



Group Fitness Schedule - As of May 1, 2018

Sunday Morning			
8:00 am	Soulriding♦	Spin Studio	Shira
9:00 am	XZone Fitness♦▼	XZone	Shira
9:00 am	Rep & Step	Studio B	Alissa
9:00 am	TRXtreme♦	Xtreme	Donna
10:00 am	XZone Fitness♦▼	XZone	Shira
10:00 am	Zumba®	Studio B	Miryam
10:15 am	Yoga♦	Yoga Room	Denise
10:15 am	Spinning®♦	Spin Studio	Alissa
11:00 am	ABS/Stretch	XZone	Shira

Monday Morning			
8:00 am	XZone Fitness♦▼	XZone	Arnit
8:00 am	AquaFit Silver ♦	Pool	Kevin
8:15 am	Spinning® FLEX (90 min.) ♦	Spin Studio	ProfessorFit
8:15 am	Circuit Training	Track	Donna
9:00 am	XZoneExtreme♦▼	Xtreme	Ralph
9:00 am	Low Impact Fusion	Studio B	Anita
9:45 am	Power Fitness	Studio A	Donna
10:00 am	SilverSneakers® Classic	Studio B	Karen
10:00 am	TRX® (Upper body)♦	Xtreme	ProfessorFit
10:30 am	Butt, Hips & Thighs	Xtreme	ProfessorFit
11:00 am	SilverSneakers® Classic	Studio B	Carolyn
11:00 am	Tai Chi♦	Studio A	James

Monday Afternoon/Evening			
Noon	Ageless Grace®♦	Studio A	Rotating
Noon	SilverSneakers® Circuit	Studio B	Carolyn
1:15 pm	Lunchtime Spin®♦(30 min.)	Spin Studio	ProfessorFit
6:00 pm	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
6:00 pm	XZone Fitness♦▼	Xtreme	Ralph
6:30 pm	Soulriding♦	Spin Studio	Shira

Tuesday Morning			
8:15 am	Spinning®♦	Spin Studio	Alissa
9:00 am	HOTZoneExtreme♦▼	XZone	Ralph
9:00 am	Ageless Grace®♦	Studio A	Susan
9:15 am	TRX®♦	Xtreme	ProfessorFit
9:15 am	Circuit Blast	Studio B	Isabel
9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
10:00 am	Power Fitness	Fitness Center	Ralph
10:15 am	Zumba®	Studio A	Isabel
11:00 am	SilverSneakers® Circuit	Studio B	Diane

Tuesday Afternoon/Evening			
Noon	Yoga Stretch	Studio B	Diane
1:00 pm	Chair Yoga♦	Studio A	Karen G.
5:30 pm	ABS and Legs, Bums and Tums	Studio A	Donna
6:30 pm	HOTZoneExtreme♦▼	Xtreme	Ralph
6:30 pm	Zumba®	Studio B	Miryam
6:30 pm	Aroma Yoga♦	Yoga Studio	Annette

Wednesday Morning			
8:15 am	Spinning®♦	Spin Studio	Alissa
8:15 am	Circuit Training	Track	Julia
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♦	Xtreme	Julia
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

Wednesday Afternoon/Evening			
Noon	SilverSneakers® Circuit	Studio B	Isabel
1:15 pm	Lunchtime Spin®♦(30 min.)	Spin Studio	ProfessorFit
6:00 pm	XZoneExtreme♦▼	Xtreme	Ralph
6:00 pm	Body Pump	Studio B	Julia
7:00 pm	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
7:15 pm	Core & Glutes	XZone	Ralph

Thursday Morning			
8:00 am	Track circuit	Track	Arnit
8:15 am	Spinning® FLEX (75 min.)♦	Spin Studio	ProfessorFit
9:00 am	XZone Fitness♦▼	XZone	Ralph
9:15 am	Body Pump	Studio B	Isabel
9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
9:45 am	Adult Guide to Boxing♦	Studio A	ProfessorFit
10:15 am	Power Express	Fitness Center	Ralph
10:30 am	SilverSneakers® Circuit	Studio B	Isabel
11:00 am	Belly Hoops	Studio A	Shayna
11:30 am	Yoga Stretch	Studio B	Isabel

Thursday Afternoon/Evening			
4:00 pm	Family Spinning® FLEX♦	Spin Studio	ProfessorFit
6:00 pm	Power ABS	Track	Shira
6:30 pm	XZone Fitness♦▼	XZone	Ralph
6:30 pm	Total Body Sculpt♦	Track	Shira
6:30 pm	Zumba®	Studio B	Miryam
6:30 pm	Aroma Yoga♦	Yoga Studio	Annette
7:00 pm	Soulriding♦	Spin Studio	Shira

Friday Morning			
8:00 am	XZone Fitness♦▼	XZone	Arnit
8:00 am	AquaFit Silver♦	Pool	Kevin
8:15 am	Spinning®♦	Spin Studio	Alissa
8:30 am	Total Body Bosu♦	Studio A	Donna
9:00 am	XZone Fitness♦▼	XZone	Ralph
9:00 am	Low Impact Fusion	Studio B	Anita
9:30 am	Yoga♦	Yoga Studio	Annette
9:45 am	Extreme Tabata ♦	Xtreme	Shira
10:00 am	Boxing for Parkinson's♦	Studio A	ProfessorFit
10:00 am	Zumba®	Studio B	Diane
10:30 am	Track Circuit	Fitness Cntr	Shira
11:00 am	SilverSneakers® Classic	Studio B	Diane

Friday Afternoon/Evening			
Noon	SilverSneakers® Cardio Fit	Studio B	Diane
1:15 pm	TRX®♦Silver (Beginners)	Xtreme	ProfessorFit
1:30 pm	Ageless Grace®♦	Studio A	Lana

Saturday Morning			
8:15 am	XZone Fitness♦▼(45 min.)	XZone	Shira
8:30 am	Spinning®♦	Spin Studio	Professorfit
9:00 am	XZone Fitness♦▼(45 min.)	XZone	Shira
9:00 am	Zumba®	Studio B	Miryam
9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
9:45 am	ABS and Stretch	XZone	Shira
9:45 am	TRX®♦	Xtreme	Donna
10:00 am	SilverSneakers®	Studio B	Carolyn

Legend	
♦-Requires reservation	▼-Requires fee
Hot Yoga Fees (non-transferable)	
1 Class - Member \$14.50 / Community \$16.50	
10 Classes -Member \$125 / Community \$145	
20 Classes - Member \$230 / Community \$270	
XZone Fitness Fees	
1 Class - Member \$12 / Community \$16	
Unlimited Classes - Member \$40/month (in addition to monthly membership)	
XZoneExtreme with Ralph	



# David Posnack JCC

## Group Fitness Schedule Class Descriptions

<b>ADULT GUIDE TO BOXING:</b> Push-ups, abs, jump rope, hitting the bag and sparring with the coach will make you feel energized.
<b>AGELESS GRACE®:</b> 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.
<b>AQUAFIT SILVER:</b> No swimming required; utilizes the resistance of water to develop strength, balance and coordination.
<b>AROMA YOGA:</b> Try a new, rejuvenating approach to your yoga practice using pure, essential oils to enhance your Asana (postures).
<b>BODY PUMP:</b> Work the entire body using weights, body bars and resistance tubing.
<b>CHAIR YOGA:</b> A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support.
<b>CORE, STRENGTH &amp; GLUTES:</b> A combination of core, strength and glute training using body, weights and props for a fast and effective workout.
<b>HIIT:</b> Join us for a HIIT group exercise class! Jump from station to station for an intense calorie burning and strength
<b>HOT YOGA:</b> 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.
<b>LOW IMPACT FUSION:</b> Low impact exercises that are easy to follow, tone your body and your abs.
<b>PARKINSON'S CLASSES:</b> For Parkinson's patients and their caregivers. Offering dance, yoga, Tai Chi, Ageless Grace and speakers.
<b>POWER FITNESS:</b> 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)
<b>REP &amp; STEP/STEP IT UP:</b> Includes step using weights and resistance tubing. Followed by core strengthening exercises.
<b>SILVERSNEAKERS® CARDIOFIT:</b> Low impact movements, upper body strength, abs conditioning, stretching and relaxation designed to energize your active lifestyle.
<b>SILVERSNEAKERS® CIRCUIT:</b> This class is geared toward non-impact cardiovascular endurance conditioning with advanced levels to increase agility, balance, coordination, speed and power. (Maximum Participants - 30)
<b>SILVERSNEAKERS® CLASSIC:</b> 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)
<b>SPINCORE:</b> 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.
<b>SPINNING®:</b> A great cardio workout on an indoor bicycle in only one hour! (Maximum Participants - 25) Bike setup 15 minutes prior to class start.
<b>SPINNING® FLEX CLASS:</b> 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.
<b>TABATA CIRCUIT:</b> 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)
<b>TAI CHI:</b> 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.
<b>TOTAL BODY BOSU:</b> 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)
<b>TOTAL BODY WORKOUT:</b> A HIIT-style class that burns fat and builds muscle with a full-body workout.
<b>TRACK CIRCUIT:</b> Exercise on the track - total body conditioning utilizing different equipment and different stations, as well as cardio activity.
<b>TRX®/KETTLEBELL:</b> 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)
<b>TRXTREME:</b> 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).
<b>XZONE FITNESS:</b> A high intensity interval class that builds strength, increases endurance & energy, burns calories & fat. (Max.- 18)
<b>YOGA - ALL Levels:</b> Let your instructor guide you to tone your muscles and increase flexibility and strength.
<b>YOGA STRETCH:</b> Using a chair for support, members increase flexibility and endurance while learning to relax and think more clearly.
<b>ZUMBA®:</b> 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](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.