### SUNDAY
- 9 AM: VINYASA FLOW YOGA** Jen
- 10:15 AM: STRONG AND STRETCH** Carol
- 12:15 PM: WATER WORKOUT* Pam

### MONDAY
- 9 AM: CARDIO DANCE (VIRTUAL & INDOORS) Andrea
- 10:15 AM: ZUMBA (VIRTUAL & INDOORS) Wendy
- 11:15 AM: STRETCH AND CORE** Jackie
- 12:15 PM: WATER WORKOUT* Pam

### TUESDAY
- 9:15 AM: FOREVER FIT (VIRTUAL & INDOORS) Lori
- 10:15 AM: ZUMBA (VIRTUAL & INDOORS) Wendy
- 11:15 AM: STRETCH AND CORE** Jackie
- 12:15 PM: WATER WORKOUT* Pam

### WEDNESDAY
- 10 AM: ZUMBA (VIRTUAL & INDOORS) Stephanie
- 11 AM: CHAIR YOGA** (VIRTUAL & INDOORS) Sandye
- 12:15 PM: AQUASIZE* Amy

### THURSDAY
- 9 AM: WATER WORKOUT* Pam
- 10:15 AM: YOGA** Jen
- 11 AM: SILVER SNEAKERS*** Lydia

### FRIDAY
- 9 AM: CARDIO DANCE (VIRTUAL & INDOORS) Andrea
- 10 AM: WATER WORKOUT* Pam
- 11 AM: ZUMBA (VIRTUAL & INDOORS) Stephanie

---

All classes are registration only via our new “My J” app or by emailing jruiz@friedbergjcc.org

All classes are live-only except where noted above.

*Aquatics **Bring your own mat

All classes are in studio/pool unless otherwise noted

**MINIMUM AGE OF 13 YEARS TO PARTICIPATE IN CLASSES**

---

Questions? Contact Jackie Ruiz at 516-634-4019 or jruiz@friedbergjcc.org

Friedberg JCC • 15 Neil Court, Oceanside • friedbergjcc.org • 516-766-4341
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.

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.

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.

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.

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.

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.

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.

RESTORATIVE YOGA  Known for its relaxing effect on the mind and body. Through deep breathing, meditation, tapping and slow moving postures, this class will help balance stressful and hectic lifestyles.

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 AND STRETCH  Begin 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).

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.

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.

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

Questions? Contact Jackie Ruiz at 516-634-4019 or jruiz@friedbergjcc.org

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 inform you as soon as possible if that class is cancelled. In the event of snow, please call the JCC at 516-766-4341 or check our website for any information.