

# Winter group exercise schedule February through April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 – 10:00 AM Yoga  INSTRUCTOR LOCATION Jeannie GX	6:00 – 7:00 AM Yoga Flow <b>NEW CLASS</b> INSTRUCTOR LOCATION Rachel 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	9:15 – 10:15 AM Zumba  INSTRUCTOR LOCATION Katrina GX
10:15 – 11:15 AM POUND <b>NEW CLASS</b> INSTRUCTOR LOCATION Amanda GX	9:15 – 10:00 AM Water Aerobics  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 Kickboxing  INSTRUCTOR LOCATION Joseph GX	9:15 – 10:15 AM Basic Strength/Rep  INSTRUCTOR LOCATION Pam GX	9:30 – 10:30 AM TRX Tabata  INSTRUCTOR LOCATION Lisa FF
11:00 – 11:45 AM Cycling  INSTRUCTOR LOCATION Keith FF	9:15 – 10:15 AM Pilates & Beyond  INSTRUCTOR LOCATION Lisa GX	9:30 – 10:30 AM Strength & Stretch  INSTRUCTOR LOCATION Rebecca GX	9:45 – 10:30 AM Water Aerobics  INSTRUCTOR LOCATION Rebecca F@D	10:30 – 11:30 AM TRX Strength & Stability  INSTRUCTOR LOCATION Lisa FF	10:30 – 11:30 AM Slow Flow Yoga  INSTRUCTOR LOCATION Irene GX	10:30 – 11:30 AM NIA  INSTRUCTOR LOCATION *** GX
12:00 – 1:00PM Barre Burn  INSTRUCTOR LOCATION Rena GX	10:30 – 11:15 AM Gentle Yoga  INSTRUCTOR LOCATION Christina GX	10:45 – 11:45 AM Tai Chi & Qigong  INSTRUCTOR LOCATION Darcy GX	9:45 – 10:45 AM POUND  INSTRUCTOR LOCATION Katrina GX	11:30 AM – 12:30 PM NIA  INSTRUCTOR LOCATION Dorita GX	11:45 AM – 12:45 PM POUND  INSTRUCTOR LOCATION Katrina GX	
	11:30 AM – 12:30 PM NIA  INSTRUCTOR LOCATION Dorita GX	6:00 – 7:00 PM Yoga  INSTRUCTOR LOCATION Jeannie GX	6:15 – 7:15 PM Zumba  INSTRUCTOR LOCATION Donna GX	4:00 – 4:45 PM Generation POUND (Ages 5-12)  INSTRUCTOR LOCATION Leah GX		
	5:30 – 6:30 PM TRX Tabata <b>NEW CLASS</b> INSTRUCTOR LOCATION Lisa GX			5:30 – 6:30 PM Zumba  INSTRUCTOR Location Donna GX		
				6:30 – 7:30 PM Barre Burn  Instructor Location Rena GX		

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

- cardio
- dance
- mind & body
- highlighted for Active Older Adults

**We've heard you!**

The classes highlighted in purple are perfect for our Active Older Adults (AOA). These classes are optimal for joint health, balance, stability, core stabilization, and strength in a wide variety of modifications.

Questions about where to start?  
 Contact Director of Healthy Living,  
 Pam Taylor, at [ptaylor@levinjcc.org](mailto:ptaylor@levinjcc.org)

# 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**

## 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 and sneakers or cycle shoes 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**

**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**

**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**

**TRX Tabata** High intensity intervals that will use TRX straps, weights, balls, and other toys to challenge your strength and cardio input. You will work your hardest for 20 seconds, recover for 10 seconds, and repeat that sequence 7 more times for a heart pounding, challenging workout.. **M**

## MIND & BODY

**Yoga Flow** Enjoy a challenging class format designed to help participants find connection through mindfulness and centering, breath-work, yoga postures/asanas, and alignment principles. This class is an all-levels class where one will bring balance to the body, the breath, the mind, and the spirit. **M**

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

**Pilates & 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**

**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 & Stability** 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 & Qigong** In each class, you will learn Tai Chi and Qigong routines that will promote balance, flexibility, strength, and energy. The class is conducted with an eye to establishing a daily at-home practice.. **M/AOA**

**Water Aerobics** Truly for all levels. An ultra-low impact combination of cardio, strength and stretching exercises that reduces stress on joints and muscles. Held at the Forest of Duke. **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. Barre Burn is designed to increase muscle definition and improve posture, alignment, strength, and balance. Enjoy quick results using light weights and your own body weight to build endurance and strength while uncovering your inner dancer's long, trim, and fit physique. **M/AOA**

## 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