



David Posnack JCC

Group Fitness Schedule - As of June 10, 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	6:10pm	XZoneExtreme	XZone	Ralph
9:00 am	TRX®	Xtreme	Donna	7:00 pm	Hot Yoga (90 min.)	Yoga Studio	Penny
10:00 am	XZone Fitness	XZone	Lauren	7:15 pm	Core & Glutes	Track	Ralph
10:00 am	Zumba®	Studio B	Miryam	Thursday Morning			
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			
8:00 am	AquaFit Silver	Pool	Kevin	9:00 am	XZone Fitness	XZone	Ralph
8:10 am	Circuit Training	Track	Donna	9:30 am	Body Pump	Studio B	Isabel
8:15 am	Spinning® FLEX	Spin Studio	ProfessorFit	9:30 am	Hot Yoga (90 min.)	Yoga Studio	Penny
9:00 am	XZoneExtreme	XZone	Ralph	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
9:15 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
10:15 am	Boxing for Parkinson's (starts 7-1)	Studio A	ProfessorFit	Thursday Afternoon/Evening			
11:00 am	SilverSneakers® Classic	Studio B	Carolyn	1:15 pm	Lunchtime Fitness (starts 8-29)	XZone	ProfessorFit
11:15 am	Tai Chi	Studio A	James	5:30 pm	HIIT the Track	Track	Donna
Monday Afternoon/Evening				Friday Morning			
Noon	Ageless Grace®	Studio A	Rotating	8:00 am	AquaFit Silver	Pool	Kevin
Noon	SilverSneakers® Circuit	Studio B	Carolyn	8:15 am	Spinning®	Spin Studio	Alissa
1:15 pm	Lunchtime Spin® (starts 8-26)	Spin Studio	ProfessorFit	8:30 am	Bosu Boot Camp	Studio A	Donna
6:10 pm	XZone Fitness	XZone	Ralph	9:00 am	XZone Fitness	XZone	Ralph
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	Saturday Morning			
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				Saturday Afternoon/Evening			
Noon	Yoga Stretch	Studio A	Diane	Noon	SilverSneakers® Cardio Fit	Studio B	Diane
1:00 pm	Chair Yoga	Studio A	Karen G.	1:15 pm	TRX® Silver (Beginners)	Feinberg	ProfessorFit
1:15 pm	Lunchtime Fitness (starts 8-27)	XZone	ProfessorFit	1:30 pm	Ageless Grace®	Studio A	Lana
5:30 pm	ABS and Legs, Bums and Tums	Studio B	Donna	Legend			
6:00 pm	Soulriding	Spin Studio	Lauren	◆-Requires reservation	▼-Requires fee		
6:30 pm	Zumba®	Studio B	Miryam	Hot Yoga Fees (non-transferable)			
6:30 pm	Aroma Yoga	Yoga Studio	Annette	1 Class - Member \$14.50 / Community \$16.50			
6:40 pm	HOTZoneExtreme	XZone	Ralph	10 Classes - Member \$125 / Community \$145			
Wednesday Morning				XZone Fitness Fees			
8:00 am	AquaFit Silver	Pool	Kevin	1 Class - Member \$12 / Community \$16			
8:15 am	Spinning®	Spin Studio	Alissa	Unlimited Classes - Member \$40/month (in addition to monthly membership)			
8:15 am	Circuit Training	Track	Donna	XZoneExtreme with Ralph			
9:00 am	Zumba®	Studio B	Isabel				
9:00 am	XZone Fitness	XZone	Ralph				
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							



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Group Fitness Schedule Class Descriptions

9 ROUNDS 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.

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.

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 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, 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-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. 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.