

Fall group exercise schedule September through December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 – 10:00 AM Yoga INSTRUCTOR LOCATION Britney GX	9:15 – 10:15 AM Pilates & Beyond INSTRUCTOR LOCATION Lisa GX	6:15 – 7:00 AM Hard Core INSTRUCTOR LOCATION Josh Gym	6:00 – 6:45 AM Cycling INSTRUCTOR LOCATION Keith FF	6:15 – 7:00 AM Hard Core INSTRUCTOR LOCATION Josh Gym	6:00 – 6:45 AM Cycling INSTRUCTOR LOCATION Keith FF	8:00 – 9:00 AM Barre Burn INSTRUCTOR LOCATION Rena GX
11:00 – 11:45 AM Cycling INSTRUCTOR LOCATION Keith FF	9:15 – 10:00 AM Water Aerobics Begins Sept. 17 INSTRUCTOR LOCATION Michelle F@D	8:30 – 9:15 AM LO-HIIT INSTRUCTOR LOCATION Pam Gym	8:30 – 9:30 AM Yoga INSTRUCTOR LOCATION Alana GX	9:15 – 10:15 AM Zumba INSTRUCTOR LOCATION Craig GX	9:15 – 10:15 AM Basic Strength/Rep INSTRUCTOR LOCATION Pam GX	9:15 – 10:15 AM Zumba INSTRUCTOR LOCATION Craig GX
11:00 AM – 12:00 PM Kick Boxing New INSTRUCTOR LOCATION Joseph GX	10:30 – 11:15 AM Gentle Yoga New Begins Sept. 17 INSTRUCTOR LOCATION Christina GX	9:15 – 10:15 AM Strength & Stretch INSTRUCTOR LOCATION Rebecca GX	9:45 – 10:45 AM POUND INSTRUCTOR LOCATION Katrina GX	10:30 – 11:30 AM TRX Strength & Stretch New Day INSTRUCTOR LOCATION Lisa FF	10:30 – 11:30 AM Slow Flow Yoga INSTRUCTOR LOCATION Irene GX	9:30 AM – 10:30 AM TRX Pilates New INSTRUCTOR LOCATION Lisa FF
3:30 – 4:30 PM Zumba INSTRUCTOR LOCATION *** GX	11:30 AM – 12:30 PM NIA INSTRUCTOR LOCATION Dorita GX	10:30 – 11:15 AM Parent & Baby Fitness New Begins Sept. 25 INSTRUCTOR LOCATION Pam & Katie Gym	3:15 – 4:05 PM Generation POUND New Begins Sept. 26 INSTRUCTOR LOCATION Leah GX	11:30 AM – 12:30 PM NIA INSTRUCTOR LOCATION Dorita GX	11:45 AM – 12:45 PM POUND INSTRUCTOR LOCATION Katrina GX	10:30 – 11:30 AM NIA INSTRUCTOR LOCATION *** Gym
	5:00 – 6:00 PM Barre Burn INSTRUCTOR LOCATION Rena GX	10:30 – 11:30 AM Tai Chi & Chi Kung INSTRUCTOR LOCATION Darcy GX	6:15 – 7:45 PM Zumba + Strength INSTRUCTOR LOCATION Donna GX	5:15 – 6:15 PM POUND INSTRUCTOR LOCATION Katrina GX	THE LEVIN JCC SUPPORTS YOUTH FITNESS. IN ORDER TO PROVIDE A SAFE ATMOSPHERE, PLEASE FOLLOW OUR GUIDELINES <ul style="list-style-type: none"> Youth 13-15 years old may attend the following classes only*: Yoga, Water Aerobics, Zumba, NIA, Pound <ul style="list-style-type: none"> * Youth may attend all other Group Fitness classes after completing a complimentary training orientation on proper and safe lifting techniques Youth 16-17 years old may attend any/all Group Fitness Classes. 	
	6:15 – 7:15 PM STRONG by Zumba INSTRUCTOR LOCATION Donna GX	6:00 – 7:00 PM Yoga INSTRUCTOR LOCATION Jeannie GX		6:30 – 7:30 PM Pilates/Barre INSTRUCTOR LOCATION Rena GX		

- cardio
- dance
- mind & body

*** Rotating Instructors
 GX: Group Exercise Room
 FF: Functional Fitness Room
 F@D: Forest at Duke

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/AOA**

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 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/AOA**

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/AOA**

Generation POUND® A rocking, youth-oriented program for kids ages 6-12 that fuses movement and music to improve focus, coordination, fitness, and teamwork. **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/AOA**

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/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/AOA**

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/AOA**

Gentle Yoga Gentle Yoga is focused on stretching and stillness of the mind. The vinyasa style flow will emphasize breath and stretching. Sequences are crafted to include modifications for prenatal and post-natal practitioners. **M/AOA**

TRX, 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/AOA**

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. **M/AOA**

Tai Chi & Chi Kung In each class, you will learn Tai Chi and Chi Kung routines that will promote balance, flexibility, strength, and energy. The class is conducted with an eye to establish daily practice. **M/AOA**

TRX Pilates Combines the best of suspension strength and pilates moves to build a strong total body. **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/AOA**

Parent & Baby Fitness Get ready for a great, all-over body workout! This class incorporates cardio, strength training for arms and legs, and focused abdominal work. Baby is in a front carrier for the cardio and strength training portion of class. Your baby can be incorporated into the abdominal and floor exercises. Babies 4-weeks old up to crawling. **M**