

Group Fitness, Wellness & Aquatics Class Schedule

June 19 – August 27, 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Zumba® 8:15am-9am Pool/Ligia	FUNctional Fitness 7:30-8:30am GYM A/Kirstie	Cardio Cycling 7:15-8:00am CCS/Jodi	H2O 8:15am-9:15am Pool/Greta	Aqua Zumba® 8:15am-9am Pool/Jamilah	Jazzercise 8:00-9:00am GYM B/On rotation	Cardio Cycling 8:30-9:30am CCS/On rotation
Jazzercise 8:15-9:15am GYM B/On rotation	Jazzercise 8:15-9:15am Church/On rotation	Jazzercise 8:15-9:15am GYM B/On rotation	Jazzercise 8:15am-9:15am GYM B/On rotation	Jazzercise 8:15am-9:15am GYM B/On rotation	Stretch & Meditate 8:00-8:45am Auditorium/Karen	Jazzercise 9:00-10:00am GYM B/On rotation
Super Sculpt 8:30am-9:15am Church/Kirstie	Advanced Core 8:30-9:00am GYM A/Kirstie	H2O 8:15am-9:15am Pool/Denise	Cardio Dance 8:30am-9:15am Church/Liza	Intermediate Core 8:15-9:00am Adult Lounge/Liza	Essentrics 11:00-12:00pm Auditorium/Charlotte	Master Swim 8:30-9:30am Pool/On rotation
Therapeutic Yoga 10:00-11:00am Adult Lounge/Tricia	Cardio Dance 8:30am-9:15am GYM B/Rebecca	Super Sculpt 8:30am-9:15am Church/Jamilah	Power Hour: 30/30 10:00am-10:55am Auditorium/Kristie	Cardio Cycling 9:30-10:30am CCS/Karen		Therapeutic Yoga 3:00-4:00pm Adult Lounge/Tricia
Cardio & Sculpt 10:00am-11:00am Auditorium/Kirstie	Zumba Gold 9:45am-10:30am Auditorium/Ligia	Cardio Cycling 9:30-10:30am CCS/Karen	Cardio & Sculpt 11:00am-11:55am Auditorium/Rebecca	Beginner Core 10:45am-11:30pm Auditorium/Karen		Therapeutic Yoga 4:00-5:00pm Adult Lounge/Tricia
Cardio Light 11:15am-12pm Auditorium/Rebecca	Essentrics 10:30-11:30am Auditorium/Charlotte	Power Hour: 30/30 10:00am-11:00am Auditorium/Rebecca	Zumba 6:15- 7:00pm Auditorium/Shawna	Wellness Class 11:30-12:30pm Confer. Room/Petya	Group Fitness Class Fees and Policies Group fitness classes are free for J members*	
Jazzercise 6:15-7:15pm GYM B/On rotation	Basic Sculpt 11:30-12:00pm Auditorium/Rebecca	Cardio Light 11:15am-12pm Auditorium/Rebecca	Jazzercise 7:00-8:00pm GYM B/On rotation		Nonmember Class Fees Drop-in: \$15 10-Class Pass: \$105 Adults 65+ Drop-in: \$9 Adults 65+ 10-Class Pass: \$60	
Yoga 7:15-8:30pm Adult Lounge/Cynthia	Zumba 6:15- 7:00pm Auditorium/Shawna	Jazzercise 6:15-7:15pm GYM B/On rotation	Master Swim 8:00-9:00pm Pool/On rotation		*Yoga, Essentrics, What' SUP Yoga, Master Swim and Jazzercise require registration and have a class fee for members and nonmembers and are noted in colored text on the schedule.	
Doonya Bollywood Fit 7:30pm-8:30pm Auditorium/Jaya	Jazzercise 7:00-8:0pm GYM B/On rotation	What'SUP Yoga 8:00-9:00pm Pool/Rebecca			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.	
	Cardio Kickboxing 7:30-8:30pm Auditorium/Fee				Questions? Contact Rebecca.Friedlander@jccnv.org For questions about Yoga, What' SUP Yoga and Essentrics, contact Rebecca.Friedlander@jccnv.org For Master Swim, contact Teo.Albu@jccnv.org For questions about Jazzercise, contact ffxjazzercise@gmail.com	
	Master Swim 8:00-9:00pm Pool/On rotation				Not Jewish? No problem. All are welcome at the J!	

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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!

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.

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

Cardio Dance Fusion: 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.

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.

PiYo: A total body fitness system designed to whip you into shape. It combines the practices of Pilates and Yoga to help you build strength, lose weight, increase flexibility, and have a great time!

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 and Meditate: 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 ffxjazzercise@gmail.com

Jazzercise: Combines cardio, strength, and stretch moves for a total body workout. All ages, fitness levels and sizes welcome.

Contact Rebecca.Friedlander@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.