




GROUP FITNESS CLASS FORMATS

AQUA	
DEEP WATER AEROBICS	An excellent workout that includes stretching, warm-up and cardiovascular exercise, toning and a cool-down period. Activities will improve swimming technique and overall fitness.
SHALLOW WATER AEROBICS	A high-intensity workout in shallow water. This class is designed for fat-burning!
CARDIOVASCULAR TRAINING	
CYCLE	Let our team of specially certified Indoor Cycling instructors guide you through a challenging and exhilarating ride that will reduce body fat, increase cardiovascular strength and burn calories. All fitness levels are encouraged to participate. Please arrive 5 minutes early to get your bike set up.
STEP	Get ready for a traditional step class that incorporates fun choreography to upbeat music focusing on aerobic endurance.
	Heat things up with hot Latin music and rhythms as you get energized with red-hot international dance! You will get hooked on its infectious music, easy-to-follow dance moves, and not to mention its body-beautifying and fat-burning benefits.
STRENGTH TRAINING	
ABS EXPRESS	Bust your gut in this 30-minute abdominal class and finish with an invigorating stretch and cool-down segment. Please arrive warmed up and prepared for intense core conditioning.
	The ORIGINAL barbell class!! Endurance strength training where muscle and music collide! Suitable for all levels and ages 10+. The fastest way to get in shape!
CORE & MORE	You are only as strong as your core! Learn how to strengthen from the INSIDE using a variety of equipment and techniques.
SENIORCISE / ADVANCED SENIORCISE	This class is specifically geared for the needs of mature adults. Flexibility and strengthening exercises for the entire body are incorporated, with special care given to avoid impact to the joints of the body. Try the advanced version to increase your fitness level!
TOTAL BODY CONDITIONING	Get up and get going with this efficient total body workout designed to improve posture, balance, and muscle tone. Work with weight and bands that are right for you, then follow with core work on the floor. This class will end with full-body stretching leaving you flexible and ready for your day.
\$ WOMEN ON WEIGHTS	Get the results you've been working for--small group training environment with a dynamic personal training team. Learn proper safety and technique to build strength, endurance and stability.
CARDIOVASCULAR & STRENGTH CONDITIONING	
	An exciting workout that lets you choose just how hard you want to work. Energizing and uplifting music will leave you feeling fully rejuvenated and fizzing with energy! Great for anyone who enjoys integrated exercise options, suited for all ages including active adults over 40 and great for pre or postnatal women.
CIRCUIT TRAINING	A great way to tone up while shedding body fat. We combine the benefits of weight training and cardiovascular exercise for a complete workout. You'll NEVER be bored as your instructor finds new ways to challenge your body.
\$ CONDITIONING FOR WOMEN	If you're looking for a blood-pumping, heart-pounding workout, designed specifically for the conditioning needs for women, this is the workout for you! This class will combine resistance training with cardiovascular benefits to help shed body fat and improve body composition.
CYCLE & STRENGTH	90 minutes! Just like our basic Cycle format, with an extra kick of strength training conditioning. Don't miss this class.
\$ TEEN FITNESS ACADEMY	Grab your teens for the ultimate fitness challenge. Get in shape while having fun with friends. Strength training, cardiovascular conditioning and sports-specific training make this workout a blast!
ROCKIN' BOXIN'	Get ready to sweat! Get in shape while challenging yourself with agility drills, boxing rounds and cardiovascular conditioning. The ultimate total-body workout.
THE MIX	A high energy fusion class that combines step, strength training, cardio kick-boxing, and/or jump roping. This fun combination of formats makes your exercise enjoyable and the time will fly by!!
X-TRAINING	If you are ready to take your training to the next level, mix it up in the morning and start your day off with this amazing cross-training work-out. Be ready to cycle, run, jump, play basketball and swim!
FITNESS, MIND & BODY	
GENTLE YOGA	Gentle yoga class is suited for older adults, and anyone wishing to maintain and improve flexibility, balance, & mobility. Stretch, strengthen, and relax!
MAT PILATES	Pilates is an exercise system focused on improving flexibility and strength for a total body without building bulk. Pilates emphasizes proper breathing and body alignment, and concentrates on supporting and strengthening the "powerhouse" or core—abdomen, back, and hips—enabling the rest of the body to move freely.
PILATES REFORMER	This class utilizes the STOTT reformer and is taught by one of the Pilates trainers. This is a fee-based class. To make your class reservation, contact the Welcome Desk.
POWER YOGA	This class is for those who consider themselves advanced in the practice of yoga. You will delve into more intense cardiovascular movement and continue to build overall strength and flexibility. Be prepared for a challenging workout and hearing upbeat music.
\$ TAI CHI	Tai Chi is ideal for those looking to relieve stress, increase energy and improve circulation. Learn to connect the mind and spirit by controlling you body's energy flow and savoring the present moment Internationally recognized Tai Chi instructor Willie Lim brings his expertise and many years of experience to the JCC.
YOGA	Yoga poses and the transitions between the poses are linked to the breath and music. Proper alignment will be emphasized as you increase flexibility, strength and muscle tone, while calming the mind.
YOGA FLOW	A mix of traditional and contemporary yoga styles linked to the breath and upbeat music. Fluid choreography connects the poses together into a moving meditation as the class progresses and ultimately flows into the final resting meditation. This class builds strength, stamina, balance, aerobic capacity, suppleness and confidence.
YOGA PILATES FUSION	A powerful mix of yoga and Pilates training that will improve core strength, flexibility and posture. Great for strengthening your abdomen, back and hips!
<p><i>Schedule, format and instructor are subject to change. Classes are 55-minutes in length, unless otherwise noted. Sign-up for Pilates Reformer, Women's Conditioning for Women, Tai Chi, Dance and Teen Fitness Academy at the Welcome Desk. Classes start on-time...please be punctual to avoid cancellations. Please contact Lisa Robins, Group Fitness Coordinator at 480-483-7121 x1279 for additional information.</i></p>	