



David Posnack JCC

Group Fitness Schedule - As of October 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	XZoneExtreme♦▼	Xtreme	Ralph
9:00 am	TRX®Circuit♦	Xtreme	Rotating	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®♦	Spin Studio	Tracy
11:00 am	ABS/Stretch	XZone	Shira	9:00 am	Circuit FLEX CLASS♦	Xtreme	ProfessorFit
Monday Morning				9:00 am	XZone Fitness♦▼	XZone	Ralph
8:15 am	Spinning® FLEX (90 min.)♦	Spin Studio	ProfessorFit	9:15 am	Body Pump	Studio B	Isabel
8:30 am	Circuit Training	Track	Tracy	9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
9:00 am	XZoneExtreme♦▼	Xtreme	Ralph	10:00 am	Adult Guide to Boxing♦	Studio A	ProfessorFit
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	AquaFit Silver	Pool	Sharon	11:00 am	Belly Hoops	Studio A	Shayna
10:00 am	SilverSneakers® Classic	Studio B	Karen	11:30 am	Yoga Stretch	Studio B	Isabel
10:05 am	TRX® (Interval)♦	Xtreme	ProfessorFit	Thursday Afternoon/Evening			
11:00 am	SilverSneakers® Classic	Studio B	Carolyn	3:45 pm	KidsFit	TBD	Shira
11:00 am	Tai Chi	Studio A	James	5:00 pm	Weights (Gib U)♦▼	Fitness Cntr	Shira
Monday Afternoon/Evening				6:00 pm	Power ABS	Track	Shira
Noon	Ageless Grace Aroma®	Studio A	Rotating	6:30 pm	XZone Fitness♦▼	XZone	Ralph
Noon	SilverSneakers® Circuit	Studio B	Carolyn	6:30 pm	Total Body Sculpt♦	Track	Shira
12:30 pm	Meditation by VITAS® Healthcare	Studio A	Rotating Inst.	6:30 pm	Zumba®	Studio B	Miryam
6:00 pm	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny	6:30 pm	Aroma Yoga♦	Yoga Studio	Annette
6:00 pm	XZoneExtreme♦▼	Xtreme	Ralph	7:00 pm	Soulriding♦	Spin Studio	Shira
6:30 pm	Soulriding♦	Spin Studio	Shira	Friday Morning			
Tuesday Morning				8:15 am	XZone Fitness♦▼	XZone	Shira
8:15 am	Spinning®♦	Spin Studio	Alissa	8:15 am	Spinning® FLEX (90 min.)♦	Spin Studio	ProfessorFit
9:00 am	XZone Fitness♦▼	XZone	Ralph	8:30 am	Total Body Bosu♦	Studio A	Tracy
9:15 am	TRX®♦	Xtreme	ProfessorFit	9:00 am	XZone Fitness♦▼	XZone	Ralph
9:15 am	Circuit Blast	Studio B	Isabel	9:00 am	Low Impact Fusion	Studio B	Sharon
9:15 am	Ageless Grace®	Studio A	Sharon	9:30 am	Yoga♦	Yoga Studio	Annette
9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny	9:45 am	Tabata Circuit♦	Xtreme	Tracy
10:00 am	Power Fitness	Fitness Center	Ralph	10:00 am	AquaFit Silver	Pool	Sharon
10:15 am	Zumba®	Studio A	Isabel	10:00 am	Power Fitness	Fitness Cntr	Shira
11:00 am	SilverSneakers® Circuit	Studio B	Diane	10:00 am	Zumba®	Studio B	Diane
Tuesday Afternoon/Evening				10:30 am	Track Circuit	Fitness Cntr	Shira
Noon	Yoga Stretch	Studio B	Diane	11:00 am	SilverSneakers® Classic	Studio B	Diane
1:00 pm	Chair Yoga	Studio A	Karen	Friday Afternoon/Evening			
5:00 pm	Power ABS	Xtreme	ProfessorFit	Noon	SilverSneakers® Cardio Fit	Studio B	Diane
5:30 pm	Butt, Hip & Thigh/BI's and Tri's	Xtreme	ProfessorFit	1:15 pm	TRX®♦Silver (Beginners)	Xtreme	ProfessorFit
6:00 pm	Circuit FLEX CLASS♦	Xtreme	ProfessorFit	1:30 pm	Ageless Grace Aroma®	Studio A	Lana
6:30 pm	XZoneExtreme♦▼	Xtreme	Ralph	5:00 pm	Weights (Gib U)♦▼	Fitness Cntr	Shira
6:30 pm	Zumba®	Studio B	Miryam	Saturday Morning			
6:30 pm	Aroma Yoga♦	Yoga Studio	Annette	8:15 am	XZone Fitness♦▼(45 min.)	XZone	Shira
Wednesday Morning				8:30 am	SpinCore♦	Spin Studio	Tracy
8:00 am	AquaFit Silver	Pool	Sharon	9:00 am	XZone Fitness♦▼(45 min.)	XZone	Shira
8:15 am	Spinning®♦	Spin Studio	Alissa	9:00 am	Zumba®	Studio B	Miryam
8:30 am	Circuit Training	Track	Tracy	9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
9:00 am	Zumba®	Studio B	Isabel	9:45 am	ABS and Stretch	XZone	Shira
9:00 am	XZone Fitness♦▼	XZone	Ralph	9:45 am	TRX®♦	Xtreme	Tracy
9:15 am	TRX®/Kettlebell♦	Xtreme	Julia	10:00 am	SilverSneakers®	Studio B	Carolyn
9:15 am	Rep-n-Step	Studio A	Alissa	Legend			
10:00 am	SilverSneakers® Classic	Studio B	Isabel	♦-Requires reservation		▼-Requires fee	
10:15 am	Boxing for Parkinson's♦	Studio A	ProfessorFit	Hot Yoga Fees (non-transferable)			
10:15 am	XZone Fitness Silver♦	XZone	Sharon	1 Class - Member \$14 / Community \$16			
11:00 am	SilverSneakers® Classic	Studio B	Isabel	10 Classes - Member \$120 / Community \$140			
11:00 am	Ageless Grace Aroma®	Studio A	Lana	20 Classes - Member \$220 / Community \$260			
Express classes: 30 minute workouts				XZone Fitness Fees			
For more information call 954.434.0499, ext.100				1 Class - Member \$12 / Community \$16			
				Unlimited Classes - Member \$40/month (in addition to monthly membership)			
				XZoneExtreme with Ralph			



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Group Fitness Schedule Class Descriptions

ADULT GUIDE TO BOXING: Push-ups, abs, jump rope, hitting the bag and sparring with the coach will make you feel energized.
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.
AQUAFIT SILVER: No swimming required; utilizes the resistance of water to develop strength, balance and coordination.
AROMA YOGA: Try a new, rejuvenating approach to your yoga practice using pure, essential oils to enhance your Asana (postures).
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.
CORE, STRENGTH & GLUTES: A combination of core, strength and glute training using body, weights and props for a fast and effective workout.
HIIT: Join us for a HIIT group exercise class! Jump from station to station for an intense calorie burning and strength
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.
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 - 20)
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 - 12)
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 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. 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.