



# GROUP FITNESS/AQUATICS SCHEDULE

## January - March 2018

Updated 12/14/17

### UNLIMITED FREE CLASSES FOR JFIT MEMBERS\*

#### SUNDAY

8:30 - 9:30 am	<b>SPORT YOGA</b>	Jennifer
9:00 - 10:00 am	<b>ZUMBA/POUND</b> (ADULT LOUNGE)	Andrea
9:30 - 10:15 am	<b>INDOOR CYCLING</b> (CYCLE ROOM)	Regina
10:00 - 11:00 am	<b>VINYASA FLOW YOGA</b>	Jennifer
10:30 - 11:15 am	<b>INDOOR CYCLING</b> (CYCLE ROOM)	Regina

#### MONDAY

8:00 - 9:00 am	<b>CORE BOXING</b>	Andrea
9:15 - 10:15 am	<b>CARDIO DANCE</b> (ADULT LOUNGE)	Andrea
10:00 - 11:00 am	<b>YOGA</b>	Jennifer
10:00 - 11:00 am	<b>CARDIO AQUACISE**</b>	Eileen
10:30 - 11:30 am	<b>CHAIR YOGA</b> (ADULT LOUNGE)	Sandye
11:00 am - 12:00 pm	<b>DEEP WATER WORKOUT**</b>	Pamela
11:15 am - 12:15 pm	<b>STRONG &amp; STRETCH</b>	Carol
12:00 - 1:00 pm	<b>WATER WORKOUT**</b>	Pamela
6:30 - 7:15 pm	<b>PILATES SCULPT</b>	Sue
7:15 - 8:15 pm	<b>BARRE SCULPT</b>	Sue
8:00 - 9:00 pm	<b>AQUA FIT**</b>	Lydia

#### TUESDAY

8:30 - 9:30 am	<b>DEEP WATER WORKOUT**</b>	Pamela
9:00 - 10:00 am	<b>ZUMBA</b> (AUDITORIUM)	Wendy
9:00 - 10:00 am	<b>YOGA</b>	Donald
9:30 - 10:30 am	<b>NOODLE WORKOUT**</b>	Pamela
10:00 - 11:00 am	<b>CARDIO SCULPT</b>	Wendy
10:00 - 11:00 am	<b>AEROBICS</b> (AUDITORIUM)	Lydia
11:00 - 11:45 am	<b>SILVER SNEAKERS</b> (AUDITORIUM)	Lydia
7:30 - 8:30 pm	<b>VINYASA YOGA</b>	Liana

#### \*\*AQUATICS

Babysitting available:  
Sun, Mon, Tues & Thurs; 9 - 11:30 am  
*Minimum age of 13 years old to participate in classes.*

All classes are in studio/pool unless otherwise noted

#### WEDNESDAY

8:30 - 9:15 am	<b>CARDIO SCULPT</b>	Wendy
9:30 - 10:30 am	<b>BURN &amp; FIRM</b>	Lori
9:30 - 10:30 am	<b>TAI CHI</b> (ADULT LOUNGE)	Liz
10:00 - 11:00 am	<b>CARDIO AQUACISE**</b>	Eileen
10:30 - 11:15 am	<b>FOREVER FIT</b>	Lori
11:00 am - 12:00 pm	<b>CHAIR YOGA</b> (MUSIC ROOM)	Sandye
6:15 - 7:15 pm	<b>CORE BOXING</b>	Andrea
7:15 - 8:15 pm	<b>CORE PILATES</b>	Lydia
7:15 - 8:00 pm	<b>INDOOR CYCLING</b>	Ali
8:30 - 9:30 pm	<b>AQUA FIT**</b>	Lydia

#### THURSDAY

8:30 - 9:30 am	<b>YOGA</b>	Donald
9:00 - 10:00 am	<b>AEROBICS</b> (ADULT LOUNGE)	Lydia
9:00 - 10:00 am	<b>AQUACISE**</b>	Barbara
10:15 - 10:50 am	<b>CORE FUSION</b> (ADULT LOUNGE)	Lydia
11:15 am - 12:15 pm	<b>STRONG &amp; STRETCH</b>	Carol
11:30 am - 12:30 pm	<b>LOW IMPACT AQUA**</b>	Pamela
12:30 - 1:30 pm	<b>DEEP WATER WORKOUT**</b>	Pamela
6:15 - 7 pm	<b>INDOOR CYCLING</b>	Regina
7:30 - 8:30 pm	<b>WATER WORKOUT**</b>	Lydia

#### FRIDAY

9:00 - 10:00 am	<b>CORE &amp; MORE</b>	Lydia
9:15 - 10:15 am	<b>ZUMBA</b> (AUDITORIUM)	Andrea
10:00 - 11:00 am	<b>CARDIO AQUACISE**</b>	Eileen
10:15 - 11:00 am	<b>FOREVER FIT</b>	Lori
10:30 - 11:15 am	<b>SILVER SNEAKERS</b> (AUDITORIUM)	Lydia
11:00 am - 12:00 pm	<b>DEEP WATER WORKOUT**</b>	Pamela
11 am - 12 pm	<b>YOGA</b>	Jennifer

#### SATURDAY

8:00 - 9:00 am	<b>NO LIMITS CARDIO</b>	Maria
10:00 - 10:45 am	<b>INDOOR CYCLING</b>	Ali

\* Silver Sneakers and Strong & Stretch classes are open to all Health & Fitness members

Questions? Contact: Denise Torre 516-634-4172 or dtorre@friedbergjcc.org

\*For Sunday Indoor Cycling: Please call the Front Office at 516-766-4341 after 12 pm on Friday to reserve a bike

**AEROBICS** Get fit in this fun, energetic class that will allow our seasoned members to work on strength movements while improving overall fitness.

**AQUACISE\*\*** This is a moderate intensity class that incorporates aerobic, strength and flexibility components. Great for people looking for a medium level workout.

**AQUAFIT\*\*** This mid-level workout is based mainly on cardio workout that uses noodles, hand weights and kickboards.

**BARRE SCULPT** You will get hooked on this total body workout after the very first class! Using light hand weights, Pilates balls, the mat, and the ballet barre, you will work deeply into every muscle group to lift, tone and sculpt your best body.

**BODY BLAST** This is a full body workout that involves cardio to increase the heart rate, and resistance training to sculpt the arms, butt, and core. It is an intense workout to start your day out right and have you leave class feeling great!

**BURN & FIRM** A fabulous interval training class using the step, weights, balls, bars and more that creates a total overall body sculpting experience.

**CARDIO-AQUACISE\*\*** A workout for all levels to develop balance, strength and fitness with music, noodles, water weights and kickboards.

**CARDIO DANCE** A fantastic combination of cardio and easy to follow dance moves. This moderate intensity class will make your workout effective and enjoyable.

**CARDIO SCULPT** This class incorporates different cardio styles such as aerobic dance and step followed by a strength & conditioning segment. This workout will challenge your body from head to toe!

**CHAIR YOGA** A gentle but effective approach to Yoga geared for the individual who is unable to get up and down from the floor. Reduce stress, tone and stretch while connecting breath to movement.

**CORE & MORE** is a fun cardio-based core-challenging class utilizing simple hand-held weights, real life twisting, bending, pushing, pulling, lunging and squatting in a refreshing and creative way.

**CORE BOXING** Come try what the stars are raving about! Core Boxing is a challenging class which uniquely mixes Pilates and Boxing into a

calorie-burning and muscle-sculpting workout.

**CORE FUSION** This heart-pumping, soul-seeking, energy-inducing fitness program focuses on core strength for the ultimate full body workout. Using weights, balls, bands and your body weight as resistance, this program will keep you burning calories long after the class is over.

**CORE PILATES** This mat-based class incorporates strength training with the science of body movement which focuses on core conditioning and stabilization. Want lean, toned muscles as well as a strong back and more flexibility? This is the class for you.

**DEEP WATER WORKOUT\*\*** Invigorating cardiovascular workout using floatation belts for a deep water exercise. This is a full body workout and a very high level exercise class. No swimming skills needed.

**FOREVER FIT** This an active strength & conditioning class is geared towards the mature adult. Use stability balls, hand weights and tubes with moderate intensity to improve strength, bone density, balance, flexibility & range of motion.

**INDOOR CYCLING** A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs and sprints that can make an unpredictable ride that is fun and challenging.

**LOW IMPACT AQUA CLASS\*\*** Focuses on a full body aerobic workout using the principles of the water to minimize impact and improve range of motion, flexibility, balance and strength

**NOODLE WORKOUT\*\*** This cardiovascular total-body workout incorporates noodles for resistance training, buoyancy and balance.

**NO LIMITS CARDIO** A high impact cardio class that keeps you moving from start to finish with plyometric speed and agility drills.

**PILATES SCULPT** This deep core workout combines the best of yoga and Pilates. Strengthen, lengthen and sculpt all the muscles of your body while improving your balance and general sense of well-being.

**POUND®** is a full-body interval based jam session that combines easy to follow cardio moves, Pilates, plyometrics and isometric poses. Using weighted Ripstix, the simulated drumming experience will energize and empower you while you strengthen and sculpt your way to a leaner, slimmer physique.

**SILVER SNEAKERS®** Try this fitness class to slow down the aging process, increase strength, bone and muscle density, balance, coordination and flexibility. Gain independence and peace of mind.

**SPORT YOGA** The blending of Yoga with the teachings of Joseph H Pilates to strengthen your mind body and spirit. This class will help you attain a stronger, more toned yoga body, and a calmer more focused mind.

**STRONG & STRETCH** This class begins with a short aerobic warm-up followed by a total body workout with weights and floor work. Class ends with a relaxing stretch segment. \*Free to JCC Members (excludes club members).

**TAI CHI** is a healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing, and stretching techniques.

**VINYASA FLOW YOGA** Find balance, serenity and relaxation with this slow flow vinyasa class. Create a haven for your body, mind and soul by slowing down and escaping from today's hectic life. Learn through guided visualization to bring more peace into your life.

**WATER WORKOUT\*\*** A total body workout combining aerobic exercises with resistant training to improve strength, flexibility and overall conditioning.

**YOGA** This class reviews the fundamentals of yoga. The emphasis is on Asanas (postures) and working with the breath. Each student works at his/her own level and the use of props are encouraged. Students are provided with the solid foundation needed to develop a safe and beneficial yoga practice.

**YOGALATES** It is an exercise technique that combines the benefits of strength training of Pilates and the flexibility of Yoga.

**ZUMBA®** Dance, Dance, Dance! Zumba® is a fusion of Latin and International music with dance themes that create a dynamic, exciting, effective fitness system!

**\*\*AQUATICS**

**For more information, contact Denise Torre, 516-634-4172 or [dtorre@friedbergjcc.org](mailto:dtorre@friedbergjcc.org)**

**UNLIMITED CLASSES FOR JFIT MEMBERS ONLY**

**CLASS CANCELLATIONS:** From time to time, an instructor may not be able to make their class. We will make every effort to find a sub and/or get word to you as soon as possible that class is cancelled. In the event of snow, please call the JCC at 516-766-4341 or check our website for any information.