

JCC GROUP & SMALL GROUP EXERCISE CLASSES



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15AM BodyPump [C], [A] if Inclement Weather (Sharon)	8:00AM HIIT the H2O [P] (Elaine) 10:15AM Senior Fit [A] (Kristen) 5:30PM RPM [C], [Aud] if Inclement Weather (Stacie) 6:30PM Drenched [P] (Elaine)	6AM RPM [C], [Aud] if Inclement Weather (Deb) 10:15AM Tai Chi [A] (Rick) 5:30PM 30 min. BodyPump, 30 min. Core [C], [A] if Inclement Weather (Theresa)	6:00AM Grit [C], [A] if Inclement Weather (Cathy) 8:00AM Drenched [P] (Elaine) 9:15AM Chair Yoga [SR] (Mary) 10:15AM Senior Fit [A] (Cheryl) 6:00PM BodyFlow [A] (Deb) 6:30PM HIIT the H2O [P] (Elaine)	6:00AM Boxing Circuit [TRX] Starts July 8 (Bill) 6PM BodyPump[C], [Aud] if Inclement Weather (Tony)	6AM Sprint [C], [Aud] if Inclement Weather (Sharon L.) 10:15AM Tai Chi [A] (Rick)	8AM Grit [A] (Bill) 9:15AM BodyFlow [A] (Kristen)

Room Key:

- [Aud] Auditorium
- [A] Group X, A
- [B] Studio B
- [C] Courtyard
- [Gym] Gymnasium
- [P] Pool
- [SR] Senior Adult Lounge
- [T] Tennis Courts
- [TRX] TRX Room

JCC Fitness Center membership required.

*Summer Chair class is cancelled if raining, please call front desk to confirm if it's running.

****PLEASE REGISTER** for your spot on **MYJ APP** and **PLEASE CANCEL** if you are unable to participate.

Changes made due to COVID19 considerations include: limited offerings; will slowly add classes over time; limited number of participants; for JCC members only; members asked to disinfect equipment and hands with provided disinfectant; members asked to be aware of surroundings and maintain social distance; location of classes either outside (upper parking lot, courtyard, tennis court or pool; outside classes held weather permitting.

RPM

LesMills cycle program on our Stages bikes. A 45 minute cardio peak workout simulating different terrains set to great music. Classes will be outside in the courtyard weather permitting. Bikes will be stored in the auditorium. You must reserve a bike on MyJ up to 1 week in advance. You will roll your bike out to the designated spots in courtyard. *Instructor: Tony Nicaastro. Maximum 14*

BODYCOMBAT/CORE

30 minute LesMills high energy workout inspired by martial arts followed by 30 minutes of LesMills Core (formerly CxWorx) *Instructor: Theresa Dunstar
Maximum 14 people*

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. *Suggestion: Bring your own towel, mat, water, yogasocks, yogatoes or ballet shoes. Alternating Instructors: Mary MacAdam and Deb Griff Phelps. Maximum: 8 people*

BODYPUMP

Les Mills original Barbell class using light to moderate weights and lots of repetitions of scientifically backed moves with great music, great coaching and great energy. As always, this class can always be modified based on your fitness level. *Suggestion: Bring your own towel, mat and water. Instructor: Tony Nicaastro. Maximum: 14 people*

BOOTCAMP

A Group training designed to increase strength and fitness through a variety of exercises. *Suggestion: Bring your own towel, mat and water. Instructor: Tracy McDonald*

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.

DRENCHED (Pool) Masks Required

A 45 minute shallow water class set to music with 3 blocks of work. Block 1 is a warm-up; Block 2 incorporates 30 second consecutive intervals using grounded strength, cardio and high intensity power cardio moves; Block 3 allows you to increase. Aqualogic resistive equipment used. *Instructor: Elaine.
Maximum: 10 people*

GRIT CARDIO

A high intensity interval training workout (HIIT) that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout provides a challenge and uses a variety of body weight exercises. Don't worry, this class can always be modified based on your fitness level. *Suggestion: Bring your own mat, towel and water. Instructor: Cathy Charette. Maximum 10*

HIIT THE H2O (Pool) Masks Required

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).

Instructor: Elaine. Maximum: 10 people

HIIT SPIN

100% effort with quick bursts of exercise on our Stages bike followed by short, active recovery periods. *Instructor: Dana Harrison. Maximum 14 people*

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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. *Instructor:*

SPRINT

Les Mills SPRINT- is a 30-minute High-Intensity-Interval-Training (HIIT) using our Stages indoor bike to achieve fast results. It is a short, intense style of training, with the thrill and motivation comes from pushing your physical and mental limits. *Instructor: Sharon LaPointe. Maximum: 8 people*

TAI CHI

Improved health, relaxation, clear mind, increased flexibility, physical balance..."moving meditation". *Instructor: Rick Rocha*