



GROUP FITNESS

SPRING 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sunrise Cycle 5:45-6:35 a.m. David Poolside		Sunrise Cycle 5:45-6:35 a.m. David Poolside		Sunrise Cycle 5:45-6:35 a.m. Ron Poolside		
	Studio Cycle 7:30-8:20 a.m. Catie Cycle Studio		Studio Cycle 7:30-8:20 a.m. Catie Cycle Studio	Pilates Mat 7:30-8:20 a.m. Leslie Large Studio		
The Ride 8:30-9:20 a.m. Judy Cycle Studio	R.I.S.E 7:30-8:20 a.m. Michelle Large Studio	Soul Ride 8:30-9:20 a.m. Trishia Cycle Studio	R.I.S.E 7:30-8:20 a.m. Michelle Large Studio	Soul Ride 8:30-9:20 a.m. Judy Cycle Studio	Studio Cycle 8:30-9:20 a.m. Hung Cycle Studio	Studio Cycle 8-8:50 a.m. Hung Cycle Studio
Pilates Mat 8:30-9:20 a.m. Leslie Large Studio	R.I.S.E 8:30-9:20 a.m. Andi Large Studio	Pilates Fusion 8:30-9:20 a.m. Shahar Large Studio	R.I.S.E 8:30-9:20 a.m. Andi Large Studio	Zumba® 8:30-9:20 a.m. Graciela Large Studio	METCON 8:30-9:20 a.m. Henry Large Studio	
		Gentle Yoga 8:45-9:45 a.m. Eli CR A&B	Advanced MELT 8-8:50 a.m. Marijane Conf A/B	Gentle Yoga 8:45-9:45 a.m. Eli CR A&B		R.I.S.E 9-9:50 a.m. Lisa Large Studio
Aqua Aerobics 9-10 a.m. Jennifer Pool		Gentle Yoga 10:00-11:00 a.m. Eli CR A&B	LI Water Aerobics 9-10 a.m. Jennifer Pool	Gentle Yoga 10:00-11:00 a.m. Eli CR A&B		Studio Cycle 9-9:50 a.m. Shana Cycle Studio
The Ride 9:30-10:20 a.m. Judy Cycle Studio	The Ride 9:30-10:20 a.m. Trishia Cycle Studio	The Ride 9:30-10:20 a.m. Mika Leah Cycle Studio	The Ride 9:30-10:20 a.m. Tricia Cycle Studio	H2O Pilates 9-10 a.m. Jennifer Pool	Studio Cycle 9:30-10:20 a.m. Randy Cycle Studio	LI Aqua Aerobics 9:00-10:00 a.m. Hung Pool
R.I.S.E 9:30-10:20 a.m. Heidi Large Studio	Zumba® 9:30-10:20 a.m. Joanne Large Studio	Cardio Kickbox 9:30-10 a.m. Mika Large Studio	Zumba® UPDATE 9:30-10:20 a.m. Jessica Large Studio	The Ride 9:30-10:20 a.m. Judy Cycle Studio	Morning Flow Yoga 9:30-10:45 a.m. Lauren Large Studio	
		LI Aqua Aerobics 10:15-11:15 a.m. Lynelle Pool		Cardio Kickbox 9:30-10 a.m. Mika Large Studio	LI Aqua Aerobics 9:30-10:30 a.m. Hung Pool	Morning Flow Yoga 10-11:15 a.m. Lauren Large Studio
	Aquatic FTS 9-10 a.m. Jennifer Gym	F.I.T 10-10:30 a.m. Mika Large Studio		F.I.T 10-10:30 a.m. Mika Large Studio		
Vinyasa Flow Yoga 10:30-11:45 a.m. Lauren Large Studio	RISE + UPDATE 10:30-11:30 a.m. Trishia Large Studio	Restorative Yoga 10:30-11:45 a.m. Lisa Large Studio	KORFUSION UPDATE 10:30-11:20 a.m. Tony Large Studio	Int. Pilates Fusion 10:30-11:20 a.m. Andi Large Studio		
MELT 10:30-11:20 a.m. Marijane Conf A/B						Zumba® 11:30 a.m.-12:20 p.m. Joanne Large Studio
Soul Ride 5:30-6:20 p.m. Michelle Cycle Studio	Studio Cycle 5:30-6:20 p.m. Hung Cycle Studio	R.I.S.E 5-6 p.m. Henry Large Studio	Studio Cycle 4:30-5:20 p.m. Hung Cycle Studio	<p>■ Denotes a pass for the class is required from Fitness Desk. Due to popularity, RISE classes may be limited not to exceed 28 passes. Sign up begins 45-min prior to class.</p> <p>🚴 All Cycle classes require early sign in, up to 90 minutes prior. Must be a JCC member 16 years of age to attend any class.</p> <p>NEW New class UPDATE Change of time or instructor</p>		
Zumba® 5:30-6:20 p.m. Briana Large Studio	Zumba® 5:30-6:20 p.m. Briana Large Studio	Studio Cycle 5:30-6:20 p.m. Randy Cycle Studio	FITCORE 5:30-6:30 p.m. Mika Large Studio			
	METCON 6:30-7:20 p.m. Hung Large Studio	JBALL 6-6:30 p.m. Leslie Large Studio				
Adv. Pilates Mat 6:30-7:20 p.m. Leslie Large Studio	Vinyasa Yoga 7:30-8:30 p.m. Lauren Large Studio	Adv. Pilates Mat 6:30-7:20 p.m. Leslie Large Studio	Vinyasa Yoga 7:30-8:30 p.m. Lauren Large Studio			
				<p>JCC Fitness Center Hours: Monday-Thursday 5 a.m.-10 p.m. Friday 5 a.m.-6 p.m. Saturday 7:45 a.m.-5 p.m. Sunday 7:45 a.m.-6 p.m.</p>		
				<p>Kids Club Babysitting Hours: Monday-Thursday 8 a.m.-12 p.m. and 4 p.m.-8 p.m. Friday 8 a.m.-12 p.m. Saturday 7:45 a.m.-12 p.m. Sunday 7:45 a.m.-12:30 p.m.</p>		
Updated 4/17/16				<p>For more information, contact the Fitness Desk (949) 435-3400</p>		



GROUP FITNESS

Mind/ Body/Core classes

RESTORATIVE YOGA This yoga style utilizes a unique blend of restorative poses to create a core opening while encouraging relaxation to the deep layers of the body.

VINYASA & MORNING FLOW YOGA This style of yoga links breath and movement through a nimble sequence of Sun Salutations and postures. The smooth, continuous flow deepens breathing, increases endurance, and will improve balance and flexibility. Each class will also include static yoga stretches and conclude with a stress reducing relaxation.

GENTLE YOGA This is a great way to begin your practice of the mind/body/breath connection through yoga. This class will guide you through a gentle series of yoga postures that will increase flexibility, improve circulation and cultivate more energy. Please bring a yoga mat to class, as this is held in the senior center.

MELT This class utilizes custom MELT balls and rollers to help massage away tightness caused by injury or stress. The MELT method system will improve flexibility, mobility and posture while reducing aches, pains and tension.

ADVANCED MELT This class is for experienced MELT participants only. Must have taken MELT for minimum of 6 months or have received prior instructor approval to attend.

PILATES MAT This class, based on the teachings of Joseph Pilates, is designed to develop core strength, flexibility, muscular endurance and mind body awareness while focusing on proper breathing and posture. Intermediate/Advanced Mat and Pilates Fusion are at a faster pace with a higher level of difficulty through the use of various small apparatus.

J-BALL A moderately intense series of floor and mat exercises designed to develop and enhance core strength using a weighted ball, focuses on all muscles associated with the core helps improve posture, stability and functionality.

Dance classes

ZUMBA® is an exhilarating, Latin inspired, calorie-burning dance party featuring exotic rhythms set to high-energy Latin and international beats.

Pool Classes

LOW IMPACT AQUA AEROBICS Increase your strength, flexibility and aerobic conditioning through water resistance. Burn calories and move to the beat without experiencing joint stress. This class is great for anyone recovering from injury or with arthritis or osteoporosis.

AQUA AEROBICS When you're ready for a little bit more than the Low Impact aqua class, bring your fitness to the next level with this more challenging strength/cardio exercises.

H₂O PILATES This class incorporates Pilates movements. Great for all fitness levels! Modifications will be addressed.

AQUATIC – FTS Dry-land training to supplement water resistance movements in the pool. Class focuses on general fitness, stretching and toning. A great supplement for aqua aerobics.

Strength/Toning

METCON Define your muscles with metabolic conditioning featuring performance-enhancing exercise combos geared towards increasing fat burn rate at rest. Lower your body fat percentage, increase lean muscle mass, and improve overall body functionality.

F.I.T. Maximize your work out with a 30 minute Fast, Intense, Training resistance class. Get a complete muscle toning workout using a variety of equipment including free weights, bands, balls, and platforms.

FITCORE A 60 minute FIT + CORE combo class. Add Core to this full body workout for a well rounded routine.

R.I.S.E Take your training to a new height! A high energy body conditioning class incorporating resistance, interval, strength, plyometrics and endurance training.

R.I.S.E+ incorporates a twist on our popular RISE class. This updated format is a mix of dynamic warm-up, core, stretching, PLUS cardio. This assists in providing overworked muscle with oxygenated blood to quicken recovery, release tension, increase heart-rate and strengthen your core.

KORFUSION Stretch overworked muscles, release tension and strengthen your KORE!. This class fuses core strength with different stretching and isometric strengthening techniques while flowing to current, fun, upbeat music. All levels are welcome.

Cardiovascular classes

CARDIO KICKBOX This high-speed, intense aerobic workout will get your heart pumping. Learn kickboxing techniques while strengthening your entire body. Be ready to jab, hook and roundhouse while empowering yourself.

SUNRISE/STUDIO CYCLE Sunrise is a great way to start your day! Classic themes are conducted outside as weather permits. Studio cycle is set to high energy music and incorporates traditional cycle cueing. If you're a beginner, make sure to let your instructor know.

THE RIDE is set to high energy music. Classes will simulate and challenge you with various outdoor riding styles. Be ready to sweat! If you're a beginner, make sure to let your instructor know. Be prepared to keep up!

SOUL RIDE incorporates light hand weights during class and life reflection upon cool down. Please be prepared to keep up! intermediate to advanced class.