

**BALANCE & STRETCH** This class incorporates stretching the entire body plus works on balance focused exercises. All the movements take place in a chair or standing.

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

**CARDIO AQUA SPLASH\*** Use the resistance of the water to improve cardiovascular fitness, endurance, flexibility with fun to follow choreography and great tunes.

**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.

**POOLATES\*** marries the principles of the Pilates method with the benefits of water exercise. Poolates helps improve posture, build strength, enhance flexibility, shape legs and develop balance. Poolates does all this in one simple workout that leaves participants feeling refreshed and invigorated!

**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.

**STRONG & STRETCHED** 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 & BALANCE** A gentle but effective approach to Yoga geared for the individual who is unable to get up and down from the floor. A part of the class will be standing working on movements to strengthen balance.

**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](mailto: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 or "My J" app for any information.