

Group Exercise Schedule



| | SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------------|--|--|--|---|---|------------------------------------|--|
| EARLY AM | | | 7:00a CYCLE Tina | | 7:00a CYCLE Tina | | |
| MORNING | 9:15a WEEKEND WARRIOR James <i>Fitness Floor</i> | 9:15a HARDCORE ENERGY Catherine | 9:15a COREBOX Catherine | 9:15a HARDCORE ENERGY Catherine | 9:15a SCULPT & TONE Tina | 9:15a BODY BLAST Tina | 9:15a WEEKEND WARRIOR James <i>Fitness Floor</i> |
| | | 9:30a BUTTS & GUTS Tina <i>Fitness Floor</i> | | 9:30a CUTS & CURVES Tina <i>Fitness Floor</i> | | | |
| LUNCH | | 10:15a BURN IT UP Robyn | 10:15a HATHA FLOW YOGA Sue | 10:15a ZUMBA Robyn | 10:15a HATHA FLOW YOGA Stacy | 10:15a PILATES Tina | |
| | | | 10:15a SENIOR STEPS Robyn <i>MPR A</i> | | 10:15a SILVER SNEAKERS® Tina <i>MPR A</i> | | |
| EVENING | | | 5:30p HATHA YOGA Anne H. | | 5:30p HATHA YOGA Anne H. | | |
| | | 6:00p 1MR Niko P. <i>Fitness Floor</i> | | 6:00p FAST LEAN FIT Heather <i>Fitness Floor</i> | | | |
| | | 6:30p ZUMBA Robyn | | 7:00p DEADLIFT CLUB Niko <i>Fitness Floor</i> | 6:30p REFIT Robyn/Lindsay | | |

FEES

JCC members: Free
Public: \$10 per day
Ages 13+

LOCATION

All classes held in the group exercise studio unless otherwise noted

TIMES

All classes last 55 minutes unless otherwise noted

Fitness Center Hours

Mon-Thu 6a-10p
Fri 6a-6:30p
Sat-Sun 8a-5p

KidZone Babysitting

Mornings 9a-12p
M-Th 5:30-7:30p

KidZone babysitting is a free service to members while using the Fitness Center. Children must be at least 6 months old.

*KidZone will be in the **Green Room** on weekday mornings,*

Join our Facebook group!



*Classes and instructors are subject to change.

CHECK OUT OUR NEW REFIT CLASS!!



Come say hello...
Questions? Call me!

Tina Macauley
Group Exercise Coordinator
407-387-2750
TinaL@rosenjcc.org

CLASS DESCRIPTIONS

LOW-IMPACT CLASSES

HATHA FLOW YOGA: Links breath with dynamic movement. Sun Salutation series may be at a faster pace than some of the other asana poses. (All Levels)

PILATES: Improve strength, flexibility, muscular endurance, coordination, balance, and posture using mat exercises to emphasize your body's core. Small exercise tools are used to increase range of motion and strength.

SILVER SNEAKERS®: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. Chairs are used for seated and/or standing support.

SENIOR STEPS: This fun workout class is a low impact exercise class that features stepping to music, using lightweight resistance training and chairs to improve mobility, posture, and tone up! Come have fun as we move to all kinds of music.

HIGH-IMPACT CLASSES

CYCLE: Get on one of our indoor spin bikes to achieve an intense cardio workout. Participants are led through a variety of terrains that will challenge their hearts and their legs.

ZUMBA: Pretty much the most awesome dance workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it. Zumba is a total body workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility and boosted energy.

JCC ORIGINAL CLASSES

1MR: Expect the unexpected in this intense Tabata-style timed circuit training class. From bodyweight to cardio, "One More Rep" will push you using many different modalities found around the fitness center.

BURN IT UP: Come burn calories and tone up while dancing to the beat. Light weights are incorporated for resistance training and to help sculpt your beautiful muscles, all while dancing to the beat of music for a cardio burst. No experience necessary!

BODY BLAST: A full-body workout with interval training that incorporates both strength training and cardio elements. This workout will burn fat and build muscle at the same time!

BUTTS & GUTS: Train and tighten all regions of the lower body and core with this toning class. Workout will focus on the abs, glutes, legs, and lower back using light weights and body resistance.

COREBOX: A mixture of boxing circuits and bodyweight movement will help you focus on your entire core. You will learn basic boxing skills to increase muscular strength and increase cardio endurance. This is a full-body workout designed for all fitness levels.

CUTS & CURVES: This class is designed to build strength, add definition and increase bone density using free weights, bodyweight and machines to change the shape of your body. All fitness levels are welcome.

DEADLIFT CLUB: A deadlift is a true indicator of your strength. Deadlifts, farmers carry, and many other "strongman exercises" is the name of the game in "The Club." Please see Niko for any additional information.

FAST LEAN FIT: A circuit workout that combines strength exercises with interval training! This is a full body workout that blasts calories, too!

HARDCORE ENERGY: Hardcore Energy will transform your body with a variety of balance, strength, agility and endurance training. With emphasis on alignment and core, and a fusion of Yoga and Pilates, we challenge and tone with beautiful results and increased energy for your day.

SCULPT & TONE: A non-aerobic, muscle-toning class that uses light weights, body weight and resistance bands. The result is newly-defined and sculpted muscles. This class can help you get in shape, tone your body and lose weight.

WEEKEND WARRIOR: Tone up with full-body circuit training. This class is designed to challenge you with a dynamic warm-up, strength & resistance training, and ab workout! You can always expect a great sweat without any intense plyometrics or cardio!

REFIT: Finding a positive workout shouldn't be a negative...come join us for a fitness experience that fits every(body)