



CARDIO/
STRENGTH



Aerobics Room

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO/ STRENGTH	<p>8:00 AM Body Step Classic (Brenda)</p> <p>9:00 AM BodyPump (Claudia)</p>	<p>6:00 AM BodyPump (Joe & Sharon)</p> <p>8:00 AM BodyVive Active (Heather, 45 min)</p> <p>9:15 AM (30 min) Athletic Step (Stacie)</p> <p>9:15 AM (30 min) BodyVive Active [SG] (Mary)</p> <p>9:45 AM (30 min) CxWORX (Stacie)</p> <p>New 5:30 PM POUND (Lori)</p> <p>6:30 PM Zumba (Alina)</p>	<p>6:00 AM CxWORX (Elaine)</p> <p>8:00 AM BollyX (Jenni)</p> <p>9:15 AM BodyPump (Claudia)</p> <p>5:30 PM (45 min) BodyVive Active</p> <p>6:30 PM BodyPump (Stacie)</p>	<p>6:30 AM (30 min) BodyFlow (Elaine)</p> <p>New 8:00 AM Just Dance, Dance (Bridget)</p> <p>5:30 PM Muscle Mix (Tracy)</p> <p>6:30 PM (30 min) CxWORX (Deb)</p>	<p>6:30 AM (30 min) CX Worx (Deb/Sharon)</p> <p>8:00 AM Step Interval (1 hr. with Cheryl)</p> <p>New 9:15 AM Bodycombat Express (Jenni, 30 min.)</p> <p>New 9:45 AM (30 min) Flex-tone (Jenni, 30 min.)</p> <p>New 5:30 PM BodyPump (Anthony)</p>	<p>6:00 AM BodyPump (Sharon)</p> <p>8:00 AM Sculpt (Cheryl M.)</p> <p>9:15 AM (30 min) BodyVive Active (Elaine, 55 min)</p> <p>9:45 AM CxWorx (Elaine, 30 min)</p> <p>5:30 PM Muscle Mix (Tracy)</p>	<p>8:30 AM Zumba (Sharon)</p> <p>10:00 AM POUND (Christina)</p> <p>9:30 AM CxWorx (Sharon)</p>
WATER		<p>New 8:15 AM Hydrider (Elaine)*</p> <p>9:15 AM Waterworks (Kelly)</p>	<p>8:15 AM Deep H2O (Elaine)</p> <p>7:00 PM Aqua Challenge (Marje)</p>	<p>5:45 AM Hydrider (Elaine)*</p> <p>8:15 AM Water In Motion (Elaine)</p> <p>9:15 AM Water Works (Susie)</p>	<p>8:15 AM HIIT the Water (Sharon)</p> <p>New 7:00 PM Aqua Challenge (Susan M.)</p>	<p>9:15 AM Water In Motion (Brenda)</p>	<p>New 8:00 AM Hydrider (Elaine)*</p>
MIND/BODY		<p>10:15 AM BodyFlow (Stacie)</p> <p>6:00 PM Yoga (Steve)</p>	<p>12:15 PM Chair Yoga - 45 min (Mary) [A]</p>	<p>6:30 AM (30 min) BodyFlow (Elaine)</p> <p>9:15 AM BodyFlow (Mary)</p>	<p>6:30 PM BodyFlow (Deb)</p>	<p>10:15 AM BodyFlow (Elaine)</p>	
SPIN	<p>New 8:00 AM RPM (Anthony, 45 min.)</p>	<p>5:45 PM HIIT Spin (Dana) 45 min.</p>	<p>6:00 AM RPM (Debby)</p> <p>New 6:30 PM Spin (MaryKate) Changes to 6:30 on 10.3</p>	<p>6:00 AM Spin (Sharon)</p>	<p>6:00 AM Spin (Heather)</p> <p>New 9:15 AM RPM (Brenda, 45 min.)</p> <p>6:00 PM Spin/TRX (Sharon)</p>		<p>8:00 AM Spin (Lisa T.)</p>
SENIOR FIT		<p>10:15 AM Chair Exercise (Brenda) [Aud]</p> <p>11:15 AM Senior Fit (Elaine)</p>	<p>11:15 AM Senior Fit (Sharon)</p> <p>12:15 PM Chair Yoga - 45 min (Mary) [B]</p>	<p>11:15 AM Senior Fit (Cheryl)</p>	<p>10:15 AM Chair Ex (Sandy) [Aud]</p> <p>11:45 AM Chair Yoga - 45 min (Mary) [B]</p>	<p>11:15 AM Senior Fit (Brenda)</p>	

GROUP EXERCISE CLASS DESCRIPTIONS

ABC²: 30 minutes of cardio intervals with some upper and lower body work.

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.

BodyCombat: A high-energy cardiovascular training class combines moves from a range of martial arts disciplines. BodyCombat is the most fun you can have and increase your fat burning potential and improve muscle coordination, strength, flexibility, and agility.

BodyCombat Express: Improve your cardio fitness, improve co-ordination and agility, improve muscle speed, bone density, postural stability and burn calories in this 30 minute express format of BodyCombat.

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.

BodyVive Active: Step into a BODYVIVE™ 3.1 class and you can be sure you're heading into one of the safest and most effective workouts around – it's been developed by a team of leading fitness professionals. During a BODYVIVE™ 3.1 class you can burn up to 490 calories*. The mix of lunges, squats, running and tubing exercises with great music leave you fizzing with energy and feeling great.

Bodystep™ Athletic: In this class you will combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body. If you fancy quicker stepping and the chance to showcase your rhythm and flair then **BODYSTEP™ CLASSIC** is the way to go. There are always lots of options to get you through the workout safely.

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—Change to ChairFlow
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.

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!

Flex-tone: Resistance tubing provides effective upper and lower body workouts by keeping constant tension and incorporating stabilizer muscles throughout the body.

Hydrorider: Hydrorider Aquabikes are one of the most exciting and innovative means of aquatic training. We are thrilled to offer to you Hydrorider 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.

Just Dance/Dance/Dance: Fun on the dance floor w/Bridget in a combination of styles and music. Request songs that YOU love and just dance, dance, dance!

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.

Senior Fit: A 45-minute class designed but not limited to the over 50-fitness enthusiast. This format includes light cardio work, muscle conditioning, balance and stretching.

Spin-On-Water: 1 Hour simulated spin class in the water – cardio at its best. Floatation belts & dumbbells used.

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

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

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

Tai Chi: Not only an excellent form of exercise, but one of the world's oldest forms of martial arts. Tai Chi is based on forms of movement utilizing a balance of mind, spirit, and body. It will strengthen the heart, muscles, and mind, as well as improve your balance. Tai Chi is suitable for all ages.

Tone/Spin: 90 minute class. 45 minutes of toning using hand weights, leg weights and balls, 45 minutes of spin follows. **Sign up for your bike in the class and not at the kiosk.**

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