

Winter group exercise schedule January through April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 – 10:00 AM Yoga INSTRUCTOR LOCATION Jeannie GX	9:15 – 10:00 AM Water Aerobics INSTRUCTOR LOCATION Michelle F@D	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
11:00 – 11:45 AM Cycling INSTRUCTOR LOCATION Keith FF	9:15 – 10:15 AM Pilates & Beyond INSTRUCTOR LOCATION Lisa GX	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
12:00 – 1:00 PM Barre Burn NEW CLASS	10:30 – 11:15 AM Gentle Yoga INSTRUCTOR LOCATION Christina GX	9:30 – 10:30 AM Strength & Stretch NEW TIME	9:45 – 10:30 AM Water Aerobics STARTS 1/9	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
3:30 – 4:30 PM Zumba INSTRUCTOR LOCATION *** GX	11:30 AM – 12:30 PM NIA INSTRUCTOR LOCATION Dorita GX	10:45 – 11:45 AM Tai Chi & Qigong NEW TIME	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	
	5:15 – 6:15 PM Barre Above INSTRUCTOR LOCATION Lisa 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) NEW DAY		
				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

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 to start your weekend. **M**

MIND & BODY

Barre Above Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape. **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 or 354-4940

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

\$10 for a single class
\$45 for a 5 class package