our Stages bike followed by short, active recovery periods.

**Hydro rider:** Hydro rider Aquabikes are one of the most exciting and innovative means of aquatic training. We are thrilled to offer to you Hydro rider small group training! Cycling in an aquatic environment provides an excellent cardiovascular workout while taking advantage of the many benefits of water training. Buoyancy allows those suffering from joint, muscle or bone pain to exercise.

**Muscle Mix:** 60 minute circuit/interval class with weights, bands, balls & whatever else is in our closet. Kind of like gym class...only fun!

**Pound:** Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in the exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates inspired movements. Designed for all fitness levels.

**RPM:** Les Mills indoor cycle program on our Stages bikes. A 45 minute cardio peak workout simulating different terrains set to great music.

**Senior Fit:** A 45-minute class designed but not limited to the older adult fitness enthusiast. This format includes light cardio work, muscle conditioning, balance, stretching and fitness breathing.

**Spinning:** Group cycling class challenging enough for all fitness levels. Water bottles mandatory. NO FEE but must register at kiosk.

**Step Interval:** Alternating intervals of cardio training using the step, with muscle conditioning. Weights, Bodybar, flexible tubing, and bands will be used.

**Tone:** Blocks of strength, cardio and core training in one complete workout. This multi-peak workout is designed to suit a range of fitness levels and utilizes resistance tubing and free weights.

**Water In Motion:** 60 minutes, shallow water, choreographed to music. "not your grandmother's workout!" "you won't be disappointed".

**Waterworks:** A 45-minute minimal impact water class that focuses on basic movements and pattern designed to gently condition muscles, improve range of motion, and improve the rest of the day. You do not need to know how to swim.

**Yoga:** Vinyasa (Flow) is a traditional form of yoga using breath to transition between poses. All levels.

**Zumba / Zumba Tone:** Combines targeted body sculpting exercises with the Zumba toning bar and high energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party.

ALL CLASSES TAUGHT BY NATIONALLY CERTIFIED INSTRUCTORS.

QUESTIONS/COMMENTS? ELAINE DRAWBRIDGE, FITNESS DIRECTOR, 508-756-7109, x 230 edrawbridge@worcesterjcc.org