

JCCNV Group Exercise Class Schedule

January 1, 2012 - June 30, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	NO CLASSES
8:30♥ Spinning^ SS	7:15◆ Spinning^ SS	7:30◆ Kickboxing* Gym	7:15◆ Spinning^ SS		6:45◆ Spinning^ SS	
9:15♥ Jazzercise^ Gym	8:30◆ Cardio Dance* DS	8:45♣ Adv Core* Gym	8:30◆ Zumba* DS	8:30♥ PowerTraining* DS	9:15◆ Beg/ Int CORE* DS	
9:40♥ Flexible You* DS	9:30♥ H2O* Pool	9:30♥ Jazzercise^ Gym	9:30♥ H2O* Pool	9:30♥ Zumba* Aud	9:30♥ H2O* Pool	
	9:30♥ Jazzercise^ Gym	9:30♥ Zumba Gold* Aud	9:30♥ Jazzercise^ Gym	9:30♥ Jazzercise^ Gym	9:30♥ Jazzercise^ Gym	
	9:30◆ Sculpt* & Shape DS	10:45◆ Tai Chi* Aud	9:30◆ Sculpt & Shape* DS	10:30♥ SST Adv* Aud	10:15♥ Gentle Yoga^ Aud	
	9:30♥ SST Adv* Aud		9:30♥ SST Adv* Aud			
	10:45◆ SST Beg* Aud		9:30◆ Spinning^ SS			
			10:45◆ SST Beg* Aud			
	EVENING	EVENING	EVENING	EVENING		
	7:00♥ Jazzercise^ Gym	7:00♥ Jazzercise^ Gym	7:00♥ Jazzercise^ Gym	7:00♥ Jazzercise^ Gym		
	7:15♠ Yoga^ AL	7:15♥ CardioKickbox* Aud		7:15♥ CardioKickbox* Aud		
		7:15♥ Krav Maga^ Gym				
				8:30♥ Zumba* Gym		

DS = Dance Studio

SS = Spin Studio

Aud = Auditorium

AL = Adult Lounge

♣ 30 min class

◆ 45 min class

♥ 1 hour class

♠ 1 hour and 15 min class

*Included in membership

^Class has a fee



Sports, Fitness & Aquatics

Jewish Community Center of Northern Virginia

8900 Little River Turnpike • Fairfax, VA 22031

www.jccnv.org • Phone: (703) 323-0880 • Fax: (703) 323-1993



JCCNV Group Exercise Class Descriptions

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CLASS SCHEDULE IS SUBJECT TO CHANGE. PLEASE CALL THE FRONT DESK AT 703-323-0880 TO CONFIRM.

Class Descriptions:

- *Cardio Dance Fusion:** Come dance away those calories in a class with music from every era and every genre.
- *Cardio Kickboxing:** High-energy "martial arts" and "aerobic-style" workout.
- *CORE Beg/INT:** Strengthening and balance exercises that focus on shaping the abdominal wall, obliques, and low back.
- *CORE Adv:** Faster paced core training to build abdominal endurance and strength.
- *Flexible You:** Improve flexibility in a class combining traditional stretches with yoga poses to increase mobility of joints and muscles.
- ^Gentle/Therapeutic Yoga:** This gentler class includes breathing, relaxation exercises, physical postures and movements that can all be done while seated.
- *^ Jazzercise:** Aerobic and dance movement; works legs and abdominals to rousing music.
- *Kickboxing:** Interval aerobic exercise program; punching and kicking using mitts and shields.
- ^Krav Maga:** Self defense program of the Israel Defense Force.
- *Power Training:** A high-intensity workout combining strength training with plyometrics, agility/speed and core training for a total body workout.
- *Sculpt & Shape:** Hand-weights, dyna-bands and exercise bars are used to provide upper- and lower body contouring and shaping.
- ^Spinning:** Build endurance and increase cardiovascular fitness as your instructor takes you on a ride on stationary bicycles.
- *SST Beg:** Chair or standing exercises designed for functional strength training for seniors 65+.
- *SST Adv:** Standing cardio exercises, chair or standing functional strength training and flexibility for seniors 65+.
- *Tai Chi:** Tai chi emphasizes complete relaxation, and is essentially a form of meditation.
- *Water Aerobics (H2O):** In the shallow area of the pool, this is a safe resistance for aerobic conditioning, perfect for the joint-sensitive individual.
- ^Yoga:** Physical exercises, meditations and breathing designed to integrate the mind, body, and spirit.
- *Zumba:** Features exotic rhythms set to high-energy Latin and international beats. Easy to do, effective and no dance experience necessary.
- *Zumba Gold:** Latin music with modified moves and pace to suit the needs of the active older participant and those just starting their fitness journey.



Wellness Program

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Partner Agency of
The Jewish Federation
OF GREATER WASHINGTON

