

# Fitness Classes



Schedule Updated as of April 2, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio Dance</b> 8:30am-9:15am Auditorium/Haruko <i>All Levels</i>	<b>FUNctional Fitness</b> 7:30am-8:30am GYM A/Haruko <i>Advanced</i>	<b>Cardio Cycling</b> 7:00am-7:45am GYM B/Jodi <i>All Levels</i>	<b>H2O</b> 9:00am-10:00am Pool/TBA <i>All Levels</i>	<b>Cardio Dance</b> 8:30am-9:15am Auditorium/Liza <i>All Levels</i>	<b>Stretch</b> 8:00am-9:00am Auditorium/Karen <i>All Levels</i>	<b>Cardio Cycling</b> 7:45am-8:30am GYM B/On rotation <i>All Levels</i>
<b>Aqua Zumba®</b> 9:00am-9:45am Pool/Ligia <i>All Levels</i>	<b>Core</b> 8:30am-9:15am GYM A/Haruko <i>Advanced</i>	<b>Zumba</b> 8:30am-9:15am Auditorium/Haruko <i>All Levels</i>	<b>Core</b> 9:30am-10:15am Dance Studio/Haruko <i>Intermediate</i>	<b>Aqua Zumba®</b> 9:00am-9:45am Pool/Haruko <i>All Levels</i>	<p style="text-align: center;"><b>Fitness Classes Fees and Policies</b></p> <p style="text-align: center;">fitness classes are free for J members*</p> <p>* <b>Yoga &amp; Essentrics require registration and have a class fee</b></p> <p><b>Policies</b></p> <ul style="list-style-type: none"> <li>• Classes with low enrollment may be cancelled.</li> <li>• Instructor, location, and class schedule are subject to change.</li> <li>• Arrive on time for class — late arrival is unacceptable for some classes.</li> </ul> <p><b>Questions? Contact <a href="mailto:Petya.Ivanova@jccnv.org">Petya.Ivanova@jccnv.org</a></b></p> <p><b>Not Jewish? No problem. All are welcome at the J!</b></p>	
<b>Super Sculpt</b> 9:30am-10:15am Dance Studio/Polina <i>Advanced</i>	<b>Zumba Gold</b> 9:30am-10:15am Auditorium/Ligia <i>Beginner</i>	<b>H2O</b> 9:00am-10:00am Pool/Denise <i>All Levels</i>	<b>Cardio &amp; Sculpt</b> 9:30am-10:25am Auditorium/Dorian <i>Intermediate</i>	<b>Cardio &amp; Sculpt</b> 9:30am-10:30am Auditorium/Dorian <i>Intermediate</i>		
<b>Power Hour: 30/30</b> 9:30am-10:30am Auditorium/Haruko <i>Intermediate</i>	<b>Zumba</b> 6:15pm- 7:15pm Auditorium/Shawna <i>All Levels</i>	<b>Super Sculpt</b> 9:30am-10:15am Dance Studio/Haruko <i>Advanced</i>	<b>Line Dance</b> 10:30am-11:30am Auditorium/Marilu <i>All Levels</i>	<b>Core</b> 9:30am-10:15am Dance Studio/Liza <i>Intermediate</i>		
<b>Cardio Light</b> 10:45am-11:30am Auditorium/Haruko <i>Beginner</i>	<b>Cardio Kickboxing</b> 7:30pm-8:30pm Auditorium/Fee <i>Advanced</i>	<b>Power Hour: 30/30</b> 9:30am-10:30am Auditorium/Viki <i>Intermediate</i>	<b>Basic Sculpt</b> 11:30am-12:00pm Auditorium/Dorian <i>Beginner</i>	<b>Core</b> 10:45am-11:30am Dance Studio/Haruko <i>Beginner</i>		
<b>Doonya Bollywood Fit</b> 7:30pm-8:30pm Auditorium/Jaya <i>All Levels</i>		<b>Stretch</b> 10:30am-11:30am Dance Studio/Haruko <i>All Levels</i>				
		<b>Cardio Light</b> 10:45am-11:30am Auditorium/Polina <i>Beginner</i>				
<b>Yoga</b> 7:15pm-8:30pm Adult Lounge/Cynthia	<b>Essentrics</b> 10:30am-11:30am Dance Studio/Charlotte					

**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.

**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](mailto: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.