



# David Posnack JCC

## Group Fitness Schedule - As of April 18, 2019

Sunday Morning				Wednesday Afternoon/Evening			
8:00 am	Spinning® ♦	Spin Studio	Nicole	Noon	SilverSneakers® Circuit	Studio B	Isabel
9:00 am	XZone Fitness ♦ ▼	XZone	Lauren	1:15 pm	Lunchtime Spin® ♦	Spin Studio	ProfessorFit
9:00 am	Rep & Step	Studio B	Alissa	6:10 pm	XZoneExtreme ♦ ▼	XZone	Ralph
9:00 am	TRXtreme Circuit ♦	Feinberg	Donna	7:00 pm	Hot Yoga ♦ ▼ (90 min.)	Yoga Studio	Penny
10:00 am	XZone Fitness ♦ ▼	XZone	Lauren	7:15 pm	Core & Glutes	XZone	Ralph
10:00 am	Zumba®	Studio B	Miryam	<b>Thursday Morning</b>			
10:15 am	Yoga ♦	Yoga Room	Denise	8:15 am	HIIT the Track	Track	Donna
10:15 am	Spinning® ♦	Spin Studio	Alissa	8:15 am	Spinning® FLEX ♦	Spin Studio	ProfessorFit
Monday Morning				Thursday Afternoon/Evening			
8:15 am	Spinning® FLEX ♦	Spin Studio	ProfessorFit	9:00 am	XZone Fitness ♦ ▼	XZone	Ralph
8:15 am	Circuit Training	Track	Donna	9:30 am	Body Pump	Studio B	Isabel
9:00 am	XZoneExtreme ♦ ▼	XZone	Ralph	9:30 am	Hot Yoga ♦ ▼ (90 min.)	Yoga Studio	Penny
9:00 am	AquaFit Silver ♦	Pool	Kevin	10:15 am	Power Express	Fitness Center	Ralph
9:00 am	Low Impact Fusion	Studio B	Anita	10:30 am	SilverSneakers® Circuit	Studio B	Isabel
9:30 am	Power Fitness	Studio A	Donna	11:00 am	Belly Hoops	Studio A	Shayna
10:00 am	SilverSneakers® Classic	Studio B	Karen	11:30 am	Yoga Stretch	Studio B	Isabel
10:00 am	TRX® (Upper body) ♦	Feinberg	ProfessorFit	<b>Thursday Morning</b>			
10:30 am	Butt, Hips & Thighs (15-30 min.)	Feinberg	ProfessorFit	1:15 pm	Lunchtime Fitness	XZone	ProfessorFit
11:00 am	SilverSneakers® Classic	Studio B	Carolyn	5:30 pm	HIIT the Track	Track	Donna
11:00 am	Tai Chi ♦	Studio A	James	6:00 pm	Soulriding ♦	Spin Studio	Lauren
Monday Afternoon/Evening				Friday Morning			
Noon	Ageless Grace® ♦	Studio A	Rotating	8:15 am	Spinning® ♦	Spin Studio	Alissa
Noon	SilverSneakers® Circuit	Studio B	Carolyn	8:30 am	Bosu Boot Camp ♦	Studio A	Donna
1:15 pm	Lunchtime Spin® ♦	Spin Studio	ProfessorFit	9:00 am	XZone Fitness ♦ ▼	XZone	Ralph
6:10 pm	XZone Fitness ♦ ▼	XZone	Ralph	9:00 am	AquaFit Silver ♦	Pool	Kevin
Tuesday Morning				Friday Afternoon/Evening			
8:15 am	Spinning® ♦	Spin Studio	Alissa	Noon	SilverSneakers® Cardio Fit	Studio B	Diane
9:00 am	HOTZoneExtreme ♦ ▼	XZone	Ralph	1:15 pm	TRX® ♦ Silver (Beginners)	Feinberg	ProfessorFit
9:00 am	Ageless Grace® ♦	Studio A	Susan	1:30 pm	Ageless Grace® ♦	Studio A	Lana
9:15 am	TRX® ♦	Feinberg	ProfessorFit	<b>Saturday Morning</b>			
9:30 am	Circuit Blast	Studio B	Isabel	8:15 am	XZone Fitness ♦ ▼ (45 min.)	XZone	Nicole
9:30 am	Hot Yoga ♦ ▼ (90 min.)	Yoga Studio	Penny	8:15 am	Spinning® ♦	Spin Studio	Rotating
10:00 am	Power Fitness	Fitness Center	Ralph	9:00 am	XZone Fitness ♦ ▼ (45 min.)	XZone	Nicole
10:30 am	Zumba®	Studio A	Isabel	9:00 am	Zumba®	Studio B	Miryam
11:00 am	SilverSneakers® Circuit	Studio B	Diane	9:30 am	Hot Yoga ♦ ▼ (90 min.)	Yoga Studio	Penny
Tuesday Afternoon/Evening				Legend			
Noon	Yoga Stretch	Studio B	Diane	♦ - Requires reservation		▼ - Requires fee	
1:00 pm	Chair Yoga ♦	Studio A	Karen G.	<b>Hot Yoga Fees (non-transferable)</b>			
1:15 pm	Lunchtime Fitness	XZone	ProfessorFit	1 Class - Member \$14.50 / Community \$16.50			
5:30 pm	ABS and Legs, Bums and Tums	Studio B	Donna	10 Classes - Member \$125 / Community \$145			
6:00 pm	Soulriding ♦	Spin Studio	Lauren	20 Classes - Member \$230 / Community \$270			
6:30 pm	Zumba®	Studio B	Miryam	<b>XZone Fitness Fees</b>			
6:30 pm	Aroma Yoga ♦	Yoga Studio	Annette	1 Class - Member \$12 / Community \$16			
6:40 pm	HOTZoneExtreme ♦ ▼	XZone	Ralph	Unlimited Classes - Member \$40/month (in addition to monthly membership)			
Wednesday Morning				<b>XZoneExtreme with Ralph</b>			
8:15 am	Spinning® ♦	Spin Studio	Alissa				
8:15 am	Circuit Training	Track	Donna				
9:00 am	Zumba®	Studio B	Isabel				
9:00 am	XZone Fitness ♦ ▼	XZone	Ralph				
9:00 am	AquaFit Silver ♦	Pool	Kevin				
9:15 am	Rep-n-Step	Studio A	Alissa				
9:30 am	TRX®/Kettlebell ♦	Feinberg	Donna				
10:00 am	SilverSneakers® Classic	Studio B	Isabel				
10:15 am	Circuit Silver in the XZone ♦	XZone	Professorfit				
11:00 am	SilverSneakers® Classic	Studio B	Isabel				
11:00 am	Ageless Grace® ♦	Studio A	Lana				

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



# 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.

**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.

**BOSU BOOT CAMP:** 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)**

**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.

**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.

**SILVERSNREAKERS® CARDIOFIT:** Low impact movements, upper body strength, abs conditioning, stretching and relaxation designed to energize your active lifestyle.

**SILVERSNREAKERS® 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)**

**SILVERSNREAKERS® 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 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)**

**TRXTREME:** 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)**.

**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.

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-7:00 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

## 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.