



Group Fitness Schedule - As of January 1, 2018

| 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   | XZoneExtreme♦▼               | Xtreme         | Ralph        |
| 9:00 am   | TRXtreme♦                 | Xtreme         | Donna        | 6:15 pm   | Body Pump                    | Studio B       | Julia        |
| 10:00 am  | XZone Fitness♦▼           | XZone          | 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       | Thursday Morning  |                              |                |              |
| 10:15 am  | Spinning®♦                | Spin Studio    | Alissa       | 8:15 am   | Spinning® FLEX (75 min.)♦    | Spin Studio    | ProfessorFit |
| 11:00 am  | ABS/Stretch               | XZone          | Shira        | 9:00 am   | XZone Fitness♦▼              | XZone          | Ralph        |
| Monday Morning                                  |                           |                |              | 9:15 am   | Body Pump                    | Studio B       | Isabel       |
| 8:15 am   | Spinning® FLEX (90 min.)♦ | Spin Studio    | ProfessorFit | 9:30 am   | Hot Yoga♦▼ (90 min.)         | Yoga Studio    | Penny        |
| 8:15 am   | Circuit Training          | Track          | Donna        | 9:45 am   | Adult Guide to Boxing♦       | Studio A       | ProfessorFit |
| 9:00 am   | XZoneExtreme♦▼            | Xtreme         | Ralph        | 10:15 am  | Power Express                | Fitness Center | Ralph        |
| 9:00 am   | Low Impact Fusion         | Studio B       | Sharon       | 10:30 am  | SilverSneakers® Circuit      | Studio B       | Isabel       |
| 9:45 am   | Power Fitness             | Studio A       | Donna        | 11:00 am  | Belly Hoops                  | Studio A       | Shayna       |
| 10:00 am  | AquaFit Silver            | Pool           | Sharon       | 11:30 am  | Yoga Stretch                 | Studio B       | Isabel       |
| 10:00 am  | SilverSneakers® Classic   | Studio B       | Karen        | Thursday Afternoon/Evening  |                              |                |              |
| 10:05 am  | TRX® (Interval)♦          | Xtreme         | ProfessorFit | 5:00 pm   | Weights (Gib U)♦▼            | Fitness Cntr   | Shira        |
| 11:00 am  | SilverSneakers® Classic   | Studio B       | Carolyn      | 6:00 pm   | Power ABS                    | Track          | Shira        |
| 11:00 am  | Tai Chi                   | Studio A       | James        | 6:30 pm   | XZone Fitness♦▼              | XZone          | Ralph        |
| Monday Afternoon/Evening                        |                           |                |              | 6:30 pm   | Total Body Sculpt♦           | Track          | Shira        |
| Noon  | Ageless Grace Aroma®      | Studio A       | Rotating     | 6:30 pm   | Zumba®                       | Studio B       | Miryam       |
| Noon  | SilverSneakers® Circuit   | Studio B       | Carolyn      | 6:30 pm   | Aroma Yoga♦                  | Yoga Studio    | Annette      |
| 6:00 pm   | Hot Yoga♦▼ (90 min.)      | Yoga Studio    | Penny        | 7:00 pm   | Soulriding♦                  | Spin Studio    | Shira        |
| 6:00 pm   | XZoneExtreme♦▼            | Xtreme         | Ralph        | Friday Morning  |                              |                |              |
| 6:30 pm   | Soulriding♦               | Spin Studio    | Shira        | 8:15 am   | XZone Fitness♦▼              | XZone          | Shira        |
| Tuesday Morning                                 |                           |                |              | 8:15 am   | Spinning®♦                   | Spin Studio    | Alissa       |
| 8:15 am   | Spinning®♦                | Spin Studio    | Alissa       | 8:30 am   | Total Body Bosu♦             | Studio A       | Donna        |
| 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   | Extreme Tabata ♦             | Xtreme         | Shira        |
| 9:30 am   | Hot Yoga♦▼ (90 min.)      | Yoga Studio    | Penny        | 10:00 am  | AquaFit Silver               | Pool           | Sharon       |
| 10:00 am  | Power Fitness             | Fitness Center | Ralph        | 10:00 am  | Boxing for Parkinson's♦      | Studio A       | ProfessorFit |
| 10:15 am  | Zumba®                    | Studio A       | Isabel       | 10:00 am  | Zumba®                       | Studio B       | Diane        |
| 11:00 am  | SilverSneakers® Circuit   | Studio B       | Diane        | 10:30 am  | Track Circuit                | Fitness Cntr   | Shira        |
| Tuesday Afternoon/Evening                       |                           |                |              | 11:00 am  | SilverSneakers® Classic      | Studio B       | Diane        |
| Noon  | Yoga Stretch              | Studio B       | Diane        | Friday Afternoon/Evening  |                              |                |              |
| 1:00 pm   | Chair Yoga                | Studio A       | Karen G.     | Noon  | SilverSneakers® Cardio Fit   | Studio B       | Diane        |
| 5:30 pm   | ABS                       | Xtreme         | ProfessorFit | 1:15 pm   | TRX®♦Silver (Beginners)      | Xtreme         | ProfessorFit |
| 6:00 pm   | Butt, Hips & Thighs       | Xtreme         | ProfessorFit | 1:30 pm   | Ageless Grace Aroma®         | Studio A       | Lana         |
| 6:30 pm   | XZoneExtreme♦▼            | Xtreme         | Ralph        | Saturday Morning  |                              |                |              |
| 6:30 pm   | Zumba®                    | Studio B       | Miryam       | 8:15 am   | XZone Fitness♦▼(45 min.)     | XZone          | Shira        |
| 6:30 pm   | Aroma Yoga♦               | Yoga Studio    | Annette      | 8:30 am   | Spinning® FLEX♦              | Spin Studio    | Ysaac        |
| Wednesday Morning                               |                           |                |              | 9:00 am   | XZone Fitness♦▼(45 min.)     | XZone          | Shira        |
| 8:00 am   | AquaFit Silver            | Pool           | Sharon       | 9:00 am   | Zumba®                       | Studio B       | Miryam       |
| 8:15 am   | Spinning®♦                | Spin Studio    | Alissa       | 9:30 am   | Hot Yoga♦▼ (90 min.)         | Yoga Studio    | Penny        |
| 8:15 am   | Circuit Training          | Track          | Julia        | 9:45 am   | ABS and Stretch              | XZone          | Shira        |
| 9:00 am   | Zumba®                    | Studio B       | Isabel       | 9:45 am   | TRX®♦                        | Xtreme         | Donna        |
| 9:00 am   | XZone Fitness♦▼           | XZone          | Ralph        | 10:00 am  | SilverSneakers®              | Studio B       | Carolyn      |
| 9:15 am   | Rep-n-Step                | Studio A       | Alissa       | Legend  |                              |                |              |
| 9:30 am   | TRX®/Kettlebell♦          | Xtreme         | Julia        | ♦-Requires reservation  |                              | ▼-Requires fee |              |
| 10:00 am  | SilverSneakers® Classic   | Studio B       | Isabel       | Hot Yoga Fees (non-transferable)  |                              |                |              |
| 10:15 am  | XZone Fitness Silver♦     | XZone          | Sharon       | 1 Class - Member \$14.50 / Community \$16.50                              |                              |                |              |
| 11:00 am  | SilverSneakers® Classic   | Studio B       | Isabel       | 10 Classes - Member \$125 / Community \$145                               |                              |                |              |
| 11:00 am  | SilverSneakers® Classic   | Studio B       | Isabel       | 20 Classes - Member \$230 / Community \$270                               |                              |                |              |
| 11:00 am  | Ageless Grace Aroma®      | Studio A       | Lana         | XZone Fitness Fees  |                              |                |              |
| Express classes: 30 minute workouts             |                           |                |              | 1 Class - Member \$12 / Community \$16                                    |                              |                |              |
| For more information call 954.434.0499, ext.100 |                           |                |              | Unlimited Classes - Member \$40/month (in addition to monthly membership) |                              |                |              |
|   |                           |                |              | XZoneExtreme with Ralph   |                              |                |              |



# David Posnack JCC

## Group Fitness Schedule Class Descriptions

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| <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)<br>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)<br>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>TRXTREME:</b> A circuit style class incorporating the use of the TRX Suspension Trainer and various other equipment. This total body workout will help build your core, strength, balance, agility and power (Maximum Participants - 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,   |

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