

# Summer

## group exercise schedule *May through September*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:00 – 10:00 AM</b> Yoga INSTRUCTOR: Britney LOCATION: GF	<b>9:15 – 10:15 AM</b> Pilates & Beyond INSTRUCTOR: Lisa LOCATION: GF	<b>6:15 – 7:00 AM</b> Hard Core INSTRUCTOR: Josh LOCATION: Gym	<b>6:00 – 6:45 AM</b> Cycling INSTRUCTOR: Keith LOCATION: FF	<b>6:15 – 7:00 AM</b> Hard Core INSTRUCTOR: Josh LOCATION: Gym	<b>6:00 – 6:45 AM</b> Cycling INSTRUCTOR: Keith LOCATION: FF	<b>8:00 – 9:00 AM</b> Barre Burn INSTRUCTOR: Rena LOCATION: GF
<b>11:00 – 11:45 AM</b> Cycling INSTRUCTOR: Keith LOCATION: FF	<b>9:30 – 10:30 AM</b> Water Aerobics INSTRUCTOR: Michelle LOCATION: Pool	<b>8:30 – 9:15 AM</b> LO-HIIT INSTRUCTOR: Pam LOCATION: Gym	<b>8:30 – 9:30 AM</b> Yoga INSTRUCTOR: Alana LOCATION: GF	<b>9:15 – 10:15 AM</b> Zumba INSTRUCTOR: Craig LOCATION: GF	<b>9:15 – 10:15 AM</b> Basic Strength/Rep INSTRUCTOR: Pam LOCATION: GF	<b>9:15 – 10:15 AM</b> Zumba INSTRUCTOR: Craig LOCATION: GF
<b>11:00AM – 12:00 PM</b> Kickboxing <b>Starting Aug. 5</b> INSTRUCTOR: Joseph LOCATION: GF	<b>11:30 AM – 12:30 PM</b> NIA INSTRUCTOR: Dorita LOCATION: GF	<b>9:15 – 10:15 AM</b> Strength & Stretch INSTRUCTOR: Rebecca LOCATION: GF	<b>9:30 – 10:30 AM</b> Water Aerobics INSTRUCTOR: Rebecca LOCATION: Pool	<b>9:30 – 10:30 AM</b> Water Aerobics INSTRUCTOR: Lisa LOCATION: Pool	<b>9:30 – 10:30 AM</b> Water Aerobics INSTRUCTOR: Rebecca LOCATION: Pool	<b>10:30 – 11:30 AM</b> Suspension Circuits INSTRUCTOR: Lisa LOCATION: FF
<b>3:30 – 4:00 PM</b> Zumba INSTRUCTOR: *** LOCATION: GF	<b>5:00 – 6:00 PM</b> Barre Burn INSTRUCTOR: Rena LOCATION: GF	<b>9:30 – 10:30 AM</b> Water Aerobics INSTRUCTOR: Sabrina LOCATION: Pool	<b>9:45 AM – 10:45 AM</b> POUND INSTRUCTOR: Katrina LOCATION: GF	<b>11:30 AM – 12:30 PM</b> NIA INSTRUCTOR: Dorita LOCATION: GF	<b>10:30 – 11:30 AM</b> Slow Flow Yoga INSTRUCTOR: Irene LOCATION: GF	<b>10:30 – 11:30 AM</b> NIA INSTRUCTOR: *** LOCATION: Gym
	<b>6:15 – 7:15 PM</b> STRONG by Zumba INSTRUCTOR: Donna LOCATION: GF	<b>10:30 – 11:30 AM</b> Tai Chi INSTRUCTOR: Vito LOCATION: GF	<b>10:45 – 11:45 AM</b> TRX, Stretch, and Strength INSTRUCTOR: Julia LOCATION: FF	<b>5:15 – 6:15 PM</b> POUND INSTRUCTOR: Katrina LOCATION: GF	<b>11:45 AM – 12:45 PM</b> POUND INSTRUCTOR: Katrina LOCATION: GF	
		<b>6:00 – 7:00 PM</b> Flow Yoga INSTRUCTOR: Jeannie LOCATION: GF	<b>6:15 – 7:15 PM</b> Zumba + Strength INSTRUCTOR: Donna LOCATION: GF	<b>6:30 – 7:30 PM</b> Pilates/Barre INSTRUCTOR: Rena LOCATION: GF		

\*\*\* Rotating Instructors

- cardio
- dance
- mind & body

# 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

Grab a friend and experience working together with one of our personal trainers. Personal training can be fun and affordable.

For more information, contact Pam Taylor, Director of Healthy Living at [ptaylor@levinjcc.org](mailto:ptaylor@levinjcc.org) or 354-4940

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**

**STRONG by Zumba** A high-intensity (modifications will be shown) workout where every move is synced to a beat. Plyometric or explosive moves like high knees, burpees and jumping jacks interchanged with isometric moves like lunges, squats, and kickboxing, all led by music. **M**

**Kickboxing** Aerobics producing a great workout for the whole body. An hour filled with sweat, laughs, and a whole lot of uppercuts. A mixture of cardio and strength, perfect for burning fat no matter your fitness level. **M**

## MIND & BODY

**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**

**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**

**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**

**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, Strength, and Balance** Total body muscle sculpting using the stability ball to improve balance and core strength. Works multiple muscle groups at once. 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**

**Tai Chi** In each class, you will learn Tai Chi principles and a short sequence of gentle movements to help you relax and feel better while increasing your strength, flexibility, and balance. **M**

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