



Group Fitness Schedule - As of September 1, 2017

Sunday Morning			
8:00 am	Soulriding♦	Spin Studio	Shira
9:00 am	XZone Fitness♦▼	XZone	Shira
9:00 am	Rep & Step	Studio B	Alissa
9:00 am	TRX® Circuit♦	Xtreme	Rotating
10:00 am	XZone Fitness♦▼	XZone	Shira
10:00 am	Zumba®	Studio B	Miryam
10:15 am	Yoga♦	Yoga Room	Denise
10:15 am	Spinning®♦	Spin Studio	Alissa
11:00 am	ABS/Stretch	Xzone	Shira

Monday Morning			
8:00 am	AquaFit Silver	Pool	Sharon
8:15 am	Spinning® FLEX (90 min.)♦	Spin Studio	ProfessorFit
8:30 am	Circuit Training	Track	Tracy
9:00 am	XZoneExtreme♦▼	Xtreme	Ralph
9:00 am	Low Impact Fusion	Studio B	Sharon
9:45 am	Power Fitness	Studio A	Tracy
10:00 am	SilverSneakers® Classic	Studio B	Karen
10:05 am	TRX® (Interval)♦	Xtreme	ProfessorFit
11:00 am	SilverSneakers® Classic	Studio B	Carolyn
11:00 am	Tai Chi	Studio A	James

Monday Afternoon/Evening			
Noon	Ageless Grace Aroma®	Studio A	Rotating
Noon	SilverSneakers® Circuit	Studio B	Carolyn
12:30 pm	Meditation by VITAS® Healthcare	Studio A	Rotating Inst.
6:00 pm	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
6:00 pm	XZoneExtreme♦▼	Xtreme	Ralph
6:30 pm	Soulriding♦	Spin Studio	Shira

Tuesday Morning			
8:15 am	Spinning®♦	Spin Studio	Alissa
9:00 am	XZone Fitness♦▼	XZone	Ralph
9:15 am	TRX®♦	Xtreme	ProfessorFit
9:15 am	Circuit Blast	Studio B	Isabel
9:15 am	Ageless Grace®	Studio A	Sharon
9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
10:00 am	Power Fitness	Fitness Center	Ralph
10:15 am	Zumba®	Studio A	Isabel
11:00 am	SilverSneakers® Circuit	Studio B	Diane

Tuesday Afternoon/Evening			
Noon	Yoga Stretch	Studio B	Diane
1:00 pm	Chair Yoga	Studio A	Karen
5:00 pm	Power ABS	Xtreme	ProfessorFit
5:30 pm	Butt, Hip & Thigh/BI's and Tri's	Xtreme	ProfessorFit
6:00 pm	Circuit FLEX CLASS♦	Xtreme	ProfessorFit
6:30 pm	XZoneExtreme♦▼	Xtreme	Ralph
6:30 pm	Zumba®	Studio B	Miryam
6:30 pm	Aroma Yoga♦	Yoga Studio	Annette

Wednesday Morning			
8:00 am	AquaFit Silver	Pool	Sharon
8:15 am	Spinning®♦	Spin Studio	Alissa
8:30 am	Circuit Training	Track	Tracy
9:00 am	Zumba®	Studio B	Isabel
9:00 am	XZone Fitness♦▼	XZone	Ralph
9:15 am	TRX®/Kettlebell♦	Xtreme	Julia
9:15 am	Rep-n-Step	Studio A	Alissa
10:00 am	SilverSneakers® Classic	Studio B	Isabel
10:15 am	Boxing for Parkinson's♦	Studio A	ProfessorFit
10:15 am	XZone Fitness Silver♦	XZone	Sharon
11:00 am	SilverSneakers® Classic	Studio B	Isabel
11:00 am	Ageless Grace Aroma®	Studio A	Lana

**Express classes: 30 minute workouts**  
 For more information call 954.434.0499, ext.100

Wednesday Afternoon/Evening			
Noon	SilverSneakers® Circuit	Studio B	Isabel
1:15 pm	Spinning®Silver♦ (Beginners)	Spin Studio	ProfessorFit
6:00 pm	XZoneExtreme♦▼	Xtreme	Ralph
6:15 pm	Body Pump	Studio B	Julia
7:00 pm	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
7:15 pm	Core & Glutes	XZone	Ralph

Thursday Morning			
8:15 am	Spinning®♦	Spin Studio	Tracy
9:00 am	Circuit FLEX CLASS♦	Xtreme	ProfessorFit
9:00 am	XZone Fitness♦▼	XZone	Ralph
9:15 am	Body Pump	Studio B	Isabel
9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
10:00 am	Adult Guide to Boxing♦	Studio A	ProfessorFit
10:15 am	Power Express	Fitness Center	Ralph
10:30 am	SilverSneakers® Circuit	Studio B	Isabel
11:00 am	Belly Hoops	Studio A	Shayna
11:30 am	Yoga Stretch	Studio B	Isabel

Thursday Afternoon/Evening			
3:45 pm	KidsFit	TBD	Shira
5:00 pm	Weights (Gib U)♦▼	Fitness Cntr	Shira
6:00 pm	Power ABS	Track	Shira
6:30 pm	XZone Fitness♦▼	XZone	Ralph
6:30 pm	Total Body Sculpt♦	Track	Shira
6:30 pm	Zumba®	Studio B	Miryam
6:30 pm	Aroma Yoga♦	Yoga Studio	Annette
7:00 pm	Soulriding♦	Spin Studio	Shira

Friday Morning			
8:00 am	AquaFit Silver	Pool	Sharon
8:15 am	XZone Fitness♦▼	XZone	Shira
8:15 am	Spinning® FLEX (90 min.)♦	Spin Studio	ProfessorFit
8:30 am	Total Body Bosu♦	Studio A	Tracy
9:00 am	XZone Fitness♦▼	XZone	Ralph
9:00 am	Low Impact Fusion	Studio B	Sharon
9:30 am	Yoga♦	Yoga Studio	Annette
9:45 am	Tabata Circuit♦	Xtreme	Tracy
10:00 am	Power Fitness	Fitness Cntr	Shira
10:00 am	Zumba®	Studio B	Diane
10:30 am	Track Circuit	Fitness Cntr	Shira
11:00 am	SilverSneakers® Classic	Studio B	Diane

Friday Afternoon/Evening			
Noon	SilverSneakers® Cardio Fit	Studio B	Diane
1:15 pm	TRX®♦Silver (Beginners)	Xtreme	ProfessorFit
1:30 pm	Ageless Grace Aroma®	Studio A	Lana
5:00 pm	Weights (Gib U)♦▼	Fitness Cntr	Shira

Saturday Morning			
8:15 am	XZone Fitness♦▼(45 min.)	XZone	Shira
8:30 am	SpinCore♦	Spin Studio	Tracy
9:00 am	XZone Fitness♦▼(45 min.)	XZone	Shira
9:00 am	Zumba®	Studio B	Miryam
9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
9:45 am	ABS and Stretch	XZone	Shira
9:45 am	TRX®♦	Xtreme	Tracy
10:00 am	SilverSneakers®	Studio B	Carolyn

Legend	
♦-Requires reservation	▼-Requires fee
Hot Yoga Fees (non-transferable)	
1 Class - Member \$14.50 / Community \$16.50	
10 Classes - Member \$125 / Community \$145	
20 Classes - Member \$230 / Community \$270	
XZone Fitness Fees	
1 Class - Member \$12 / Community \$16	
Unlimited Classes - Member \$40/month (in addition to monthly membership)	
XZoneExtreme with Ralph	



# David Posnack JCC

## Group Fitness Schedule Class Descriptions

<b>ADULT GUIDE TO BOXING:</b> Push-ups, abs, jump rope, hitting the bag and sparring with the coach will make you feel energized.
<b>AGELESS GRACE®:</b> 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.
<b>AQUAFIT SILVER:</b> No swimming required; utilizes the resistance of water to develop strength, balance and coordination.
<b>AROMA YOGA:</b> Try a new, rejuvenating approach to your yoga practice using pure, essential oils to enhance your Asana (postures).
<b>BODY PUMP:</b> Work the entire body using weights, body bars and resistance tubing.
<b>CHAIR YOGA:</b> A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support.
<b>CORE, STRENGTH &amp; GLUTES:</b> A combination of core, strength and glute training using body, weights and props for a fast and effective workout.
<b>HIIT:</b> Join us for a HIIT group exercise class! Jump from station to station for an intense calorie burning and strength
<b>HOT YOGA:</b> 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.
<b>LOW IMPACT FUSION:</b> Low impact exercises that are easy to follow, tone your body and your abs.
<b>Meditation by VITAS® Healthcare:</b> A variety of practices that includes techniques to promote relaxation, build internal energy or life force.
<b>PARKINSON'S CLASSES:</b> For Parkinson's patients and their caregivers. Offering dance, yoga, Tai Chi, Ageless Grace and speakers.
<b>POWER FITNESS:</b> 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)
<b>REP &amp; STEP/STEP IT UP:</b> Includes step using weights and resistance tubing. Followed by core strengthening exercises.
<b>SILVERSNEAKERS® CARDIOFIT:</b> Low impact movements, upper body strength, abs conditioning, stretching and relaxation designed to energize your active lifestyle.
<b>SILVERSNEAKERS® CIRCUIT:</b> This class is geared toward non-impact cardiovascular endurance conditioning with advanced levels to increase agility, balance, coordination, speed and power. (Maximum Participants - 30)
<b>SILVERSNEAKERS® CLASSIC:</b> 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)
<b>SPINCORE:</b> 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.
<b>SPINNING®:</b> A great cardio workout on an indoor bicycle in only one hour! (Maximum Participants - 25) Bike setup 15 minutes prior to class start.
<b>SPINNING® FLEX CLASS:</b> 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.
<b>TABATA CIRCUIT:</b> 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 - 20)
<b>TAI CHI:</b> 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.
<b>TOTAL BODY BOSU:</b> 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)
<b>TOTAL BODY WORKOUT:</b> A HIIT-style class that burns fat and builds muscle with a full-body workout.
<b>TRACK CIRCUIT:</b> Exercise on the track - total body conditioning utilizing different equipment and different stations, as well as cardio activity.
<b>TRX®/KETTLEBELL:</b> 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)
<b>TRX® SUSPENSION TRAINING®:</b> 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 - 12)
<b>WEIGHTS IN MOTION:</b> A unique combination of weight training and constant motion to help fine tune your entire body. (Max.- 20)
<b>XZONE FITNESS:</b> A high intensity interval class that builds strength, increases endurance & energy, burns calories & fat. (Max.- 18)
<b>YOGA - ALL Levels:</b> Let your instructor guide you to tone your muscles and increase flexibility and strength.
<b>YOGA STRETCH:</b> Using a chair for support, members increase flexibility and endurance while learning to relax and think more clearly.
<b>ZUMBA®:</b> 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 Fri 5:30 am-6:00 pm Sat 8:00 am-5:00 pm Sun 7:00 am-6:00 pm	Mon-Fri 8:00 am-11:45 am Tue & Thu 6:00 pm-8:00 pm Sat 8:15 am-11:15 am Sun 9:00 am-11:30 am	Mon-Thur 8:30 am-6:00 pm Fri 9:00 am-5:00 pm Sun 8:30 am-12:30 pm	Mon-Thu 7:00 am-6:00 pm Fri 7:00 am-5:30 pm Sat 9:00 am-4:30 pm Sun 9:00 am-5:30 pm

### ABOUT RESERVATIONS ♦

Members may register ONLINE 2 days in advance at [www.dpjcc.org](http://www.dpjcc.org). If a member is not in attendance 5 minutes prior to the start of class, your spot will be given away if needed and the reservation will be considered a "no-show." After a second "no-show," the member may not pre-register for one week. Non-members may pay a class fee to attend if there is an opening 5 minutes prior to the start of class.

Spinning®

Bike setup starts 15 minutes prior to class start.