

# WINTER/SPRING

## group exercise schedule

January through April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 – 10:15 AM <b>Pilates &amp; Beyond</b> INSTRUCTOR LOCATION Lisa GF	6:15 – 7:00 AM <b>Hard Core</b> INSTRUCTOR LOCATION Josh Gym	6:00 – 6:45 AM <b>Cycling</b> INSTRUCTOR LOCATION Keith FF	6:15 – 7:00 AM <b>Hard Core</b> INSTRUCTOR LOCATION Josh Gym	6:00 – 6:45 AM <b>Cycling</b> INSTRUCTOR LOCATION Keith FF	8:00 – 9:00 AM <b>Barre Burn</b> INSTRUCTOR LOCATION Rena GF <i>added class time</i>	8:15 – 9:00 AM <b>TRX</b> INSTRUCTOR LOCATION Josh GF
9:30 – 10:15 AM <b>Water Aerobics</b> INSTRUCTOR LOCATION Michelle F@D	8:30 – 9:15 AM <b>LO-HIIT</b> INSTRUCTOR LOCATION Pam Gym	8:30 – 9:30 AM <b>Yoga</b> INSTRUCTOR LOCATION Alana GF	9:15 – 10:15 AM <b>Zumba</b> INSTRUCTOR LOCATION Craig GF	9:15 – 10:15 AM <b>Basic Strength/Rep</b> INSTRUCTOR LOCATION Pam GF	9:15 – 10:15 AM <b>Zumba</b> INSTRUCTOR LOCATION Ruby GF	9:00 – 9:45 AM <b>Cycling</b> INSTRUCTOR LOCATION Keith Cycle
10:30 – 11:00 AM <b>Chair-to-Stand Fitness</b> INSTRUCTOR LOCATION Pam Lounge	9:15 – 10:15 AM <b>Strength &amp; Stretch</b> INSTRUCTOR LOCATION Rebecca GF	9:30 – 10:30 AM <b>Suspension Circuits</b> INSTRUCTOR LOCATION Lisa FF	10:30 – 11:30 AM <b>Balance Training</b> INSTRUCTOR LOCATION Julia GF	10:30 – 11:30 AM <b>Slow Flow Yoga</b> INSTRUCTOR LOCATION Irene GF	10:30 – 11:15 AM <b>Tabata</b> INSTRUCTOR LOCATION Lisa GF	9:45 – 11:00 AM <b>Yoga</b> INSTRUCTOR LOCATION Jeannie GF
11:30 AM – 12:30 PM <b>NIA</b> INSTRUCTOR LOCATION Dorita GF	10:15 – 11:15 AM <b>POUND</b> INSTRUCTOR LOCATION Katrina GF	10:30 – 11:30 AM <b>Stability Ball &amp; Strength</b> INSTRUCTOR LOCATION Julia GF	11:30 AM – 12:30 PM <b>NIA</b> INSTRUCTOR LOCATION Dorita GF	11:30 AM – 12:30 PM <b>POUND</b> INSTRUCTOR LOCATION Katrina GF	11:30 AM – 12:30 PM <b>NIA</b> INSTRUCTOR LOCATION *** GF	3:30 – 4:30 PM <b>Zumba</b> INSTRUCTOR LOCATION *** GF
5:00 – 6:00 PM <b>Barre Burn</b> INSTRUCTOR LOCATION Rena GF	6:00 – 7:00 PM <b>HIIT</b> INSTRUCTOR LOCATION Sam Gym	6:15 – 7:15 PM <b>Zumba + Strength</b> INSTRUCTOR LOCATION Donna GF	5:15 – 6:15 PM <b>Pilates/Barre</b> INSTRUCTOR LOCATION Rena GF	<i>Grab a friend and experience working together with one of our personal trainers. Personal training can be fun and affordable.</i>		
6:15 – 7:15 PM <b>POUND</b> INSTRUCTOR LOCATION Katrina GF			6:20 – 7:05 PM <b>HIIT</b> INSTRUCTOR LOCATION Sam GF	<i>For more information contact Pam Taylor, Director of Healthy Living <a href="mailto:ptaylor@levinjcc.org">ptaylor@levinjcc.org</a> or 919-354-4940</i>		

- cardio
- dance
- mind & body

\$

NEW

# group exercise classes

M = Multi Levels    AOA = Active Older Adults

## DANCE

**NIA** Neuro-muscular Integrative Action is a holistic, sensory-based movement practice that combines the spirited energy of Jazz, modern dance and improvisational movement with the power and precision of the martial arts, along with the flexibility, balance and sensory awareness of Yoga, Feldenkrais and Alexander Technique. All levels of fitness welcome. **M**

**Zumba®** When participants see a Zumba® class in action, they can't wait to give it a try. Zumba® classes feature exotic rhythms set to red-hot Latin and international beats. Zumba® plus strength Same great Zumba® class with the added component of strength training. **M**

## ROTATING INSTRUCTORS

NIA

4/1: Dorita  
4/8: Kate  
4/15: Haven  
4/22: Molly  
4/29: Anne

Zumba

4/2 & 4/23: Katrina  
4/9 & 4/30: Donna  
4/16: Craig

*We are now offering group ex classes to non-members at the following rates:*

**\$10 for a single class**

**\$45 for a 5 class package**

## CARDIO

**Cycling** Beginners are encouraged to build their time on the bike to prevent soreness on the saddle. Classes are based on individual fitness levels to improve upon cardiovascular endurance while an instructor leads you through a series of flat roads, hills, jumps and sprints. All levels of fitness are welcome. Water bottle, sneakers or cycle shoes are required. **M**

**Hard Core** A class for those looking to get Hard Core! Improve your strength, cardio, agility, speed and endurance with a variety of exercises. Class is designed for Intermediate/Advanced levels. **M**

**High Intensity Interval Training (HIIT)** Intervals at your maximum intensity followed by a short rest. This format is using HARD work using full body movements, plyometric (jumping) and other equipment. Helps boost metabolism along with cardio to help burn those calories throughout the day. **M**

**LO-HIIT** Interval training with low-impact movements as an option. **M**

**POUND®** Full body drumming workout that uniquely combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements using lightly weighted exercise drumsticks (Ripstix®). The workout is easily modifiable and is accessible to all fitness levels. **M**

**Tabata** A combination of moderate to high intensity exercises with bouts of rest (ration 20:10 seconds), which provides a great alternative to traditional cardio workouts. Various equipment and plyometric (jumping) movements are used to achieve desired intensity levels. Class is designed for Intermediate/Advanced fitness levels. **M**

**Water Aerobics** Truly for all levels. An ultra-low impact combination of cardio, strength and stretching exercises that reduces stress on joints and muscles. **M**

## MIND & BODY

**Balance Training** Incorporates suspension training (TRX) to improve your balance, muscle endurance and cardiovascular system. **M/AOA**

**Barre Burn:** Work at the barre and challenge yourself in this safe, low-impact, total-body strength class involving elements of ballet and Pilates. The latest addition among specialty classes, Barre Burn is designed to increase muscle definition and improve posture, alignment, strength, and balance. **M**

**Basic Strength/Rep** Rep Reebok is an effective strength training activity, utilizing platforms and various weights to increase muscle tone, shape and function. Beginner to intermediate. **M**

**Chair-to-Stand Fitness** This class is designed to improve cardiovascular strength and endurance with a series of slow-flowing exercises which can be done seated and/or with assisted standing. **AOA**

**Pilates/Mat Pilates** This class is designed to increase the body's core muscular strength and stability, and increase flexibility, while focus is placed on breathing and postural alignment. The use of stability balls, bands and weights may be used during portions of the class. Exercises include standing, kneeling, sitting, prone and supine positions. Note many exercises involve flexion of the spine. **M**

**Pilates and Beyond** Take your knowledge of Pilates to the next level! You will challenge your core, increase your flexibility, and improve your postural alignment using the stability ball and the mat. **M**

**Slow Flow & Yoga** Enjoy a challenging Yoga practice at a slow, flowing pace. Experience the combination of strengthening, lengthening, and balance poses as well as Vinyasa flow. Movement, meditation and breathing - it's all here. **M**

**Stability Ball/Strength** Total body muscle sculpting using the stability ball to improve your balance and core strength. Working multiple muscle groups at once. Class requires the ability to sit comfortably on the stability ball. **M**

**Strength & Stretch** This muscle strengthening class incorporates the use of resistive equipment, i.e. weights, bars, balls, and bands to provide a total body strength training workout. All levels of fitness. **AOA**

**Suspension Circuits** Incorporate the TRX suspension training with high energy cardio intervals. **M**

**TRX Suspension** Uses your own body weight for resistance. TRX certified trainers teach you how to engage your core, work all muscle groups and provide total-body workouts. **M \$**