

# Group Exercise Schedule

## March 2020

"When was the last time you did something for the first time?"

EARLY AM

MORNING

EVENING

SUN	MON	TUE	WED	THU	FRI	SAT
8:30a <b>*WINDERMERE SPIN*</b> Group Exercise Room	6:45a <b>*WINDERMERE SPIN*</b> Group Exercise Room	6:45a <b>*WINDERMERE SPIN*</b> Group Exercise Room	6:45a <b>*WINDERMERE SPIN*</b> Group Exercise Room	6:45a <b>*WINDERMERE SPIN*</b> Group Exercise Room	6:45a <b>*WINDERMERE SPIN*</b> Group Exercise Room	8:30a <b>*WINDERMERE SPIN*</b> Group Exercise Room
9:15a <b>CIRCUIT STRENGTH</b> Giovanni Fitness Floor	9:15a <b>HARDCORE ENERGY</b> Catherine Group Exercise Room	9:15a <b>COREBOX</b> Catherine Group Exercise Room	9:15a <b>HARDCORE ENERGY</b> Catherine Group Exercise Room  9:15a <b>CIRCUIT STRENGTH</b> Giovanni Fitness Floor	9:15a <b>BARRE FUSION</b> Krista Group Exercise Room	9:15a <b>*WINDERMERE SPIN*</b> Group Exercise Room  9:15a <b>CIRCUIT STRENGTH</b> Giovanni Fitness Floor	9:15a <b>CIRCUIT STRENGTH</b> Sabrina Fitness Floor
	10:15a <b>ZUMBA</b> Giovanni Group Exercise Room	10:15a <b>HATHA YOGA</b> Dora Group Exercise Room  10:15a <b>SENIOR STEPS</b> Catherine MPR A	10:15a <b>POWER YOGA W/ SOUND HEALING</b> Jade Group Exercise Room	10:15a <b>HATHA YOGA</b> Stacey Group Exercise Room  10:15a <b>SILVER SNEAKERS®</b> Krista MPR A	10:15a <b>ZUMBA</b> Giovanni Group Exercise Room	
		5:30p <b>HATHA YOGA</b> Anne H. Group Exercise Room		5:30p <b>HATHA YOGA</b> Anne H. Group Exercise Room		
	6:00p <b>FAST-LEAN-FIT</b> Heather Fitness Floor  6:30p <b>ZUMBA</b> Charisse Group Exercise Room		6:00p <b>FAST-LEAN-FIT</b> Heather Fitness Floor	6:00p <b>FAST-LEAN-FIT</b> Heather Fitness Floor  6:30p <b>ZUMBA</b> Charisse Group Exercise Room		



\*Registration required for Windermere Spin classes. Please contact the Welcome Center for more information.\*  
Did you know that every JCC member gets to try Windermere Spin classes, FREE for a month?

**Fitness Center Hours**

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

**KidZone Babysitting**

Evenings	5:30p-7:30p
Sat-Sun	9a-12p

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

*KidZone is located in Room 8.*

**CONGRATULATIONS TO OUR FEBRUARY PLANK CHALLENGE WINNERS!**

**Virginia S.**  
9:01

**Josh R.**  
7:24



### MEET OUR NEW PERSONAL TRAINER DORA!

- AFAA/NASM CERTIFIED PERSONAL TRAINER
- AFAA/NASM GROUP EXERCISE INSTRUCTOR

**DORA IS A FITNESS PROFESSIONAL WITH OVER 30 YEARS OF EXPERIENCE. SHE IS A CERTIFIED PERSONAL TRAINER AND GROUP EXERCISE INSTRUCTOR WITH A PASSION FOR FUNCTION, SAFETY, AND FUN!**

# 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.

**POWER YOGA W/SOUND HEALING:** Power Yoga is a fitness-based Vinyasa style yoga workout. Expect the athleticism of Ashtanga mixed with the poses of Vinyasa. This innovative class will conclude with crystal bowl sound healing, which helps reduce stress and tension, creating a relaxed and meditative state.

**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.

**BARRE FUSION:** Lengthen, strengthen, and tone long lean muscles in this low impact class that fuses Pilates mat work with light weights and exercises at the ballet bar. (No shoes. Barre socks preferred.)

## HIGH-IMPACT CLASSES

**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.

**WINDERMERE SPIN:** Windermere Spin will help you improve your performance, reach your goals, and challenge your life one ride at a time. Our instructors bring incomparable energy, training, enthusiasm, and charisma to each and every ride. Ask the Welcome Center about membership options and how to join the WS family.

For more info contact: [windermerespin@gmail.com](mailto:windermerespin@gmail.com) / 407-378-7705

## JCC ORIGINAL CLASSES

**COREBOX:** A mixture of boxing circuits and bodyweight movement that 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.

**FAST-LEAN-FIT:** A circuit workout that combines strength exercises with interval training! This is a full body workout that blasts tons of calories!

**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.

**CIRCUIT STRENGTH:** This circuit-style class incorporates short bursts of high intensity moves to help improve both cardio and strength.