



Group Fitness Schedule - As of October 5, 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	1:00 pm	Spin®(30 min.)	Spin Studio	ProfessorFit
9:00 am	Rep & Step	Studio B	Alissa	6:00 pm	XZoneExtreme	Xtreme	Ralph
9:00 am	TRXtreme Circuit	Xtreme	Donna	7:00 pm	Hot Yoga (90 min.)	Yoga Studio	Penny
10:00 am	XZone Fitness	XZone	Lauren	7:15 pm	Core & Glutes	XZone	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				9:00 am	XZone Fitness	XZone	Ralph
8:00 am	AquaFit Silver (Time change 10/15)	Pool	Kevin	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
8:15 am	Circuit Training	Track	Donna	10:15 am	Power Express	Fitness Center	Ralph
9:00 am	XZoneExtreme	Xtreme	Ralph	10:30 am	SilverSneakers® Circuit	Studio B	Isabel
9:00 am	Low Impact Fusion	Studio B	Anita	10:45 am	Adult Guide to Boxing	Studio A	ProfessorFit
9:30 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
10:00 am	TRX® (Upper body)	Xtreme	ProfessorFit	Thursday Afternoon/Evening			
10:30 am	Butt, Hips & Thighs	Xtreme	ProfessorFit	1:15 pm	Fitness(30 min.)	XZone	ProfessorFit
11:00 am	SilverSneakers® Classic	Studio B	Carolyn	6:00 pm	Soulriding	Spin Studio	Lauren
11:00 am	Tai Chi	Studio A	James	6:30 pm	XZone Fitness	XZone	Ralph
6:30 pm	Soulriding	Spin Studio	Lauren	6:30 pm	Zumba®	Studio B	Miryam
6:30 pm	Aroma Yoga	Yoga Studio	Annette	Friday Morning			
Monday Afternoon/Evening				8:00 am	AquaFit Silver (Time change 10/15)	Pool	Kevin
Noon	Ageless Grace®	Studio A	Rotating	8:15 am	Spinning®	Spin Studio	Alissa
Noon	SilverSneakers® Circuit	Studio B	Carolyn	8:30 am	Bosu Boot Camp	Studio A	Donna
1:00 pm	Spin®(30 min.)	Spin Studio	ProfessorFit	9:00 am	XZone Fitness	XZone	Ralph
6:00 pm	Hot Yoga (90 min.)	Yoga Studio	Penny	9:00 am	Low Impact Fusion	Studio B	Anita
6:00 pm	XZone Fitness	Xtreme	Ralph	9:30 am	Yoga	Yoga Studio	Annette
9:00 am	Ageless Grace®	Studio A	Susan	9:45 am	Extreme Tabata	Xtreme	Nicole
9:15 am	TRX®	Xtreme	ProfessorFit	10:00 am	Boxing for Parkinson's	Studio A	ProfessorFit
9:30 am	Circuit Blast	Studio B	Isabel	10:00 am	Zumba®	Studio B	Diane
9:30 am	Hot Yoga (90 min.)	Yoga Studio	Penny	11:00 am	SilverSneakers® Classic	Studio B	Diane
10:00 am	Power Fitness	Fitness Center	Ralph	11:00 am	Movement & Dance for PD	Studio A	Anita
10:30 am	Zumba®	Studio A	Isabel	Friday Afternoon/Evening			
11:00 am	SilverSneakers® Circuit	Studio B	Diane	Noon	SilverSneakers® Cardio Fit	Studio B	Diane
Tuesday Morning				1:15 pm	TRX® Silver (Beginners)	Xtreme	ProfessorFit
8:15 am	Spinning®	Spin Studio	Alissa	1:30 pm	Ageless Grace®	Studio A	Lana
9:00 am	HOTZoneExtreme	XZone	Ralph	Saturday Morning			
9:00 am	Ageless Grace®	Studio A	Susan	8:15 am	XZone Fitness (45 min.)	XZone	Nicole
9:15 am	TRX®	Xtreme	ProfessorFit	8:15 am	Spinning®	Spin Studio	Rotating
9:30 am	Circuit Blast	Studio B	Isabel	9:00 am	XZone Fitness (45 min.)	XZone	Nicole
9:30 am	Hot Yoga (90 min.)	Yoga Studio	Penny	9:00 am	Zumba®	Studio B	Miryam
10:00 am	Power Fitness	Fitness Center	Ralph	9:30 am	Hot Yoga (90 min.)	Yoga Studio	Penny
10:30 am	Zumba®	Studio A	Isabel	9:45 am	TRX®	Xtreme	Donna
11:00 am	SilverSneakers® Circuit	Studio B	Diane	10:00 am	SilverSneakers®	Studio B	Carolyn
Tuesday Afternoon/Evening				10:15 am	Spinning®	Spin Studio	Nicole
Noon	Yoga Stretch	Studio B	Diane	Legend			
1:00 pm	Chair Yoga	Studio A	Karen G.	◆-Requires reservation		▼-Requires fee	
1:15 pm	Fitness(30 min.)	XZone	ProfessorFit	Hot Yoga Fees (non-transferable)			
5:30 pm	ABS and Legs, Bums and Tums	Studio B	Donna	1 Class - Member \$14.50 / Community \$16.50			
6:00 pm	Spinning®	Spin Studio	Lauren	10 Classes - Member \$125 / Community \$145			
6:30 pm	HOTZoneExtreme	Xtreme	Ralph	20 Classes - Member \$230 / Community \$270			
6:30 pm	Zumba®	Studio B	Miryam	XZone Fitness Fees			
6:30 pm	Aroma Yoga	Yoga Studio	Annette	1 Class - Member \$12 / Community \$16			
Wednesday Morning				Unlimited Classes - Member \$40/month (in addition to monthly membership)			
8:00 am	AquaFit Silver (Time change 10/15)	Pool	Kevin	XZoneExtreme with Ralph			
8:15 am	Spinning®	Spin Studio	Alissa				
8:15 am	Circuit Training	Track	Donna				
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	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



# 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>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>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.