

# MAY ADULT SPORTS & GROUP EXERCISE SCHEDULE

MONDAYS

TIME	CLASS	INSTRUCTOR	WHERE
6-7AM	Strength & Conditioning	Doug	Fitness Center
7-8AM	Core-Strength & Balance	Lauren	((•)) Studio A
8:15-9:15AM	Step	Dina	Studio A
8:15-9:15AM	Barre TRX	Lori	Studio C
8:15-9:15AM	Spin	Mary	Cycling Room
9:30-10:30AM	Strength & Stretch	Mary	((•)) Studio A
9:30-10:30AM	Rowing Bootcamp	Trevor	Court B
10:45-11:30AM	Strength in Chairs	Mary	((•)) Boardroom
12-12:45PM	Yoga	Brent	Studio C
5:30-6:30PM	Core & More	Karen	((•)) Studio A
5:30-6:30PM	Cycling	Dina	Cycling Room
6:35-7:35PM	Zumba	Estefi	Studio A
7-8PM	Yoga	Michelle	Studio C
5:15-6:15AM	Master Swim	Igor	Pool

NEW CLASS!

TUESDAYS

TIME	CLASS	INSTRUCTOR	WHERE
5:15-6AM	Functional Conditioning	Giorgi	Fitness Center
6-6:55AM	Barre & Strength	Lori	((•)) Studio A
6-7AM	Weightlifting	Giorgi	Fitness Center
7-8AM	LES MILLS BODYPUMP	Karen	((•)) Studio A
8:15-9AM	TRX	Lauren	Studio C
8:15-9:15AM	Core-Strength & Stretch	Lori	((•)) Studio A
9:30-10:30AM	Strength & Conditioning	Keren	Fitness Center
9:30-10:30AM	tone	Dina	((•)) Studio A
10:30-11:30AM	Functional Strength	Mary	((•)) Studio A
6-7PM	Boxing	Quess	Studio C
7-8PM	Strength Training	Quess	Fitness Center

WEDNESDAYS

TIME	CLASS	INSTRUCTOR	WHERE
6-7AM	Strength & Conditioning	Doug	Fitness Center
7-8AM	Spin	Lauren	Cycling Studio
7-8AM	Boxing Bootcamp	Quess	Studio C
8-9AM	Aqua-fit	Dina	Pool
8:15-9:15AM	Barre	Lori	((•)) Studio A
8:15-9:15AM	Pilates	Karen	Studio C
9:30-10:30AM	Strength Circuit	Karen	((•)) Studio A
9:45-10:45AM	Yoga	Tamara	Studio C
12-12:45PM	Yoga	Brent	Studio C
4-5PM	Strength & Conditioning	Keren	Fitness Center
6:30-7:30PM	LES MILLS BODYPUMP	Dina	((•)) Studio A
7:15-8:15PM	Yoga	Keren	Studio C
6-7:30AM	Adult Pickup Basketball*		Gymnasium

NEW CLASS!

PICKLEBALL

GYMNASIUM	Morning	Evening
MONDAY	8-10AM	
TUESDAY	8-9:30AM	
WEDNESDAY	8-9:30AM	
THURSDAY	8-10AM	5:30-7PM
FRIDAY	8-11AM	
SATURDAY	7:30-9AM*, 9-10:30AM** & 10:30AM-12PM***	

THURSDAYS

TIME	CLASS	INSTRUCTOR	WHERE
6-7AM	Barre-Pilates	Lori	((•)) Studio A
7-8AM	TRX	Lauren	Studio C
8:15-9:15AM	LES MILLS BODYPUMP	Lauren	((•)) Studio A
9:30-10:30AM	Zumba	Jessica	((•)) Studio A
9:30-10:30AM	Strength & Conditioning	Doug	Fitness Center
10:30-11:30AM	Chair Yoga	Raema	Boardroom
10:30-11:30AM	Functional Strength	Mary	((•)) Studio A
6-7PM	Boxing	Quess	Studio C
6:30-7:30PM	Zumba	Estefi	Studio A
7-8PM	Weightlifting	Quess	Fitness Center
6-7:30AM	Adult Pickup Basketball*		Gymnasium

NEW CLASS!

FRIDAYS

TIME	CLASS	INSTRUCTOR	WHERE
6-7AM	Strength & Conditioning	Doug	Fitness Center
7-8AM	Core & More	Karen	((•)) Studio A
8:15-9:15AM	Barre	Lori	Studio A
8:15-9:15AM	Boxing Bootcamp	Quess	Studio C
9:30-10:30AM	HIIT Cardio	Lauren	((•)) Studio A
9:30-10:30AM	Barre TRX	Lori	Studio C
9:30-10:30AM	Yoga 30/30	Ann	((•)) Zoom
9:45-10:45AM	Aqua Aerobics	Tamara	Pool
10:30-11:30AM	Strength & Stretch	Mary	((•)) Studio A
12-12:45PM	Yoga	Brent	Studio C
5-6PM	Zumba	Vicky	Studio A
5:15-6:15AM	Masters Swim	Igor	Pool
6-7:30AM	Adult Pickup Basketball*		Gymnasium

NEW CLASS!

SATURDAYS

TIME	CLASS	INSTRUCTOR	WHERE
8-9AM	Rowing Bootcamp	Trevor	Court B
8:30-9:30AM	LES MILLS BODYPUMP	Lauren	((•)) Studio A
9-10AM	Pilates	Karen	Studio C
9-10AM	Strength & Conditioning	Doug	Fitness Center
10:05-11:05AM	Yoga	Keren	Studio C

SUNDAYS

TIME	CLASS	INSTRUCTOR	WHERE
7:45-8:45AM	TreadZone	Mary	Fitness Center
8:15-9:15AM	tone	Lori	((•)) Studio A
9-10AM	Zumba	Vicky	Studio C
9:30-10:30AM	Barre-Pilates	Lori	Studio B
9:30-10:30AM	Spin	Dina	Cycling Studio
10-11AM	Yoga	Michelle	Studio C
10-11AM	Bootcamp	Quess	Fitness Center
7:30-10:30AM	Adult Pickup Basketball*		Gymnasium

AUDITORIUM	Evening
MONDAY	6:15-7:30PM***, 7:30-8:45PM* & 8:45-10PM***
TUESDAY	6:15-7:30PM*, 7:30-8:45PM*** & 8:45-10PM*
WEDNESDAY	6:15-7:30PM***, 7:30-8:45PM* & 8:45-10PM***

\* - 3.0 and Below  
\*\* - All Levels  
\*\*\* - 3.5 and Above  
((•)) Class livestreamed on Zoom



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KURIANSKY  
FITNESS CENTER  
at The

**Aqua Aerobics:** Have fun in the water with new friends while enjoying a low-impact workout designed to improve cardiovascular endurance through aerobic exercises.

**Aqua-fit:** Set to great music, this class delivers a low-impact workout that works to improve cardiovascular health and conditioning, while building muscular strength and endurance. Using buoyancy and water resistance and large low-weight noodles, participants get a safe, effective, and fun workout for all ages and fitness levels.

**Barre:** Isometric weight training, challenging muscles using a minimal range of motion. Floor exercises include abdominals, chest, legs, and gluteal muscles. The barre will improve your balance, build strength, increase flexibility, burn calories, and improve stability through a stronger core.

**Barre-Pilates:** This Barre-Pilates class blends elements of ballet, Pilates, and yoga. Expect a challenging yet rewarding workout that combines isometric holds, dynamic movements, and controlled flows to sculpt your body, improve posture, and increase core strength and flexibility.

**Barre & Strength:** Combining barre movement that focuses on small isometric movements with full-body strength training using weights and bands! Cardio will be added for a complete work out!

**Barre TRX:** This class combines all of the energy and fun from Barre class with the challenge of suspension training. Get ready to lengthen, strengthen and tone every muscle in your body.

**Bootcamp:** With new exercises every class along with modifications, come see how rewarding it feels to complete this class with your fellow class participants. Your t-shirt will be a darker shade after this class due to your sweat but most importantly you will feel amazing!

**Boxing:** A technique & cardio focused boxing class using basic but effective boxing combinations, calisthenics, and explosive plyometric movements to deliver an immersive and challenging workout with an opportunity to let loose and test your skills on the bag!

**Chair Yoga:** Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Your instructor will guide you through a series of traditional poses, balance work, and meditation as you gain confidence and build strength. It is a great form of yoga for beginners or anyone who wants to focus on a gentle practice.

**Core & More:** Blending Pilates-inspired moves and weight training to tone and strengthen, Core & More is more than crunches. Sculpt your midsection and train your core in a resistance and repetition focused workout.

**Core-Strength & Balance:** This class is designed to build a strong core and improve your balance through targeted exercises. We'll utilize a combination of bodyweight movements, dumbbell work, stability training, and focused core engagement to enhance postural control and stability. Expect to challenge your muscles and improve your overall coordination, leading to better functional movement.

**Functional Conditioning:** Focusing on functional strength straining movements using different modalities for conditioning.

**Functional Strength:** Strength work to help improve your everyday activities! Modifications and variations will be made for every body!

**HIIT Cardio:** Give it everything you've got in this high-intensity, conditioning-centric workout that utilizes interval training to improve your strength and cardiovascular health.

**Les Mills BODYPUMP:** Build strength and get lean and toned in this repetition focused, total body workout. BODYPUMP engages all major muscle groups using light to moderate weights in an intense and highly motivating strength-training workout.

**Les Mills Tone:** This modern training experience delivers a mix of cardio, resistance, and core training in a fat-burning total body workout. A great foundational class, Les Mills Tone is highly accommodating of all fitness levels.

**Masters Swim:** Provides an organized workout plan from a USA swim coach. Participants will receive coaching on how to improve their swimming and overall fitness and health.

**Step:** Performed by stepping on and off of an elevated platform while doing upper body movements, this aerobic workout improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health.

**Strength & Stretch:** Get a full-body strength workout and then restore and release with focused stretching.

**Strength Circuit:** Use progressive resistance to control and develop strong, ripped muscles. Moderate weight with intervals of cardio will get you in the best shape of your life! This class is a great compliment to Les Mills BODYPUMP and cardio workouts.

**Strength & Conditioning:** Our Strength & Conditioning class combines a variety of exercises, including weightlifting, bodyweight training, and plyometrics, to target all major muscle groups and improve functional fitness. Whether you're an athlete looking to boost your performance or simply want to get stronger and healthier, this class is perfect for you.

**Strength in Chairs:** Increase muscle strength and range of movement to improve activities for daily living in a low-impact, non-weight bearing group class.

**Strength Training:** Designed to target all major muscle groups, this class incorporates a variety of exercises, including weightlifting, bodyweight training, and beyond! Whether you're a beginner or an experienced lifter, our expert instructors will guide you through challenging workouts that will help you achieve your fitness goals.

**TreadZone:** Take your running to the next level as you combine speedwork and hills in this endurance-building cardio workout.

**TRX:** TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

**Weightlifting:** This class is designed around a barbell to help you develop the fundamental movements of powerlifting and Olympic weightlifting. Under the guidance of our experienced instructors, you'll learn proper form, technique, and progressions to safely and effectively increase your strength and power.

**Yoga:** Develop balance, strength and flexibility while building mental strength through focus and mindfulness of skillful movements and breath.

**Yoga 30/30:** 30 minutes of gentle yoga preparing for a restorative, 30-minute led meditation: Yoga Nidra.

**Zumba:** Lose yourself in the calorie-burning beat and have a blast in this high-energy class. Target different muscle groups for a total body toning workout to your favorite songs.

- Group exercise classes are for JCC members only.
- Reservations through your JCC Member Portal are required for all group exercise classes and pick-up sports. Links to Virtual classes will be emailed after you make your reservation. Reservations will open 4 days in advance.

\* Adult Pickup Sports are for members ages 18+ only. The JCC reserves the right to use the gym during these times for JCC programs and events.

## CONNECT WITH US

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For more information, contact Doug Cahill,  
203.487.0967 or dcahill@stamfordjcc.org.

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