

Group Fitness, Wellness & Aquatics Class Schedule

January 1 – March 1, 2019



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 7:00am-7:45am GYM B/Jodi <i>All Levels</i>	H2O 9:00am-10:00am Pool/Greta <i>All Levels</i>	Cardio Dance 8:30am-9:15am Auditorium/Liza <i>All Levels</i>	Stretch 8:00am-9:00am Auditorium/Karen <i>All Levels</i>	Cardio Cycling 7:45am-8:30am GYM B/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>	Core 9:30am-10:15am Dance Studio/Haruko <i>Intermediate</i>	Aqua Zumba® 9:00am-9:45am Pool/Haruko <i>All Levels</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 Drop-in: \$15 10-Class Pass: \$105 Adults 65+ Drop-in: \$9 Adults 65+ 10-Class Pass: \$60</p> <p>*Yoga & Essentrics 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>Not Jewish? No problem. All are welcome at the J!</p>			
Super Sculpt 9:30am-10:15am Dance Studio/Jody <i>Advanced</i>	Zumba Gold 9:30am-10:15am Auditorium/Ligia <i>Beginner</i>	H2O 9:00am-10:00am Pool/Denise <i>All Levels</i>	Cardio & Sculpt 9:30am-10:25am Auditorium/Dorian <i>Intermediate</i>	Cardio & Sculpt 9:30am-10:30am Auditorium/Dorian <i>Intermediate</i>				
Power Hour: 30/30 9:30am-10:30am Auditorium/Haruko <i>Intermediate</i>	Zumba 6:15pm- 7:00pm Auditorium/Shawna <i>All Levels</i>	Super Sculpt 9:30am-10:15am Dance Studio/Haruko <i>Advanced</i>	Line Dance 10:30am-11:30am Auditorium/Marilu <i>All Levels</i>	Core 9:30am-10:15am Dance Studio/Liza <i>Intermediate</i>				
Cardio Light 10:45am-11:30am Auditorium/Haruko <i>Beginner</i>	Cardio Kickboxing 7:30pm-8:30pm Auditorium/Fee <i>Advanced</i>	Power Hour: 30/30 9:30am-10:30am Auditorium/Viki <i>Intermediate</i>	Basic Sculpt 11:30am-12:00pm Auditorium/Dorian <i>Beginner</i>	Core 10:45am-11:30am Auditorium/Haruko <i>Beginner</i>				
Doonya Bollywood Fit 7:30pm-8:30pm Auditorium/Jaya <i>All Levels</i>		Stretch 10:30am-11:15am Dance Studio/Haruko <i>All Levels</i>						
		Cardio Light 10:45am-11:30am Auditorium/Viki <i>Beginner</i>						
Yoga 7:15pm-8:30pm Adult Lounge/Cynthia	Essentrics 10:30am-11:30am Auditorium/Charlotte						Essentrics 11:00am-12:00pm Auditorium/Charlotte	

Group Fitness Class Fees and Policies

Group fitness classes are free for J members*

Nonmember Class Fees
Drop-in: \$15 10-Class Pass: \$105
Adults 65+ Drop-in: \$9 Adults 65+ 10-Class Pass: \$60

***Yoga & Essentrics require registration and have a class fee**

Policies

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- Instructor, location, and class schedule are subject to change.
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class descriptions

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.

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.