

Group Fitness, Wellness & Aquatics Class Schedule

Updated as of November 8th, 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
Cardio Dance 8:30am-9:15am Auditorium/Haruko <i>All Levels</i>	FUNctional Fitness 7:30am-8:30am GYM A/Haruko <i>Advanced</i>	Cardio Cycling 7:15am-8:00am Spin Room/Jodi <i>All Levels</i>	Cardio Dance 8:30am-9:15am Auditorium/Liza <i>All Levels</i>	Core 8:15am-9:00am Dance Studio/Liza <i>Intermediate</i>	Stretch 8:00am-9:00am Auditorium/Karen <i>All Levels</i>	Cardio Cycling 8:30am-9:30am Spin Studio/On rotation <i>All Levels</i>				
Aqua Zumba® 9:00am-9:45am Pool/Ligia <i>All Levels</i>	Core 8:30am-9:15am GYM A/Haruko <i>Advanced</i>	Zumba 8:30am-9:15am Auditorium/Haruko <i>All Levels</i>	H2O 9:00am-10:00am Pool/Greta <i>All Levels</i>	Aqua Zumba® 9:00am-9:45am Pool/Haruko <i>All Levels</i>						
Super Sculpt 9:30am-10:15am Dance Studio/TBA <i>Advanced</i>	Cardio Cycling 9:30am-10:30am Spin Room/Karen <i>All Levels</i>	H2O 9:00am-10:00am Pool/Denise <i>All Levels</i>	Cardio Cycling 9:30am-10:30am Spin Room/Karen <i>All Levels</i>	Cardio & Sculpt 9:30am-10:30am Auditorium/Dorian <i>Intermediate</i>	<p style="text-align: center;">Group Fitness Class Fees and Policies</p> <p style="text-align: center;">Group fitness classes are free for J members*</p> <p>Nonmember Class Fees</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Drop-in: \$15</td> <td style="width: 50%;">10-Class Pass: \$105</td> </tr> <tr> <td>Adults 65+ Drop-in: \$9</td> <td>Adults 65+ 10-Class Pass: \$60</td> </tr> </table> <p>*Yoga, Essentrics, What' SUP Yoga and Master Swim require registration and have a class fee</p> <p>Policies</p> <ul style="list-style-type: none"> • Classes with low enrollment may be cancelled. • Instructor, location, and class schedule are subject to change. • Arrive on time for class — late arrival is unacceptable for some classes. <p>Questions? Contact Petya.Ivanova@jccnv.org</p> <p>For Master Swim, contact Teo.Albu@jccnv.org</p> <p>Not Jewish? No problem. All are welcome at the J!</p>		Drop-in: \$15	10-Class Pass: \$105	Adults 65+ Drop-in: \$9	Adults 65+ 10-Class Pass: \$60
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Power Hour: 30/30 9:30am-10:30am Auditorium/Haruko <i>Intermediate</i>	Zumba Gold 9:30am-10:15am Auditorium/Ligia <i>Beginner</i>	Super Sculpt 9:30am-10:15am Dance Studio/Haruko <i>Advanced</i>	Core 9:30am-10:15am Dance Studio/Liza <i>Intermediate</i>	Core 10:45am-11:30am Auditorium/Haruko <i>Beginner</i>						
Cardio Light 10:45am-11:30am Auditorium/Haruko <i>Beginner</i>	Zumba 6:15pm- 7:15pm Auditorium/Shawna <i>All Levels</i>	Power Hour: 30/30 9:30am-10:30am Auditorium/Viki <i>Intermediate</i>	Cardio & Sculpt 9:30am-10:25am Auditorium/Haruko <i>Intermediate</i>							
Doonya Bollywood Fit 7:30pm-8:30pm Auditorium/Jaya <i>All Levels</i>	Cardio Kickboxing 7:30pm-8:30pm Auditorium/Fee <i>Advanced</i>	Stretch 10:30am-11:15am Dance Studio/Haruko <i>All Levels</i>	Line Dance 10:30am-11:30am Auditorium/Marilu <i>All Levels</i>							
		Cardio Light 10:45am-11:30am Auditorium/Viki <i>Beginner</i>	Basic Sculpt 11:30am-12:00pm Auditorium/Dorian <i>Beginner</i>							
Yoga 7:15pm-8:30pm Adult Lounge/Cynthia	Essentrics 10:30am-11:30am Auditorium/Charlotte			Pilates 11:00am-12:00pm Dance Studio/Vered			Essentrics 11:00am-12:00pm Auditorium/Charlotte			
	Master Swim 8:15pm-9:15pm Pool/On rotation		Master Swim 8:15pm-9:15pm Pool/On rotation					Master Swim 8:30am-9:30am Pool/On rotation		

Jewish Community Center of Northern Virginia

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OF GREATER WASHINGTON



classdescriptions

Aqua Zumba®: Utilizing the benefits of water resistance, this class, in the shallow area of the pool, features exotic rhythms set to high energy Latin and international beats.

Basic Sculpt: 30 minutes of seated strength training using light hand weights, resistance bands and exercise balls. For the true novice or someone returning to exercise!

Cardio Cycling: Build endurance and increase cardiovascular fitness as your instructor takes you on a ride on stationary bicycles.

Cardio Dance: Come dance away the calories in a class with music from every era and every genre. You'll see how much fun a cardio workout could be.

Cardio Kickboxing: This is a high energy martial arts and aerobic style workout that finishes with toning — low and high impact options are given.

Cardio Light: For those who want a 45-minute full body workout to great music. Must be able to follow an 8-10 minute aerobic warmup. Includes seated strength training using lightweights, resistance bands, exercise balls, and balance/coordination standing exercises.

Cardio and Sculpt: Meet friends for this 60-minute full body workout beginning with a 20-minute aerobic cardio warmup. Lightweight, basic strength, and tone exercises. Must be able to stand from the chair for squats and deadlifts.

Core Beginner: For those who choose not to be on the floor, a full standing class holding onto the barre focusing on balance, posture, and flexibility.

Core Intermediate: Increase your core strength while giving your back more flexibility. Learn how to engage your core properly to increase strength, control, balance and posture.

Core Advanced: A fast paced athletic core workout for the avid exerciser.

Doonya Bollywood Fit: Dance and burn calories to Bollywood music! It takes the same energizing spirit of Bollywood, and gives it a fitness twist, creating a full-body cardio workout that keeps you moving and smiling the entire way though.

FUNctional Fitness: A full body workout! A NASM certified Personal Trainer will lead you in a full body workout using bodyweight exercises in interval style training. For those who want to experience a fun, high-intensity hour of exercise.

H2O: This water aerobics class is performed in the shallow area of the pool. It's a safe resistance for aerobic conditioning, perfect for the joint-sensitive individual.

Line Dance: A line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows.

Pilates: The classes will include a warm-up of the body and joints, classic mat exercises with an emphasis on core strength and balance, followed by stretching.

Power Hour: 30/30: This class is for those who want the benefits of cardio and strength training. Must be able to follow 30 minutes of aerobic warmup, lift 3 pound weights seated or standing, and perform basic balance exercises including: squats, lunges, single leg toe-touches and shoulder raises. Feel the power of health!

Stretch: A relaxing class focused on lengthening your body and reducing stress. Each class finishes with a short meditation.

Super Sculpt: A 45-minute advanced strength workout for those who have been consistently exercising at least 3 days a week, can lift 5-12 pound hand weights, and can properly perform full squats, lunges, sit-ups, planks, and push-ups.

Zumba®: Exotic rhythms set to high-energy Latin and international beats.

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.

THESE CLASSES REQUIRE REGISTRATION AND HAVE A CLASS FEE FOR MEMBERS AND NONMEMBERS:

Contact Petya.Ivanova@jccnv.org

Yoga: Physical exercises, meditations and breathing designed to integrate the mind, body, and spirit.

Essentrics: This slow-paced, age reversing workout will restore movement in your joints, flexibility and strength in your muscles, relieve pain, and stimulate your cells to increase energy, vibrancy, and your immune system.

What' SUP Yoga (Stand Up Paddleboard Yoga): Great workout for your core! An indoor floating yoga studio. If you're looking for a new challenge, yoga on a stand up paddleboard will reinvigorate you and push you to become an even better yogi than you thought possible. Combine the relaxation of water and the strength of yoga. Try the class that is sweeping the country.

Contact Teo.Albu@jccnv.org

USS Masters Swim Team: Prerequisite: Participants must be able to swim 20 lengths of the pool. Masters Swim is a comprehensive program for advanced adult swimmers, swimming in an organized group. Structured workouts improve cardiovascular endurance and strengthen swimming skills. For those swimmers who register for the two-day or one-day-per-week program, class punch cards will be distributed.