



David Posnack JCC

Group Fitness Schedule - As of October 1, 2019

Sunday Morning				Wednesday Afternoon/Evening			
8:00 am	Spinning@◆	Spin Studio	Nicole	Noon	SilverSneakers® Circuit	Studio B	Isabel
8:30 am	TRX@t	Xtreme	Donna	1:15 pm	Lunchtime Spin@◆	Spin Studio	ProfessorFit
9:00 am	Rep & Step	Studio B	Alissa	6:10 pm	XZoneExtreme◆▼	XZone	Ralph
9:15 am	XZoneExtreme◆▼	XZone	Nicole	6:30 pm	Tai Chi	Studio A	Vicki
9:30 am	TRX@t	Xtreme	Donna	7:00 pm	Hot Yoga◆▼ (90 min.)	Yoga Studio	Penny
10:00 am	Zumba®	Studio B	Miryam	7:15 pm	Power Fitness	Fitness Center	Ralph
10:15 am	Yogat	Yoga Room	Denise	Thursday Morning			
10:15 am	Spinning@◆	Spin Studio	Alissa	8:15 am	HIIT the Track	Track	Nicole
				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 Cent	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 A	Isabel
10:00 am	SilverSneakers® Classic	Studio B	Karen	Thursday Afternoon/Evening			
10:15 am	Boxing for Parkinson's◆	Studio A	Ysaac	1:15 pm	Lunchtime Fitness	XZone	ProfessorFit
11:00 am	SilverSneakers® Classic	Studio B	Carolyn	3:45 pm	KidsFit (Aftercare)	XZone	Ysaac
11:15 am	Tai Chi◆	Studio A	James	5:30 pm	HIIT on the Track	Track	Donna
Monday Afternoon/Evening				6:30 pm	Zumba®	Studio B	Miryam
Noon	SilverSneakers® Circuit	Studio B	Carolyn	6:30 pm	Aroma Yoga◆	Yoga Studio	Annette
12:15 pm	Ageless Grace@◆	Studio A	Rotating	6:40 pm	XZone Fitness◆▼	XZone	Ralph
1:15 pm	Lunchtime Spin@◆	Spin Studio	ProfessorFit	Friday Morning			
4:30 pm	Xpress Zone (Aftercare)	XZone	Ysaac/Donna	8:00 am	AquaFit Silver◆	Pool	Kevin
6:10 pm	XZone Fitness◆▼	XZone	Ralph	8:15 am	Spinning@◆	Spin Studio	Alissa
				8:30 am	Bosu Boot Camp◆	Studio A	Donna
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	Boxaraté for Parkinson's◆	Studio A	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	Ysaac
1:00 pm	Chair Yoga◆	Studio A	Karen G.	Saturday Morning			
1:15 pm	Lunchtime Fitness	XZone	ProfessorFit	8:15 am	XZone Fitness◆▼ (45 min.)	XZone	Donna
5:30 pm	ABS and Legs, Bums and Tums	Studio B	Donna	8:15 am	Spinning@◆	Spin Studio	Rotating
6:30 pm	Zumba®	Studio B	Miryam	9:00 am	Zumba®	Studio B	Miryam
6:30 pm	Aroma Yoga◆	Yoga Studio	Annette	9:15 am	XZone Fitness◆▼ (45 min.)	XZone	Nicole
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				
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	Warm Vinyasa Flow◆	Yoga Studio	Stacey	1 Class - Member \$14.50 / Community \$16.50			
9:15 am	Rep-n-Step	Studio A	Alissa	10 Classes -Member \$125 / Community \$145			
9:30 am	Kettlebell, Metabolic Conditioning	Track	Donna	20 Classes - Member \$230 / Community \$270			
10:00 am	SilverSneakers® Classic	Studio B	Isabel	XZone Fitness Fees			
10:15 am	Circuit Silver in the XZone◆	XZone	Professorfit	1 Class - Member \$12 / Community \$16			
11:00 am	SilverSneakers® Classic	Studio B	Isabel	Unlimited Classes - Member \$40/month (in addition to monthly membership)			
11:00 am	Ageless Grace@◆	Studio A	Lana	XZoneExtreme with Ralph			
Express classes: 30 minute workouts							
For more information call 954.434.0499, ext.100							



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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.
- 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 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.
- BOSU BOOT CAMP:** Sculpt your way through a variety of power-packed exercises that build muscular strength and endurance, enhance
- BOXARATÉ:** This class is the fusion between boxing and karate engaging in a strong mind-body and disciplinary environment.
- 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 training workout. You'll be one step closer to your fitness goal! **(Maximum Participants - 14)**
- 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.
- KETTLEBELL METABOLIC CONDITIONING:** Speed up your metabolism by conditioning your body using kettlebell-enhanced exercises.
- 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.
- 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, mambo, martial arts and some Bollywood and belly dance moves. Squats and lunges are also included.

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. 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.