



# David Posnack JCC

## Group Fitness Schedule - As of August 1, 2017

Sunday Morning				Wednesday Afternoon/Evening			
8:00 am	Soulriding♦	Spin Studio	Shira	Noon	SilverSneakers® Circuit	Studio B	Isabel
9:00 am	XZone Fitness♦▼	XZone	Shira	1:15 pm	Spinning® Silver♦ (Beginners)	Spin Studio	ProfessorFit
9:00 am	Rep & Step	Studio B	Alissa	6:00 pm	XZone Fitness♦▼	XZone	Ralph
9:00 am	TRX® Circuit♦	Xtreme	Rotating	6:15 pm	Body Pump	Studio B	Julia
10:00 am	Abs/Core	TRX® Studio	Shira	7:00 pm	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
10:00 am	Zumba®	Studio B	Miryam	7:15 pm	Core & Glutes	XZone	Ralph
10:15 am	Yoga♦	Yoga Room	Denise				
10:15 am	Spinning®♦	Spin Studio	Alissa				
10:30 am	Track Circuit	Track	Shira	Thursday Morning			
Monday Morning				8:15 am	Spinning®♦	Spin Studio	Tracy
8:00 am	AquaFit Silver (as of 6-12)	Pool	Sharon	8:45 am	Circuit FLEX CLASS♦	Xtreme	Professorfit
8:15 am	Spinning® FLEX (90 min.)♦	Spin Studio	ProfessorFit	9:00 am	XZone Fitness♦▼	XZone	Ralph
8:30 am	Circuit Training	Track	Tracy	9:15 am	Body Pump	Studio B	Isabel
9:00 am	XZone Fitness♦▼	XZone	Ralph	9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
9:00 am	Low Impact Fusion	Studio B	Sharon	10:15 am	Power Express	Fitness Center	Ralph
9:45 am	Power Fitness	Studio A	Tracy	10:30 am	SilverSneakers® Circuit	Studio B	Isabel
10:00 am	TRX® (Interval)♦	Xtreme	ProfessorFit	11:00 am	Belly Hoops	Studio A	Shayna
10:00 am	SilverSneakers® Classic	Studio B	Karen	11:30 am	Yoga Stretch	Studio B	Isabel
11:00 am	SilverSneakers® Classic	Studio B	Carolyn	Thursday Afternoon/Evening			
11:00 am	Tai Chi	Studio A	James	6:00 pm	Power ABS	Track	Shira
Monday Afternoon/Evening				6:30 pm	XZone Fitness♦▼	XZone	Ralph
Noon	Ageless Grace Aroma®	Studio A	Rotating	6:30 pm	Total Body Sculpt♦	Track	Shira
Noon	SilverSneakers® Circuit	Studio B	Carolyn	6:30 pm	Zumba®	Studio B	Miryam
12:30 pm	Meditation by VITAS® Healthcare	Studio A	Rotating Inst.	6:30 pm	Aroma Yoga♦	Yoga Studio	Annette
6:00 pm	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny	7:00 pm	Spinning♦ (Intervals)	Spin Studio	Shira
6:00 pm	XZone Fitness♦▼	XZone	Ralph	Friday Morning			
6:30 pm	Soulriding♦	Spin Studio	Shira	8:00 am	AquaFit Silver (as of 6-12)	Pool	Sharon
Tuesday Morning				8:00 am	Spinning® FLEX (90 min.)♦	Spin Studio	ProfessorFit
8:15 am	Spinning®♦	Spin Studio	Alissa	8:30 am	Total Body Bosu♦	Studio A	Tracy
9:00 am	XZone Fitness♦▼	XZone	Ralph	9:00 am	XZone Fitness♦▼	XZone	Ralph
9:15 am	TRX®♦	Xtreme	ProfessorFit	9:00 am	Low Impact Fusion	Studio B	Sharon
9:15 am	Circuit Blast	Studio B	Isabel	9:30 am	Yoga♦	Yoga Studio	Annette
9:15 am	Ageless Grace®	Studio A	Sharon	9:45 am	Tabata Circuit♦	Xtreme	Tracy
9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny	10:00 am	Power Fitness	Fitness Center	Shira
10:00 am	Power Fitness	Fitness Center	Ralph	10:00 am	Zumba®	Studio B	Diane
10:15 am	Zumba®	Studio A	Isabel	10:30 am	Track Circuit	Fitness Center	Shira
11:00 am	SilverSneakers® Circuit	Studio B	Diane	11:00 am	SilverSneakers® Classic	Studio B	Diane
Tuesday Afternoon/Evening				Friday Afternoon/Evening			
Noon	Yoga Stretch	Studio B	Diane	Noon	SilverSneakers® Cardio Fit	Studio B	Diane
1:00 pm	Chair Yoga	Studio A	Karen	1:15 pm	TRX®♦ Silver (Beginners)	Xtreme	Professorfit
5:00 pm	Power ABS	Xtreme	ProfessorFit	1:30 pm	Ageless Grace Aroma®	Studio A	Lana
5:30 pm	Butt, Hip & Thigh/Bi's and Tri's	Xtreme	ProfessorFit	Saturday Morning			
6:00 pm	Circuit FLEX CLASS♦	Xtreme	ProfessorFit	8:15 am	Total Body Adrenaline	Fitness Center	Shira
6:30 pm	XZone Fitness♦▼	XZone	Ralph	8:30 am	SpinCore♦	Spin Studio	Tracy
6:30 pm	Zumba®	Studio B	Miryam	9:00 am	XZone Fitness♦▼	XZone	Shira
6:30 pm	Aroma Yoga♦	Yoga Studio	Annette	9:00 am	Zumba®	Studio B	Miryam
Wednesday Morning				9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
8:00 am	AquaFit Silver (as of 6-12)	Pool	Sharon	9:45 am	TRX®♦	Xtreme	Tracy
8:15 am	Spinning®♦	Spin Studio	Alissa	10:00 am	SilverSneakers®	Studio B	Carolyn
8:30 am	Circuit Training	Track	Tracy	Legend			
9:00 am	Zumba®	Studio B	Isabel	♦-Requires reservation		▼-Requires fee	
9:00 am	XZone Fitness♦▼	XZone	Ralph	Hot Yoga Fees			
9:15 am	TRX®/Kettlebell♦	Xtreme	Julia	1 Class - Member \$14 / Community \$16			
9:15 am	Rep-n-Step	Studio A	Alissa	10 Classes -Member \$120 / Community \$140			
10:00 am	SilverSneakers® Classic	Studio B	Isabel	20 Classes - Member \$220 / Community \$260			
10:15 am	Boxing for Parkinson's♦	Studio A	ProfessorFit	XZone Fitness Fees			
10:15 am	XZone Fitness Silver♦ (45 min.)	XZone	Sharon	1 Class - Member \$12 / Community \$16			
11:00 am	SilverSneakers® Classic	Studio B	Isabel	Unlimited Classes - Member \$40/month (in addition to monthly membership)			
11:00 am	Ageless Grace Aroma®	Studio A	Lana	ABOUT RESERVATIONS♦			
Express classes: 30 minute workouts				Spinning®			
For more information call 954.434.0499, ext.100				Bike setup starts 15 minutes prior to class start. Doors will be closed after class starts.			



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## Group Fitness Schedule Class Descriptions

- AGELESS GRACE®:** A fitness and wellness program with 21 simple exercise tools for all ages and abilities. It addresses all 21 primary aging factors in the body - and all five areas of the brain! Anyone can practice it.
- ABS/ CORE:** A great core workout, specifically for abdominal conditioning. Work on sculpting your abs in 30 minutes.
- AROMA YOGA:** Try a new, rejuvenating approach to your yoga practice using pure, essential oils to enhance your Asana (postures).
- AQUAFIT SILVER:** No swimming required; utilizes the resistance of water to develop strength, balance and coordination.
- BELLY HOOPS:** Learn belly dance moves that are easy, sensual and fun, plus hula hoop twirling. Beginners welcome.
- BODY PUMP:** Work the entire body using weights, body bars and resistance tubing.
- CHAIR YOGA:** A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support.
- CIRCUIT BLAST:** Includes aerobic and strength training that will challenge all fitness levels. Class uses weights, bars, steps & bands.
- CIRCUIT FLEX CLASS:** Total body conditioning utilizing TRX® and different stations, giving you the option of working out up to one hour.
- CORE, STRENGTH & GLUTES:** A combination of core, strength and glute training using body, weights and props for a fast and effective workout.
- HOT YOGA:** A challenging yet calming physical and mental workout that improves body awareness, healing, immune system, circulation, metabolism and digestion. It also promotes better sleep, has fabulous toning effects and gives you a cardio workout.
- LOW IMPACT FUSION:** Low impact exercises that are easy to follow, tone your body and your abs.
- Meditation by VITAS® Healthcare:** A variety of practices that includes techniques to promote relaxation, build internal energy or life force.
- PARKINSON'S CLASSES:** For Parkinson's patients and their caregivers. Offering dance, yoga, Tai Chi, Ageless Grace and speakers.
- POWER FITNESS:** A varied, fun interval training class that alternates cardio and weights in a circuit style. Drills for agility, strength and balance are blended with cardio intervals to help burn fat while you build muscle. (Maximum Participants - 20)
- REP & STEP/STEP IT UP:** Includes step using weights and resistance tubing. Followed by core strengthening exercises.
- HIIT:** Join us for a HIIT group exercise class! Jump from station to station for an intense calorie burning and strength
- SILVERSNEAKERS® CARDIOFIT:** Low impact movements, upper body strength, abs conditioning, stretching and relaxation designed to energize your active lifestyle.
- SILVERSNEAKERS® CIRCUIT:** This class is geared toward non-impact cardiovascular endurance conditioning with advanced levels to increase agility, balance, coordination, speed and power. (Maximum Participants - 30)
- SILVERSNEAKERS® CLASSIC:** Muscular strength and range of movement exercise class designed for older adults that addresses strength, flexibility, muscular endurance, balance, coordination, agility, speed and power. (Maximum Participants - 30)
- SPINCORE:** A combination of spinning and core which gives you a full aerobic and strengthening workout. Reserve your bike today. (Maximum Participants - 25) Bike setup 15 minutes prior to class start.
- SPINNING®:** A great cardio workout on an indoor bicycle in only one hour! (Maximum Participants - 25)  
Bike setup 15 minutes prior to class start.
- SPINNING® FLEX CLASS:** An intense cardio workout giving you the option of riding up to one hour (Maximum Participants - 25)  
Bike setup 15 minutes prior to class start.
- TABATA CIRCUIT:** A combination of high-intensity aerobics and resistance training that is easy to follow and targets fat loss, muscle building and heart fitness. A circuit-based program to maximize your workout. (Maximum Participants - 16)
- TAI CHI:** An ancient Chinese tradition that is practiced as a graceful form of exercise. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.
- TOTAL BODY BOSU:** Sculpt your way through a variety of power-packed exercises that build muscular strength and endurance, enhance agility and challenge balance skills. (Maximum Participants - 16)
- TOTAL BODY WORKOUT:** A HIIT-style class that burns fat and builds muscle with a full-body workout.
- TRACK CIRCUIT:** Exercise on the track - total body conditioning utilizing different equipment and different stations, as well as cardio activity.
- TRX®/KETTLEBELL:** During a kettlebell workout, you perform fluid, swinging movements while holding the off-centered kettlebells. This continued exertion also brings a cardiovascular component to the routine. (Maximum Participants - 20)
- TRX® SUSPENSION TRAINING®:** The principle behind TRX® is simple. It develops core body strength as well as joint and muscular stability using your own body weight. (Maximum Participants - 10)
- WEIGHTS IN MOTION:** A unique combination of weight training and constant motion to help fine tune your entire body. (Max.- 20)
- XZONE FITNESS:** A high intensity interval class that builds strength, increases endurance & energy, burns calories & fat. (Max.- 18)
- YOGA - ALL Levels:** Let your instructor guide you to tone your muscles and increase flexibility and strength.
- YOGA STRETCH:** Using a chair for support, members increase flexibility and endurance while learning to relax and think more clearly.
- ZUMBA®:** Zumba® involves dancing and aerobic elements. Zumba's® choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, martial arts and some Bollywood and belly dance moves. Squats and lunges are also included.

Fitness Center Hours	Babysitting Hours	Membership Hours	Pool Hours
Mon-Thu 5:30 am-10:30 pm	Mon-Fri 8:00 am-11:45 am	Mon-Thur 8:30 am-6:00 pm	Mon-Thu 7:00 am-6:00 pm
Fri 5:30 am-6:00 pm	Tue & Thu 6:00 pm-8:00 pm	Fri 9:00 am-5:00 pm	Fri 7:00 am-5:30 pm
Sat 8:00 am-5:00 pm	Sat 8:15 am-11:15 am	Sun 8:30 am-12:30 pm	Sat 9:00 am-4:30 pm
Sun 7:00 am-6:00 pm	Sun 9:00 am-11:30 am		Sun 9:00 am-5:30 pm