

January 2010 Group Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
*8:15 - 9:15 a.m. BODYVIVE 	*6:00 - 6:45 a.m. Rise & Ride Cycling Studio	*6:00 - 7:00 a.m. BODYPUMP 	*6:00 - 6:45 a.m. Rise & Ride Cycling Studio	*6:00 - 7:00 a.m. BODYPUMP 	*6:00 - 7:00 a.m. Rise & Ride Cycling Studio	*8:15 - 9:15 a.m. BODYPUMP 	
*8:15 - 9:15 a.m. BODYPUMP 	7:45 - 8:30 a.m. Water Wake-Up Pool	8:15 - 9:15 a.m. Zumba Fitness Studio	7:45 - 8:30 a.m. Water Wake-Up Pool	*8:15 - 9:15 a.m. BODYVIVE 	7:45 - 8:30 a.m. Water Wake-Up Pool	*9:30 - 10:30 a.m. BODYVIVE 	
*8:15 - 9:10 a.m. Endurance Ride Cycling Studio	*8:15 - 9:15 a.m. BODYPUMP 	*9:30 - 10:30 a.m. BODYPUMP 	*8:30 - 9:30 a.m. Combo Ride spin, abs, stretch	*9:25 - 10:25 a.m. BODYPUMP 	*8:15 - 9:15 a.m. BODYPUMP 	*9:30 - 10:30 a.m. Fitness Ride Cycling Studio	
*9:20 - 10:15 a.m. Endurance Ride Cycling Studio	*8:30 - 9:30 a.m. Race Ride & Core Cycling Studio	*9:30 - 10:30 a.m. Pilates Mat Dance Zone	8:15 - 9:15 a.m. Body Sculpt Fitness Studio	*9:25 - 10:25 a.m. All Terrain Cycling Studio	9:30 - 10:45 a.m. Interval Training Fitness Studio		
Please note: You are welcome to ride through the 10 minutes between class time, creating a 2 hour ride. (2 class purchase required.)	9:30 - 10:30 a.m. Rebounding Cycle Studio	9:30 - 10:30 a.m. Fitness Ride Cycling Studio	9:30 - 10:30 a.m. Rebounding Cycling Studio	10:00 - 10:45 a.m. Sr. Stretch & Strengthen Senior Lounge	*9:30 - 10:45 a.m. Total Body Biking Cycling Studio		
	9:30 - 10:45 a.m. Ultimate Hi/Low Fitness Studio	9:45 - 10:30 a.m. Aqua Zumba Pool	9:30 - 10:45 a.m. Cardio Combo & Conditioning Fitness Studio	10:30 - 11:30 a.m. Pilates Ring/Mat Fitness Studio			
*9:30 - 10:30 a.m. BODYPUMP 	9:30 - 11:00 a.m. Mixed Levels Yoga Dance Zone	10:00 - 10:45 a.m. Sr. Stretch & Strengthen Senior Lounge	9:30 - 11:00 a.m. Gentle Yoga Dance Zone	6:00 - 6:45 p.m. Aquafit Pool			
9:30 - 10:45 a.m. Core Yoga Blend KidsPlace 2	10:30 - 11:15 a.m. Aqua Arthritis Pool	*10:35 - 11:35 a.m. BODYVIVE 	10:30 - 11:15 a.m. Aqua Arthritis Pool	*6:20 - 7:20 p.m. BODYPUMP 			
10:35 - 11:35 a.m. Zumba Fitness Studio	6:20 - 7:20 p.m. Cardio Kickbox Fitness Studio	6:00 - 6:45 p.m. Aquafit Pool	*6:20 - 7:20 p.m. Zumba Fitness Studio	8:20 - 10:00 p.m. Advanced Yoga No Instructor Family Place		Group Aquatics Group Exercise Group Cycling	
	8:40 - 10:00 p.m. Advanced Yoga No Instructor Family Place	6:15 - 7:30 p.m. Kundilini Yoga KidsPlace2					
		*6:20 - 7:20 p.m. BODYPUMP 	<div style="background-color: #0056b3; color: white; padding: 10px; text-align: center;"> <h2>Group Fitness Open House</h2> <p>Sunday, January 10 8 a.m. - 12 p.m.</p> <h3>Featuring New BODYPUMP & BODYVIVE + demos of new classes and old favorites!</h3> </div>				
<p>If interested in BODYPUMP "Learn the Moves" please contact Jenn Kidd to set up a 30 minute appointment with one of our Pump instructors.</p>		8:20 - 10:00 p.m. Advanced Yoga No Instructor Family Place					
<p>*Reservations required please call 322-7900</p>							



Group Fitness Classes:

Class Descriptions:

JCC Members Only Classes:

(these classes are Free and only for JCC Members)

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 Front Desk within the 24 hour period before a class, 322-7900.

BODYVIVE: A truly Low-Impact workout that delivers real health and well being results. Each class includes a "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 Front Desk within the 24 hour period before a class, 322-7900.

Advanced Yoga: No instructor present. Open studio reserved for independent self paced yoga practice.

Open Group Fitness Classes:

(Class Fee apply, Members and Non-Members welcome)

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)

Mixed Levels Yoga: Deepen your exploration of yoga through its different disciplines in these focused ongoing classes. (Some experience helpful but not mandatory)

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 type!)

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

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

Pilates Ring: Incorporate the "ring" into the traditional pilates class for added resistance and results.

Ultimate Hi-Lo: An exhilaration multi-impact workout that utilizes challenging and dynamic choreography. If you are ready to take it to the next level, this class is for you! (This is an intense, fast moving class not suitable for those with low back, knee, or foot concerns)

Cardio Combo & Conditioning: A split workout where the first half of class focuses on multi-impact aerobic movement and the second half focuses on muscle tone and strength conditioning. Fast paced and challenging to really get results. (All levels welcome)

Interval Training: Add variety to your fitness program with this dynamic, multi-impact class. Alternate between aerobic movement and body sculpting exercises for a total body workout with a powerful and exhilarating style. (All levels welcome)

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

Rebounding: A half hour of low impact aerobics on a rebounder with no stress to knees and hips. This is followed by a half hour of total body conditioning.

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 exhilaration hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Cardio Kickbox: A powerful hour of non-contact cardio kickboxing and core strengthening. KICK, PUNCH, JUMP, CRUNCH, SWEAT!



Group Cycling Classes

Class Descriptions:

Rise and Ride: Begin your day with a fast paced, invigorating indoor bike ride.

Race Ride: Fast paced, high energy ride incorporating monster hills, quick transitions, "mini" races and sprints to the finish line. (All levels welcome)

Fitness Ride: Climb, sprint, jump, and jog. This class runs for 60 minutes and combines all terrain moves in challenging combinations to improve your fitness and your biking ability.

All-Terrain: A multi-movement class inspired by rugged and off road conditions. Focuses on intervals and drill with quick transitions and non stop action.

Total Body Biking: Take your traditional group cycling class and add off the bike exercises to build and strengthen your non-cycling muscles. Of bike exercises focus on inner/outer thighs, back & hip extension and spinal alignment as well as over head exercises.

Don't see a class that suits your need, look for Private Fitness Class offering or ask the fitness center for more info about what Private Classes are being offered this semester.

Limited availability. 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.

Fees for Group Fitness and Group Cycling Classes

(Aquatics classes have different rate check with the pool or front desk for fees.)

	Members	Non-Members
Single Class	\$10	\$14
10 Class Pack	\$55 (Book of 10)	\$125 (Book of 10)
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.



Group Aquatics Classes

Class Descriptions:

NEW! Aqua Zumba Zumba in water fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will help you achieve long-term benefits while experiencing an absolute blast in one 45-minute session of calorie burning, body energizing, awe-inspiring movements that will engage and captivate you for life! The sessions consist of fast and slow rhythms and resistance training combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got an Aqua Zumba class!

Water Wake-Up This great early-morning 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.

NEW! Coed Liquid Latin Aerobics The ultimate in water fitness, this high-impact water aerobics class will help sculpt your muscles, make your heart stronger, build endurance and create a physically fit body! Weight lifting and abdominal work are part of the routine. Don't let the water fool you, this is a great workout!

NEW! Aqua Arthritis with Lorraine Zeigbe Aqua Arthritis is back with certified Arthritis Instructor Lorraine Zeigbe! This program is designed for those with arthritis who are looking for a comfortable way to work out and gain flexibility, build muscle and endurance without stress on the body due to the cushioning effects of the water. Medical permission is required to attend.

For Group Aquatics fees please check with the pool or the front desk.

For information on water fitness classes please contact Ellen Pradella Aquatics Director, at 203-487-0990, or epradella@stamfordjcc.org

For information on group classes, please call 487-0981.

To receive email updates on classes, instructors and cancellations, please submit your email address to ddavies@stamfordjcc.org or jkidd@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.