



# February 2012 Group Fitness Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Exercise	8:15 - 9:15 a.m. BODYVIVE* <span>Free</span>	6:15 - 7:00 a.m. TRX*	6:00 - 6:45 a.m. Circuit Sculpting	6:15 - 7:00 a.m. TRX*	7:30 - 8:15 a.m. TRX*	6:15 - 7:00 a.m. BOSU*	8:15 - 9:15 a.m. BODYPUMP* <span>Free</span>
	8:15 - 9:15 a.m. BODYPUMP* <span>Free</span>	7:15 - 8:00 a.m. BOSU*	7:30 - 8:15 a.m. TRX*	8:15 - 9:15 a.m. Body Sculpt	8:15 - 9:15 a.m. BODYVIVE* <span>Free</span>	8:15 - 9:15 a.m. BODYPUMP* <span>Free</span>	8:30 - 9:30 a.m. TRX Bootcamp*
	9:25 - 10:25 a.m. BODYPUMP* <span>Free</span>	8:15 - 9:15 a.m. BODYPUMP* <span>Free</span>	8:15 - 9:15 a.m. Zumba	9:30 - 10:30 a.m. ZumbaPLUS	9:30 - 10:30 a.m. BODYPUMP* <span>Free</span>	9:30 - 10:30 a.m. TRX Boot Camp* <span>Free</span>	9:30 - 10:30 a.m. BODYVIVE* <span>Free</span>
	10:35 - 11:35 a.m. Zumba	9:30 - 10:15 a.m. TRX*	9:30 - 10:30 a.m. BODYPUMP* <span>Free</span>	9:30 - 10:15 a.m. TRX*	5:15 - 6:00 p.m. IMPACT* <span>Free</span>	10:30 - 11:30 a.m. BODYVIVE* <span>Free</span>	
		9:30 - 10:30 a.m. BODYVIVE* <span>Free</span>	9:30 - 10:30 a.m. Boot Camp	6:15 - 7:15 p.m. Zumba <span>Free</span>	6:30 - 7:30 p.m. BODYPUMP* <span>Free</span>		
		9:30 - 10:30 a.m. CardioPLUS* <span>Free</span>	10:40 - 11:40 a.m. BODYVIVE* <span>Free</span>				
		6:00 - 6:45 p.m. IMPACT* <span>Free</span>	6:00 - 7:00 p.m. BODYPUMP* <span>Free</span>				
		7:00 - 7:45 p.m. BOSU Cardio* <span>Free</span>	7:30 - 8:15 p.m. BOSU Circuit* <span>Free</span>				
Cycling	8:00 - 9:00 a.m. Ultimate Cycling*	6:00 - 7:00 a.m. Power Cycle*	9:30 - 10:30 a.m. Ultimate Cycling*	6:00 - 7:00 a.m. Ultimate Cycling*	9:30 - 10:30 a.m. Power Cycle*	6:00 - 7:00 a.m. Ultimate Cycling*	9:30 - 10:30 a.m. Ultimate Cycling*
		8:15 - 9:15 a.m. Ultimate Cycling*	6:30 - 7:30 p.m. Power Cycle* <span>Free</span>	8:15 - 9:15 a.m. Ultimate Cycling*			
Mind / Body	9:30 - 10:45 a.m. Core Yoga Blend	9:30 - 11:00 a.m. Mixed Levels Yoga	9:30 - 10:30 a.m. Pilates Mat	9:30 - 11:00 a.m. Gentle Yoga	10:30 - 11:30 a.m. Flex Pilates		
		8:00 - 9:00 p.m. Flex Pilates <span>Free</span>	6:15 - 7:30 p.m. Kundalini Yoga <span>Free</span>		7:30 - 8:30 p.m. Active Yoga <span>Free</span>		
Aqua		7:45 - 8:30 a.m. Water Wake-Up	6:15 - 7:15 a.m. Aqua Zumba			7:45 - 8:30 a.m. Water Wake-Up	

Classes marked FREE are included with JCC membership

Look for brand new cardio equipment in the Fitness Center this month!

\*Reservations required, please call 203.322.7900

## Group Exercise Classes

**BODYPUMP:** Using the best weight-room exercises, BODYPUMP challenges all of your major muscle groups in an intense and to-the-point strength training workout. The group setting will help inspire, motivate and empower you to take your body further. Reservations suggested, please call the JCC Welcome Desk beginning 24 hours before a class, 203.322.7900.

**BODYVIVE:** A truly low-impact workout that delivers real health and well being results. Each class includes “Heart Fitness”, “Functional Strength” and “Core & Restore” segments to improve all major aspects of your fitness. It’s a 55 minute, upbeat and enjoyable workout. Reservations suggested, please call the JCC Welcome Desk beginning 24 hours before a class, 203.322.7900.

**Body Sculpt:** Use a variety of weights, tubes, balls and bands to increase your strength and develop more tone and definition in your muscles. This is a fun and challenging workout that spices up what you might be doing in the weight room. (All levels welcome).

**Boot Camp:** An efficient workout that will challenge your entire body, head to toe, in this fun and fresh class. Simple and basic calisthenics, like jumping jacks, bodyweight moves like pushups, core moves and cardio-conditioning exercises like sprints are utilized in this fun and calorie-burning workout.

**BOSU:** Combination of cardio, strength, endurance and balance training on the BOSU Balance Trainer.

**BOSU Cardio:** Intervals and cardiovascular conditioning using the BOSU Balance Trainer.

**BOSU Circuit:** Use the BOSU Balance Trainer in combination with weight training, cardio intervals and core exercises in succession for a great, total body workout! A series of moves will be put in order, as you travel through the circuit in fun and challenging intervals.

**CardioPLUS:** CardioPlus is a classic way to enhance your cardiovascular conditioning routine. Follow simple choreography, great music and fun moves on a step and rebounder to burn calories and get a great sweat!

**Circuit Sculpting:** Enjoy this fun class that uses great combinations, circuits and intervals to maximize your results. In 45 minutes you will work every muscle in your body, get a great sweat, and get everything you want out of your class.

**IMPACT:** Take your workout and your abilities to the next level. Blend the hottest trends in fitness by utilizing TRX, kettlebells, and intense cardio into this top-level workout.

**TRX & TRX Bootcamp Suspension Training:** One of the latest pieces of fitness equipment that is making its way into gyms and homes across the country. It is one of the simplest concepts: two straps hanging from a wall or ceiling, and limitless possibilities. With the TRX Suspension Straps, class participants will utilize moves that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity you choose, all while using their own body weight as a counter to the anchored straps.

**Zumba:** Fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away. THE GOAL - to love working out! An absolute blast in one exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**ZumbaPLUS:** Are you ready to party yourself into shape? This class incorporates red-hot dance steps, pulsating Latin and international rhythms, weights for sculpting, cardio pieces such as step, jump ropes and more! Don’t miss this all-in-one calorie burning hour of sweat, sculpt and non-stop groove!

## Cycling Classes

**Power Cycle:** This revolutionary cycling class incorporates weight-lifting while you are on the bike! Maximize your workout and boost your metabolism before ending class with yoga stretches and poses to aid in recovery. Come experience this unique cycling experience offered exclusively at the JCC.

**Ultimate Cycling:** Translate your outdoor ride into a challenging indoor cycling experience.

## Mind / Body Classes

**Active Yoga:** This powerful Vinyasa class brings core and total body strength, flexibility, and breath control together to challenge your entire body. You will break a sweat in this class! Great for athletes as well as beginners since variations will be given for all levels.

**Core Yoga Blend:** Take traditional yoga poses and Vinyasa one step further with the addition of thera-bands and physio-balls. Increases tone, balance and flexibility while still centering around a yoga mindset.

**Flex Pilates:** This class will improve your strength and flexibility through a combination of pilates, yoga and core training combined with free weights, bands, balls and other props. Push your core and flexibility training to the next level!

**Gentle Yoga:** Stretch and strengthen your body, relax and revitalize your mind. Connect body and spirit in a class that works to gently center, strengthen and tone. (Beginner to advanced welcome).

**Kundalini Yoga:** Prepare your mind for optimal clarity, increase your energy and creativity with this powerful yoga practice. (Appropriate for all ages, fitness levels and body types!)

**Mixed Levels Yoga:** Deepen your exploration of yoga through its different disciplines in these focused classes.

**Pilates Mat:** A non-impact workout that focuses on skills and techniques designed to improve posture, length, joint mobility and deep total core strength.

## Water Fitness Classes

**Aqua Zumba:** Known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**Water Wake-Up:** This great water aerobics class is designed for those who are physically fit! It is high-impact and keeps you moving in the water. Weight lifting and abdominal work are also a part of the program.

## BODYPUMP & BODYVIVE now open to non-members!

Don’t see a class that suits your needs? Look for private fitness class offerings or ask a fitness center staff member for more information about private classes that are currently being offered.

Limited availability for cycling. Reservations required 24 hours in advance. Please call the front desk at 203.322.7900 to reserve your bike. All bikes are SPD compatible. Beginners: please notify the instructor on your arrival to class. Heart rate monitors, cycling shoes (or stiff, soled sneakers), padded shorts and a full bottle of water recommended.

Limited availability for TRX, Boot Camp & BOSU. Reservations required 24 hours in advance. Please call the front desk at 203.322.7900.

For information on group classes, please call 203.487.0981.

To receive email updates on classes, instructors and cancellations, please submit your email address to [krusso@stamfordjcc.org](mailto:krusso@stamfordjcc.org).

For information on water fitness classes please contact the Aquatics department, at 203.487.0990. For group swim lessons, please check our website [stamfordjcc.org](http://stamfordjcc.org).

## Attendance

Please be sure you sign in at the beginning of every class and present receipts for class purchases, if applicable.

## Class Cancellations

From time to time, an instructor may not be able to make their class. We will make every effort to find a sub and/or get word to you as soon as possible that class is cancelled. Please understand that from time to time a class may be cancelled unexpectedly. In the event of snow, please call the front desk at 203.322.7900.

## Fees for Group Fitness Classes

	<u>Members</u>	<u>Non-Members</u>
Single Class	\$10	\$16
10 Class Pack	\$5.50/Class	\$14/Class
FitPass (Unlimited Classes)	\$30/Month	\$100/Month

**You must be 16 years of age or older to attend BODYPUMP and Group Cycling classes. For all other classes you must be 14 or older.**

