



# David Posnack JCC

## Group Fitness Schedule - As of August 6, 2019

Sunday Morning				Wednesday Afternoon/Evening			
8:00 am	Spinning®♦	Spin Studio	Colleen	Noon	SilverSneakers® Circuit	Studio B	Isabel
8:30 am	TRX®♦	Xtreme	Donna	1:15 pm	Lunchtime Spin®♦	Spin Studio	ProfessorFit
9:00 am	XZone Fitness♦▼	XZone	Colleen	6:10 pm	XZoneExtreme♦▼	XZone	Ralph
9:00 am	Rep & Step	Studio B	Alissa	6:30 pm	Thai Chi	Studio A	Vicki
9:30 am	TRX®♦	Xtreme	Donna	7:00 pm	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
10:00 am	XZone Fitness♦▼	XZone	Colleen	7:15 pm	Power Fitness	Fitness Center	Ralph
10:00 am	Zumba®	Studio B	Miryam	Thursday Morning			
10:15 am	Yoga♦	Yoga Room	Denise	8:15 am	HIIT the Track	Track	Nicole
10:15 am	Spinning®♦	Spin Studio	Alissa	8:15 am	Spinning® FLEX♦	Spin Studio	ProfessorFit
Monday Morning				9:00 am	XZone Fitness♦▼	XZone	Ralph
8:00 am	AquaFit Silver♦	Pool	Kevin	9:30 am	Body Pump	Studio B	Isabel
8:10 am	Circuit Training	Track	Donna	9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
8:15 am	Spinning® FLEX♦	Spin Studio	ProfessorFit	10:15 am	Power Express	Fitness Center	Ralph
9:00 am	XZoneExtreme♦▼	XZone	Ralph	10:30 am	SilverSneakers® Circuit	Studio B	Isabel
9:00 am	Low Impact Fusion	Studio B	Anita	11:00 am	Belly Hoops	Studio A	Shayna
9:15 am	Power Fitness	Studio A	Donna	11:30 am	Yoga Stretch	Studio B	Isabel
10:00 am	SilverSneakers® Classic	Studio B	Karen	Thursday Afternoon/Evening			
10:15 am	Boxing for Parkinson's♦	Studio A	Colleen/Ysaac	1:15 pm	Lunchtime Fitness (starts 8-29)	XZone	ProfessorFit
11:00 am	SilverSneakers® Classic	Studio B	Carolyn	3:45 pm	KidsFit (Aftercare)	XZone	Colleen/Ysaac
11:15 am	Tai Chi♦	Studio A	James	5:30 pm	HIIT on the Track	Track	Colleen
Monday Afternoon/Evening				6:30 pm	Soulriding♦	Spin Studio	Colleen
Noon	SilverSneakers® Circuit	Studio B	Carolyn	6:30 pm	Zumba®	Studio B	Miryam
12:15 pm	Ageless Grace®♦	Studio A	Rotating	6:30 pm	Aroma Yoga♦	Yoga Studio	Annette
1:15 pm	Lunchtime Spin®♦(starts 8-26)	Spin Studio	ProfessorFit	6:40 pm	XZone Fitness♦▼	XZone	Ralph
4:30 pm	Xpress Zone (Aftercare)	XZone	Colleen	Friday Morning			
5:30 pm	Soulriding♦	Spin Studio	Colleen	8:00 am	AquaFit Silver♦	Pool	Kevin
6:10 pm	XZone Fitness♦▼	XZone	Ralph	8:15 am	Spinning®♦	Spin Studio	Alissa
6:30 pm	Mat Pilates	Studio B	Colleen	8:30 am	Chizzled Like a Rock♦	Studio A	Colleen
Tuesday Morning				9:00 am	XZone Fitness♦▼	XZone	Ralph
8:15 am	Body Evolution	Track	Nicole	9:00 am	Low Impact Fusion	Studio B	Anita
8:15 am	Spinning®♦	Spin Studio	Alissa	9:30 am	Yoga♦	Yoga Studio	Annette
9:00 am	HOTZoneExtreme♦▼	XZone	Ralph	9:45 am	Extreme Tabata♦	Feinberg	Nicole
9:00 am	Ageless Grace®♦	Studio A	Susan	10:00 am	Boxing for Parkinson's♦	Studio A	Colleen/Ysaac
9:15 am	TRX®♦	Feinberg	ProfessorFit	10:00 am	Zumba®	Studio B	Diane
9:30 am	Circuit Blast	Studio B	Isabel	11:00 am	SilverSneakers® Classic	Studio B	Diane
9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny	11:00 am	Movement & Dance for PD	Studio A	Anita
10:00 am	Power Fitness	Fitness Center	Ralph	Friday Afternoon/Evening			
10:30 am	Zumba®	Studio A	Isabel	Noon	SilverSneakers® Cardio Fit	Studio B	Diane
11:00 am	SilverSneakers® Circuit	Studio B	Diane	1:15 pm	TRX®♦Silver (Beginners)	Feinberg	ProfessorFit
Tuesday Afternoon/Evening				1:30 pm	Ageless Grace®♦	Studio A	Lana
Noon	Yoga Stretch	Studio A	Diane	4:00 pm	Gib U Imaginary Spin®	Spin Studio	Colleen/Ysaac
1:00 pm	Chair Yoga♦	Studio A	Karen G.	Saturday Morning			
1:15 pm	Lunchtime Fitness (starts 8-27)	XZone	ProfessorFit	8:15 am	XZone Fitness♦▼(45 min.)	XZone	Colleen
5:30 pm	ABS and Legs, Bums and Tums	Studio B	Donna	8:15 am	Spinning®♦	Spin Studio	Alissa
6:30 pm	Zumba®	Studio B	Miryam	9:00 am	XZone Fitness♦▼(45 min.)	XZone	Colleen
6:30 pm	Aroma Yoga♦	Yoga Studio	Annette	9:00 am	Zumba®	Studio B	Miryam
6:40 pm	XZoneExtreme♦▼	XZone	Ralph	9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
Wednesday Morning				9:30 am	9 Sets Total	Studio A	Donna
8:00 am	AquaFit Silver♦	Pool	Kevin	10:00 am	SilverSneakers®	Studio B	Carolyn
8:15 am	Spinning®♦	Spin Studio	Alissa	10:15 am	Spinning®♦	Spin Studio	Colleen
8:15 am	Circuit Training	Track	Donna	Legend			
9:00 am	Zumba®	Studio B	Isabel	♦-Requires reservation		▼-Requires fee	
9:00 am	XZone Fitness♦▼	XZone	Ralph	Hot Yoga Fees (non-transferable)			
9:15 am	Rep-n-Step	Studio A	Alissa	1 Class - Member \$14.50 / Community \$16.50			
9:30 am	Kettlebell, Metabolic Conditioning	Track	Donna	10 Classes -Member \$125 / Community \$145			
10:00 am	SilverSneakers® Classic	Studio B	Isabel	20 Classes - Member \$230 / Community \$270			
10:15 am	Circuit Silver in the XZone♦	XZone	Professorfit	XZone Fitness Fees			
11:00 am	SilverSneakers® Classic	Studio B	Isabel	1 Class - Member \$12 / Community \$16			
11:00 am	Ageless Grace®♦	Studio A	Lana	Unlimited Classes - Member \$40/month (in addition to monthly membership)			
Express classes: 30 minute workouts				<b>XZoneExtreme with Ralph</b>			
For more information call 954.434.0499, ext.100							



# Group Fitness Schedule Class Descriptions

- 9 SETS TOTAL:** "Tabata-inspired," this class will deliver great benefits in a short period of time. It is a very advanced form of interval training and should be used carefully and by those who are conditioned. Different exercises are selected and alternated for 9 rounds total. There are modifications for anyone who would rather take a less intense or lower impact approach.

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- 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.

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- AQUAFIT SILVER:** No swimming required; utilizes the resistance of water to develop strength, balance and coordination.

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- AROMA YOGA:** Try a new, rejuvenating approach to your yoga practice using pure, essential oils to enhance your Asana (postures).

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- BODY EVOLUTION:** The gradual development of an individual's body, especially from a simple to a more complex form. Combining cardio with weight bearing exercises will evolve your body, mind and health to its peak.

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- 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)**

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- CHAIR YOGA:** A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support.

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- CHIZZLED LIKE A ROCK:** Chisel your body by being as strong as a rock with this Bosu-enhanced workout.

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- CORE, STRENGTH & GLUTES:** A combination of core, strength and glute training using body, weights and props for a fast and effective workout.

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- HIIT:** Join us for a HIIT group exercise class! Jump from station to station for an intense calorie burning and strength

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- 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.

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- KETTLEBELL METABOLIC CONDITIONING:** Speed up your metabolism by conditioning your body using kettlebell-enhanced exercises. Combine weight-bearing exercises and agility to your fitness formula. Help reach your fitness goals.

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- LOW IMPACT FUSION:** Low impact exercises that are easy to follow, tone your body and your abs.

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- PARKINSON'S CLASSES:** For Parkinson's patients and their caregivers. Offering dance, yoga, Tai Chi, Ageless Grace and speakers.

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- 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)**

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- REP & STEP/STEP IT UP:** Includes step using weights and resistance tubing. Followed by core strengthening exercises.

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

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- 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)**

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- 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)**

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- 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.

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- SPINNING®:** A great cardio workout on an indoor bicycle in only one hour! **(Maximum Participants - 25)**  
Bike setup 15 minutes prior to class start.

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- 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.

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- 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)**

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- 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.

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- TOTAL BODY WORKOUT:** A HIIT-style class that burns fat and builds muscle with a full-body workout.

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- TRACK CIRCUIT:** Exercise on the track - total body conditioning utilizing different equipment and different stations, as well as cardio activity.

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- 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)**.

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- XZONE FITNESS:** A high intensity interval class that builds strength, increases endurance & energy, burns calories & fat. **(Max.- 18)**

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- YOGA - ALL Levels:** Let your instructor guide you to tone your muscles and increase flexibility and strength.

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- YOGA STRETCH:** Using a chair for support, members increase flexibility and endurance while learning to relax and think more clearly.

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- ZUMBA®:** Zumba® involves dancing and aerobic elements. Zumba's® choreography incorporates hip-hop, soca, samba, salsa, merenque.

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-7:00 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-2:30 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.