

# November - Small Group Exercise Schedule

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 6:00pm GRIT Strength	7 6:30am GRIT Cardio 9:30am GRIT Strength	8 6:00am Boxing Circuit 9:15am Spin/TRX	9 6:00am GRIT Strength 9:15am No Class	10	11 8:00am GRIT Plyo 8:00am Hydrorider
12 9:30am Circuit with Tracy (TRX Room)	13 6:00pm GRIT Cardio	14 6:30am GRIT Strength 9:30am GRIT Cardio	15 6:00am Boxing Circuit 9:15am Spin/TRX	16 6:00am GRIT Cardio 9:00am GRIT in the Water 1:00pm Hydrorider	17	18 8:00am GRIT Plyo 8:00am Hydrorider
19 9:30am Saved by the Bell (TRX Room)	20 6:00pm GRIT Plyo	21 6:30am GRIT Cardio 9:30am GRIT Plyo	22 6:00am Boxing Circuit 9:15am RPM	23 Thanksgiving - No Classes	24	25 8:00am GRIT Cardio 8:00am Hydrorider
26 9:30am Saved by the Bell (TRX Room)	27 6:00pm GRIT Strength	28 6:30am GRIT Strength 9:30am GRIT Strength	29 6:00am Boxing Circuit 9:15am Spin/TRX	30 6:00am GRIT Cardio 9:00am GRIT in the Water 1:00pm Hydrorider		

Sign up for Spin on Turboroster

*PLEASE register for your spot on Turboroster and  
PLEASE cancel if you are unable to participate.*

JCC Fitness Center membership required.

**New! Hydrorider Class** (Max 4) Sign up on Turboroster. Water shoes required. Additional \$10 fee.

**Bike Class** Group (5) class on the upright and recumbant bikes in the fitness center.

Heart rate monitors worn. 45 minute class.

TRX & Boxing in the TRX room - 16 oz. gloves & wraps required for boxing sessions.

**One hour boxing** workout utilizing jump ropes, heavy bag, shadow box, mitts, and speed bag.

Roller, AIS, G.R.I.T. and Yoga held in the small group training room.

Worcester



## Small Group Training

*If you are looking to meet some new friends to share a variety of safe and effective workouts, small group training programs are the right fit for you. Limited space available, you will enjoy the benefits of having a trainer / coach without the expense of 1:1 training. All of our small group trainers are nationally certified with extensive experience.*

### **Les Mills G.R.I.T.™ Series - New!** 30 minutes of H.I.I.T.

People want big results, fast. Research proves that GRIT delivers accelerated fat-burning and hormonal benefits that enhance health and wellbeing in just 30 minutes. G.R.I.T. is short enough to fit into your busy lifestyle. Les Mills recommends 2 - 3 G.R.I.T. classes/week to maximize benefits. Choose from GRIT Strength, GRIT Plyo or GRIT Cardio. Each delivers different benefits for members, backed by solid science.

### **TRX® Suspension Training®**

The TRX was originally created in the Navy SEAL Teams by commandos trying to stay fit while deployed to places where time is of the essence and gyms don't exist. Suspension training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. The TRX straps are a training tool that leverages gravity and the user's body weight to complete hundreds of exercises. Classes meet 1 x/week for 1 hour.

### **Burdenko Foam Roller**

Enhance balance, body awareness and muscle re-education. Must be able to get up and down off the floor.

### **Training Wheels**

1/2 hour spin class for Beginners. Learn how to properly set up your bike, correct posture and terminology. After Training Wheels, you should be able to reserve a bike in any spin class.

### **TRX / SPIN**

30 minutes of strength based TRX moves followed by 30 minutes of cardio on the spin bike.

### **TRX for Seniors**

Increase stability, balance and gain a stronger core with exercises performed on the TRX suspension trainer.

### **Smart Training Power**

30 minute format. Work on hip and core stability. This is very important for HIIT type of workouts. Ideal to prepare for GRIT

### **H.I.I.T. Aqua**

H.I.I.T. techniques utilized within the 1/2 hour class. H.I.I.T. training in the water delivers the accelerated fat-burning and hormonal benefits without the impact on your joints.

### **H.I.I.T. the H2O - GRIT in the Water**

### **Active Isolated Stretching (AIS)**

Active Isolated Stretching (AIS) is a technique that helps people maximize the effectiveness of stretching without causing the sort of discomfort that keeps a lot of us away from it. The technique uses four basic principles:

Isolate the muscle to be stretched.

Repeat the stretch eight to 10 times.

Hold each stretch for no more than two seconds.

Exhale on the stretch; inhale on the release.

### **Dynamic Stabilization**

This is a Pilates based class integrated with stabilization tools like the half foam roller, stability balls, thera-bands, and light weights. The class is designed to lengthen tight muscles, mobilize the hips and shoulders, and challenge core strength and stability. No experience is necessary, but a strong mind body connection and postural awareness is a must! Wonderful for post re-habilitation and re-patterning. Participants must be able to get up and down off of the floor.

### **Boxing (gloves & wraps required)**

1 hour class implementing drills, jump ropes, heavy bag, speed bag, mitts and core! Build cardio endurance, muscle tone and relieve stress!

### **Jump Starter**

30 minute format; Rope skipping and strengthening with tubing.

### **Yoga**

Reduce stress while building strength, flexibility and balance in this gentle Kripalu yoga small group session.

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### *Small Group Training Policy*

1. We need a minimum of 3 participants for the training session to be held.
2. Your trainer will check the roster 1 hour before the start of the session. If the session is to be cancelled, you will receive a phone call and a text.
3. The door will be closed at the start of the grit strength class. You may not enter the class once it has started.
4. The door will be closed half way through the Grit Cardio warmup. You may not enter the class once the door is closed.
5. Please purchase gloves and wraps for the boxing sessions.
6. If there are consistent overflows, we will put on an additional session.