<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>Sunrise Cycle 5:45-6:35 a.m. David Poolside</td>
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<td>Sunrise Cycle 5:45-6:35 a.m. Ron Poolside</td>
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<td>Studio Cycle 7:30-8:20 a.m. Catie Cycle Studio</td>
<td>The Ride 6:30-7:20 a.m. Judy Cycle Studio</td>
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<td>Studio Cycle 5:30-6:20 p.m. Lisa Cycle Studio</td>
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<td>The Ride 6:30-7:20 a.m. Judy Cycle Studio</td>
<td>Soul Ride 6:30-7:20 a.m. Trisha Cycle Studio</td>
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<td>Pilates Mat 7:30-8:20 a.m. Leslie Large Studio</td>
<td>Pilates Fusion 8:30-9:20 a.m. Andi Large Studio</td>
<td>Pilates Mat 8:30-9:20 a.m. Andi Large Studio</td>
<td>Pilates Mat 7:30-8:20 a.m. Leslie Large Studio</td>
<td>Pilates Fusion 7:30-8:20 a.m. Leslie Large Studio</td>
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<td>R.I.S.E 8:30-9:20 a.m.</td>
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<td>Vinyasa Flow Yoga 10:30-11:45 a.m. Lauren Large Studio</td>
<td>Zumba® 9:30-10 a.m. Mika Large Studio</td>
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<td>MELT 10:30-11:20 a.m. Marijane Cycle Studio</td>
<td>Studio Cycle 6:30-7:20 a.m. Leslie Large Studio</td>
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Denotes a pass for the class is required from Fitness Desk. Due to popularity, RISE classes may be limited to not exceed 28 passes. Sign up begins 45-min prior to class.

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.

NEW New class | Change of time or instructor

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.

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.

For more information, contact the Fitness Desk (949) 435-3400
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 classes

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.