



# David Posnack JCC

## Group Fitness Schedule - As of November 15, 2018

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	6:00 pm	XZoneExtreme ♦ ▼	Xtreme	Ralph
9:00 am	TRXtreme Circuit ♦	Xtreme	Donna	6:30pm	Mat Pilates ♦	Studio A	Steven
10:00 am	XZone Fitness ♦ ▼	XZone	Lauren	7:00 pm	Hot Yoga ♦ ▼ (90 min.)	Yoga Studio	Penny
10:00 am	Zumba®	Studio B	Miryam	7:15 pm	Core & Glutes	XZone	Ralph
10:15 am	Yoga ♦	Yoga Room	Denise	Thursday Morning			
10:15 am	Spinning® ♦	Spin Studio	Alissa	8:15 am	HIIT the Track	Track	Donna
Monday Morning				8:15 am	Spinning® FLEX ♦	Spin Studio	ProfessorFit
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 ♦ ▼	Xtreme	Ralph	9:30 am	Hot Yoga ♦ ▼ (90 min.)	Yoga Studio	Penny
9:00 am	AquaFit Silver ♦	Pool	Kevin	9:45 am	Adult Guide to Boxing ♦	Studio A	ProfessorFit
9:00 am	Low Impact Fusion	Studio B	Anita	10:15 am	Power Express	Fitness Center	Ralph
9:30 am	Power Fitness	Studio A	Donna	10:30 am	SilverSneakers® Circuit	Studio B	Isabel
10:00 am	SilverSneakers® Classic	Studio B	Karen	11:00 am	Belly Hoops	Studio A	Shayna
10:00 am	TRX® (Upper body) ♦	Xtreme	ProfessorFit	11:30 am	Yoga Stretch	Studio B	Isabel
10:30 am	Butt, Hips & Thighs (15-30 min.)	Xtreme	ProfessorFit	Thursday Afternoon/Evening			
11:00 am	SilverSneakers® Classic	Studio B	Carolyn	1:15 pm	Lunchtime Fitness	XZone	ProfessorFit
11:00 am	Tai Chi ♦	Studio A	James	6:00 pm	HIIT the Track	Track	Donna
Monday Afternoon/Evening				6:00 pm	Soulriding ♦	Spin Studio	Lauren
Noon	Ageless Grace® ♦	Studio A	Rotating	6:30 pm	XZone Fitness ♦ ▼	XZone	Ralph
Noon	SilverSneakers® Circuit	Studio B	Carolyn	6:30 pm	Zumba®	Studio B	Miryam
1:15 pm	Lunchtime Spin® ♦	Spin Studio	ProfessorFit	6:30 pm	Aroma Yoga ♦	Yoga Studio	Annette
6:00 pm	Hot Yoga ♦ ▼ (90 min.)	Yoga Studio	Penny	Friday Morning			
6:00 pm	XZone Fitness ♦ ▼	Xtreme	Ralph	8:15 am	Spinning® ♦	Spin Studio	Alissa
6:30pm	Mat Pilates ♦	Studio A	Steven	8:30 am	Bosu Boot Camp ♦	Studio A	Donna
Tuesday Morning				9:00 am	XZone Fitness ♦ ▼	XZone	Ralph
8:15 am	Spinning® ♦	Spin Studio	Alissa	9:00 am	AquaFit Silver ♦	Pool	Kevin
9:00 am	HOTZoneExtreme ♦ ▼	XZone	Ralph	9:00 am	Low Impact Fusion	Studio B	Anita
9:00 am	Ageless Grace® ♦	Studio A	Susan	9:30 am	Yoga ♦	Yoga Studio	Annette
9:15 am	TRX® ♦	Xtreme	ProfessorFit	9:45 am	Extreme Tabata ♦	Xtreme	Nicole
9:30 am	Circuit Blast	Studio B	Isabel	10:00 am	Boxing for Parkinson's ♦	Studio A	ProfessorFit
9:30 am	Hot Yoga ♦ ▼ (90 min.)	Yoga Studio	Penny	10:00 am	Zumba®	Studio B	Diane
10:00 am	Power Fitness	Fitness Center	Ralph	11:00 am	SilverSneakers® Classic	Studio B	Diane
10:30 am	Zumba®	Studio A	Isabel	11:00 am	Movement & Dance for PD	Studio A	Anita
11:00 am	SilverSneakers® Circuit	Studio B	Diane	Friday Afternoon/Evening			
Tuesday Afternoon/Evening				Noon	SilverSneakers® Cardio Fit	Studio B	Diane
Noon	Yoga Stretch	Studio B	Diane	1:15 pm	TRX® ♦ Silver (Beginners)	Xtreme	ProfessorFit
1:00 pm	Chair Yoga ♦	Studio A	Karen G.	1:30 pm	Ageless Grace® ♦	Studio A	Lana
1:15 pm	Lunchtime Fitness	XZone	ProfessorFit	Saturday Morning			
5:30 pm	ABS and Legs, Bums and Tums	Studio B	Donna	8:15 am	XZone Fitness ♦ ▼ (45 min.)	XZone	Nicole
6:00 pm	Spinning® ♦	Spin Studio	Lauren	8:15 am	Spinning® ♦	Spin Studio	Rotating
6:30 pm	HOTZoneExtreme ♦ ▼	Xtreme	Ralph	9:00 am	XZone Fitness ♦ ▼ (45 min.)	XZone	Nicole
6:30 pm	Zumba®	Studio B	Miryam	9:00 am	Zumba®	Studio B	Miryam
6:30 pm	Aroma Yoga ♦	Yoga Studio	Annette	9:30 am	Hot Yoga ♦ ▼ (90 min.)	Yoga Studio	Penny
Wednesday Morning				9:45 am	TRX® ♦	Xtreme	Donna
8:15 am	Spinning® ♦	Spin Studio	Alissa	10:00 am	SilverSneakers®	Studio B	Carolyn
8:15 am	Circuit Training	Track	Donna	10:15 am	Spinning® ♦	Spin Studio	Nicole
9:00 am	Zumba®	Studio B	Isabel	Legend			
9:00 am	XZone Fitness ♦ ▼	XZone	Ralph	♦ - Requires reservation		▼ - Requires fee	
9:00 am	AquaFit Silver ♦	Pool	Kevin	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	TRX®/Kettlebell ♦	Xtreme	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				XZoneExtreme with Ralph			
For more information call 954.434.0499, ext.100							



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## 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>BOSU BOOT CAMP:</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>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>MAT PILATES:</b> Mat Pilates strengthens and tones your core muscles - lower back, obliques and abs. It is well known for improving posture, reducing or eliminating lower back pain.
<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 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, merengue,

Fitness Center Hours	Babysitting Hours	Membership Hours	Pool Hours
Mon-Thu 5:30 am-10:30 pm Fri 5:30 am-6:00 pm Sat 8:00 am-5:00 pm Sun 7:00 am-6:00 pm	Mon-Fri 8:00 am-11:45 am Tue & Thu 6:00 pm-8:00 pm Sat 8:15 am-11:15 am Sun 9:00 am-11:30 am	Mon-Thur 8:30 am-6:00 pm Fri 9:00 am-5:00 pm Sun 8:30 am-12:30 pm	Mon-Thu 7:00 am-7:00 pm Fri 7:00 am-5:30 pm Sat 9:00 am-4:30 pm 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.