## Fitness Classes

### Schedule Updated as of April 2, 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cardio Dance</strong></td>
<td><strong>FUNctional Fitness</strong></td>
<td><strong>Cardio Cycling</strong></td>
<td><strong>H2O</strong></td>
<td><strong>Cardio Dance</strong></td>
<td><strong>Stretch</strong></td>
<td><strong>Cardio Cycling</strong></td>
</tr>
<tr>
<td>8:30am-9:15am Auditorium/Haruko All Levels</td>
<td>7:30am-8:30am GYM A/Haruko Advanced</td>
<td>7:00am-7:45am GYM B/Jodi All Levels</td>
<td>9:00am-10:00am Pool/TBA All Levels</td>
<td>8:30am-9:15am Auditorium/Liza All Levels</td>
<td>8:00am-9:00am Auditorium/Karen All Levels</td>
<td>7:45am-8:30am GYM B/On rotation All Levels</td>
</tr>
<tr>
<td><strong>Aqua Zumba®</strong></td>
<td><strong>Core</strong></td>
<td><strong>Zumba</strong></td>
<td><strong>Core</strong></td>
<td><strong>Aqua Zumba®</strong></td>
<td><strong>Cardio &amp; Sculpt</strong></td>
<td><strong>Zumba</strong></td>
</tr>
<tr>
<td>9:00am-9:45am Pool/Ligia All Levels</td>
<td>8:30am-9:15am GYM A/Haruko Advanced</td>
<td>8:30am-9:15am Auditorium/Haruko All Levels</td>
<td>9:00am-10:00am GYM A/Dance Studio/Polina All Levels</td>
<td>9:00am-9:45am Pool/Haruko All Levels</td>
<td>9:30am-10:30am Auditorium/Dorian Intermediate</td>
<td><strong>Super Sculpt</strong></td>
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<tr>
<td><strong>Zumba Gold</strong></td>
<td><strong>H2O</strong></td>
<td><strong>Cardio &amp; Sculpt</strong></td>
<td><strong>Core</strong></td>
<td><strong>Cardio &amp; Sculpt</strong></td>
<td><strong>Power Hour: 30/30</strong></td>
<td><strong>Line Dance</strong></td>
</tr>
<tr>
<td>9:30am-10:15am Dance Studio/Polina Advanced</td>
<td>9:00am-10:00am Pool/Denise All Levels</td>
<td>9:30am-10:25am Auditorium/Dorian Intermediate</td>
<td>9:30am-10:15am Dance Studio/Haruko Advanced</td>
<td>9:30am-10:30am Auditorium/Dorian Intermediate</td>
<td>9:30am-10:15am Dance Studio/Liza Intermediate</td>
<td><strong>Core</strong></td>
</tr>
<tr>
<td><strong>Power Hour: 30/30</strong></td>
<td><strong>Zumba</strong></td>
<td><strong>Line Dance</strong></td>
<td><strong>Basic Sculpt</strong></td>
<td><strong>Core</strong></td>
<td><strong>Cardio Light</strong></td>
<td><strong>Doonya Bollywood Fit</strong></td>
</tr>
<tr>
<td>9:30am-10:30am Auditorium/Haruko Intermediate</td>
<td>6:15pm-7:15pm Auditorium/Shawna All Levels</td>
<td>10:30am-11:30am Auditorium/Marilu All Levels</td>
<td>11:30am-12:00pm Auditorium/Dorian Beginner</td>
<td>10:45am-11:30am Dance Studio/Haruko All Levels</td>
<td>10:45am-11:30am Dance Studio/Polina Beginner</td>
<td><strong>Yoga</strong></td>
</tr>
<tr>
<td><strong>Cardio Light</strong></td>
<td><strong>Cardio Kickboxing</strong></td>
<td><strong>Power Hour: 30/30</strong></td>
<td><strong>Basic Sculpt</strong></td>
<td><strong>Cardio Light</strong></td>
<td><strong>Yoga</strong></td>
<td><strong>Essentrics</strong></td>
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<tr>
<td>10:45am-11:30am Auditorium/Haruko Beginner</td>
<td>7:30pm-8:30pm Auditorium/Fee Advanced</td>
<td>9:30am-10:30pm Auditorium/Viki Intermediate</td>
<td>11:30am-12:00pm Auditorium/Dorian Beginner</td>
<td>10:45am-11:30am Auditorium/Haruko All Levels</td>
<td>7:15pm-8:30pm Adult Lounge/Cynthia</td>
<td><strong>Essentrics</strong></td>
</tr>
<tr>
<td><strong>Doonya Bollywood Fit</strong></td>
<td><strong>Stretch</strong></td>
<td><strong>Basic Sculpt</strong></td>
<td><strong>Line Dance</strong></td>
<td><strong>Cardio Light</strong></td>
<td><strong>Essentrics</strong></td>
<td><strong>Essentrics</strong></td>
</tr>
<tr>
<td>7:30pm-8:30pm Auditorium/Jaya</td>
<td>10:30am-11:30am Dance Studio/Charlottte</td>
<td>11:30am-12:00pm Auditorium/Dorian Beginner</td>
<td>10:30am-11:30am Dance Studio/Dorian Beginner</td>
<td><strong>Cardio Light</strong></td>
<td>11:00am-12:00pm Auditorium/Charlotte</td>
<td><strong>Essentrics</strong></td>
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</tbody>
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### Fitness Classes Fees and Policies

- Yoga & Essentrics require registration and have a class fee

### Policies

- 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.

### Questions?

Contact Petya.Ivanova@jccnv.org

Not Jewish? No problem. All are welcome at the J!
**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.

**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.

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**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.