

Group Fitness Classes

Beginning November 15, 2021

| Time | Sunday Class | Studio | Instructor | Time | Monday Class | Studio | Instructor |
|----------|-------------------------------|----------|------------|----------|------------------------|----------|------------|
| 8:00 AM | Spin | Studio B | Nicole | 8:00 AM | Spin | Studio B | Nicole |
| 9:15 AM | XZone HIIT | XZone | Jimmy | 9:00 AM | XZone HIIT | XZone | Ralph |
| 9:30 AM | XZone MIIT | Studio B | Nicole | 9:00 AM | Tabata | Studio B | Nicole |
| 9:30 AM | Metabolic Resistance Training | Track | Donna | 10:00 AM | XZone LIIT | Track | Donna |
| 10:30 AM | Yoga (Live & Zoom) | Studio A | Denise | 10:00 AM | Ageless Grace | Studio B | Sharon |
| 10:45 AM | Zumba | Studio B | Miryam | 1:00 PM | Boxing Exercises PD-SS | Studio B | Rob |

| Time | Tuesday Class | Studio | Instructor |
|----------|-------------------------|----------|--------------|
| 6:15 AM | XZone Core 90 | XZone | Jimmy |
| 8:00 AM | Spin | Studio B | Alissa |
| 9:00 AM | XZone HIIT | XZone | Ralph |
| 9:00 AM | XZone MIIT | Track | Nicole |
| 9:15 AM | Aroma Yoga | Yoga | Ava |
| 10:00 AM | Fitness class | Studio B | Isabel |
| 10:15 AM | XZone Silver | XZone | Professorfit |
| 10:30 AM | Power Fitness | Fitness | Ralph |
| 10:45 AM | Butt, Hips & Thighs | XZone | Professorfit |
| 11:00 AM | SS Yoga Stretch | Studio B | Isabel |
| 1:00 PM | Workout & Stretch PD-SS | Studio B | Isabel |
| 5:30 PM | The Core Essentials | Track | Donna |
| 6:00 PM | XZone HIIT | XZone | Ralph |
| 6:30 PM | Zumba | Studio B | Miryam |

| Time | Wednesday Class | Studio | Instructor |
|----------|--|----------|---------------|
| 5:45 PM | Cycle, Rhythm & Strength | Studio B | Maria |
| 6:45 PM | Aroma Yoga | Yoga | Ava |
| 7:00 PM | Stretch | XZone | Maria |
| 8:00 AM | HIIT the track | Track | Donna |
| 8:00 AM | Spin | Studio B | Nicole |
| 9:00 AM | Kickboxing/ Intervals | Studio A | Isabel |
| 9:00 AM | XZone HIIT | XZone | Ralph |
| 9:00 AM | XZone LIIT | Track | Donna |
| 9:15 AM | Warm Vinyasa Flow Yoga | Yoga | Stacey |
| 10:00 AM | SS Classic | Studio B | Isabel |
| 10:30 AM | Yoga (online registration) ID# 954 849 0281 | | Ysaac Annette |
| 1:00 PM | Weights & Balance PD-SS | Studio B | Professorfit |
| 6:00 PM | XZone HIIT | XZone | Ralph |
| 6:15 PM | BodyBlast | Studio B | Julia |
| 6:30 PM | Zumba | Studio A | Miryam |

| Time | Thursday Class | Studio | Instructor |
|----------|--|----------|---------------|
| 6:15 AM | XZone Core 90 | XZone | Jimmy |
| 7:45 AM | XZone MIIT | Track | Nicole |
| 8:00 AM | Spin | Studio B | Professorfit |
| 8:30 AM | Weights & Movement | Studio B | Professorfit |
| 9:00 AM | Butt, Hips & Thighs | Studio B | Professorfit |
| 9:00 AM | XZone HIIT | XZone | Ralph |
| 9:00 AM | The Core Essentials | Track | Donna |
| 9:15 AM | Warm Vinyasa Flow Yoga | Yoga | Stacey |
| 9:30 AM | TRX® Circuit Stretch | Feinberg | Professorfit |
| 10:30 AM | Power Fitness | Fitness | Ralph |
| 10:30 AM | Yoga (online registration) ID# 954 849 0281 | Zoom | Ysaac Annette |
| 10:00 AM | Fitness class | Studio B | Isabel |
| 11:00 AM | Rhythm & movement PD,SS | Studio B | Professorfit |
| 1:00 PM | Chair Yoga PD-SS | Studio B | Karen |
| 5:45 PM | Spin Tabata | Studio B | Nicole |
| 6:00 PM | XZone HIIT | XZone | Ralph |
| 6:45 PM | Aroma Yoga | Yoga | Ava |

| Time | Friday Class | Studio | Instructor |
|----------|--|----------|--------------|
| 7:45 AM | Bosu Boot Camp | Track | Donna |
| 8:00 AM | Spin | Studio B | Alissa |
| 8:00 AM | Aquasize | Pool | Kevin |
| 9:00 AM | XZone HIIT | XZone | Ralph |
| 9:00 AM | SS Circuit | Studio B | Diane B. |
| 9:00 AM | Step & Rep | Studio A | Alissa |
| 9:00 AM | XZone LIIT | Track | Donna |
| 9:15 AM | Aroma Yoga | Yoga | Lital |
| 9:30 AM | TRX® Suspension Training | Feinberg | Professorfit |
| 10:00 AM | SS Classic | Studio B | Diane B. |
| 10:30 AM | Yoga (online registration) ID# 954 849 0281 | Zoom | Annette |
| 10:30 AM | Circuit Resistance Training | Track | Nicole |
| 11:00 AM | Zumba | Studio B | Diane B. |
| 1:00 PM | Ageless Grace PD-SS | Studio B | Sharon |

| Time | Saturday Class | Studio | Instructor |
|----------|-----------------------|----------|------------|
| 8:15 AM | Spin | Studio B | Alissa |
| 8:15 AM | TRX® Circuit Training | Feinberg | Donna |
| 9:00 AM | Zumba | Studio A | Miryam |
| 9:15 AM | XZone HIIT | XZone | Jimmy |
| 9:30 AM | Fitness class | Track | Isabel |
| 10:00 AM | SS Circuit | Studio B | Carolyn |

*Zoom Yoga is a members-only class. Registration at dpjcc.org required
The password will be printed on the registration receipt. PD-SS=Parkinson's & SilverSneakers classes, available in-person and online.
For link: dpjcc.org/parkinsons



David Posnack
JCC

dpjcc.org / 954-434-0499

XZone LIIT **Low** Intensity Interval Training
XZone MIIT **Med.** Intensity Interval Training
XZone HIIT **High** Intensity Interval Training

FOR FITNESS CENTER, POOL AND RACQUETBALL COURT HOURS, SEE BACK OF SCHEDULE

FITNESS CENTER HOURS:

| DAILY SESSION SCHEDULE | | | |
|-------------------------------|------------------------|------------------------|------------------------|
| Mon-Thu | Fri | Sa | Su |
| 6:00 AM-10:00 PM | 6:00 AM-6:00 PM | 8:00 AM-5:00 PM | 7:00 AM-6:00 PM |

| Pool Hours | | Racquetball Court | |
|-------------------|----------------------|--------------------------|----------------------|
| Mo-Th | 7:00am-6:00pm | Mo-Th | 6:00-9:00pm |
| F | 7:00am-5:30pm | F | 3:00-6:00pm |
| Sa | 8:00am-4:30pm | Sa | 8:00am-5:00pm |
| Su | 9:00am-5:30pm | Su | 9:00am-5:30pm |



**David Posnack
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On the Nina & Louis Silverman Campus
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