

JULY

ADULT SPORTS & GROUP EXERCISE SCHEDULE*

KURIANSKY STUDIO

KURIANSKY FITNESS CENTER

at The

* As of Jul. 21

MONDAYS

TIME	CLASS	INSTRUCTOR	LOCATION
6-7 AM	STRENGTH & CONDITIONING	DOUG	FITNESS CENTER
7-8 AM	SCULPT & STRENGTH	LAUREN ((•))	STUDIO A
8:15-9:15 AM	STEP	DINA	STUDIO A
8:15-9:15 AM	PILATES	LAUREN	STUDIO C
8:15-9:15 AM	SPIN	MARY	CYCLING ROOM
9:30-10:30 AM	STRENGTH & STRETCH	MARY ((•))	STUDIO A
10:45-11:30 AM	STRENGTH IN CHAIRS	MARY ((•))	BOARDROOM
12-12:45 PM	PILATES & STRETCH	KAYLA ((•))	STUDIO A
5:30-6:30 PM	CORE & MORE	KAREN ((•))	STUDIO A
6:30-7:30 PM	PILATES	KAYLA	STUDIO C NEW TIME
6:45-7:45 PM	ZUMBA	ESTEFI	STUDIO A NEW TIME
5:15-6:15AM	MASTERS SWIM	IGOR	POOL

TUESDAYS

TIME	CLASS	INSTRUCTOR	LOCATION
5:15-6:15 AM	STRENGTH & CONDITIONING	KAYLA	FITNESS CENTER
7-8 AM	TOTAL BODY CONDITIONING	STACEY ((•))	STUDIO A NEW TIME
8:15-9:15 AM	PILATES & STRENGTH	KAYLA ((•))	STUDIO A
9:30-10:30 AM	STRENGTH & CONDITIONING	KEREN	FITNESS CENTER
9:30-10:30 AM	CARDIO & CORE	DINA ((•))	STUDIO A
10:30-11:30 AM	FUNCTIONAL STRENGTH	MARY ((•))	STUDIO A
6-7 PM	BOXING	QUESS	STUDIO C
7-8 PM	STRENGTH & CONDITIONING	QUESS	FITNESS CENTER

WEDNESDAYS

TIME	CLASS	INSTRUCTOR	LOCATION
6-7 AM	STRENGTH & CONDITIONING	DOUG	FITNESS CENTER
7-8 AM	TOTAL BODY STRENGTH	STACEY ((•))	STUDIO A NEW
8-9 AM	AQUA-FIT	DINA	POOL
8:15-9:15 AM	DUMBBELL/KETTLEBELL CIRCUIT	STACEY	FITNESS CENTER
8:15-9:15 AM	POWER PILATES	KAREN ((•))	STUDIO A
9:30-10:30 AM	STRENGTH CIRCUIT	KAREN ((•))	STUDIO A
9:30-10:30 AM	YOGA	TREVOR	STUDIO C
6-7 PM	STRENGTH & CONDITIONING	KAYLA	FITNESS CENTER
6:30-7:30 PM	STRENGTH CIRCUIT	DINA ((•))	STUDIO A
7:15-8:15 PM	YOGA	KEREN	STUDIO C
6-7:30 AM	ADULT PICKUP BASKETBALL		GYMNASIUM

PICKLEBALL

GYMNASIUM		AUDITORIUM
MONDAY	8-9:30 AM	6:15-7:30PM***, 7:30-8:45PM* & 8:45-10PM***
TUESDAY	8-9:30 AM	6:15-7:30PM*, 7:30-8:45PM*** & 8:45-10PM*
WEDNESDAY	8-9:30 AM	6:15-7:30PM***, 7:30-8:45PM* & 8:45-10PM***
THURSDAY	8-9:30 AM, 7-8:30PM & 8:30-10PM	
FRIDAY	8-11 AM	11-1PM****
SATURDAY	7:30-9AM*, 9-10:30AM** & 10:30AM-12PM***	

THURSDAYS

TIME	CLASS	INSTRUCTOR	LOCATION
5:15-6:15 AM	STRENGTH & CONDITIONING	KAYLA	FITNESS CENTER
6-7 AM	POWER YOGA	TREVOR ((•))	STUDIO A
7-8 AM	POWER & PRECISION	STACEY ((•))	STUDIO A NEW
8:15-9:15 AM	SCULPT & STRENGTH	LAUREN ((•))	STUDIO A
8:15-9:15 AM	CALISTHENICS CONDITIONING	STACEY	STUDIO C NEW
9:30-10:30 AM	WALKING CLUB	STACEY	MEET IN THE CAFE NEW
9:30-10:30 AM	STRENGTH & CONDITIONING	DOUG	FITNESS CENTER
9:30-10:30 AM	ZUMBA	JESSICA ((•))	STUDIO A
10:30-11:30 AM	CHAIR YOGA	RAEMA	BOARDROOM
10:30-11:30 AM	FUNCTIONAL STRENGTH	MARY ((•))	STUDIO A
5:45-6:45 PM	TOTAL BODY CONDITIONING	STACEY ((•))	STUDIO A NEW TIME
6-7 PM	BOXING	QUESS	STUDIO C
7-8 PM	STRENGTH & CONDITIONING	QUESS	FITNESS CENTER

FRIDAYS

TIME	CLASS	INSTRUCTOR	LOCATION
6-7 AM	STRENGTH & CONDITIONING	DOUG	FITNESS CENTER
7-8 AM	CORE & MORE	KAREN ((•))	STUDIO A
7-8 AM	AQUA-FIT	TAMARA	POOL
8-9 AM	BOXING	QUESS	STUDIO C
8:15-9:15 AM	BARRE	DINA ((•))	STUDIO A
9:30-10:30 AM	HIIT CARDIO	LAUREN ((•))	STUDIO A
9:30-10:30 AM	YOGA 30/30	ANN ((•))	ZOOM
9:30-10:30 AM	POWER & PRECISION	STACEY	STUDIO C NEW
10:30-11:30 AM	STRENGTH & STRETCH	MARY ((•))	STUDIO A
12-12:45 PM	YOGA	BRENT	STUDIO A
5-6 PM	DUMBBELL/KETTLEBELL CIRCUIT	STACEY	FITNESS CENTER
5-6 PM	ZUMBA	VICKY	STUDIO A
5:15-6:15 AM	MASTERS SWIM	IGOR	POOL
6-7:30 AM	ADULT PICKUP BASKETBALL		GYMNASIUM

SATURDAYS

TIME	CLASS	INSTRUCTOR	LOCATION
8-9 AM	ROWING BOOTCAMP	TREVOR	FITNESS CENTER
8:30-9:30 AM	POWER & CORE	LAUREN ((•))	STUDIO A
9-10 AM	PILATES	KAREN	STUDIO C
9-10 AM	STRENGTH & CONDITIONING	DOUG	FITNESS CENTER
10:05-11:05 AM	YOGA	KEREN	STUDIO C
11 AM-12 PM	J-ROX	STACEY	FITNESS CENTER NEW TIME
12-1 PM	WEIGHTLIFTING CLUB	STACEY	FITNESS CENTER NEW

SUNDAYS

TIME	CLASS	INSTRUCTOR	LOCATION
7:30-8:30 AM	TREADZONE	MARY	FITNESS CENTER
8:15-9:15 AM	PILATES & STRENGTH	LAUREN ((•))	STUDIO A
8:30-9:30 AM	TREADZONE	MARY	FITNESS CENTER
9-10 AM	ZUMBA	VICKY	STUDIO C
9:30-10:30 AM	SPIN	DINA	CYCLING STUDIO
10-11 AM	POWER YOGA	TREVOR	STUDIO C
10-11 AM	BOOTCAMP	QUESS	FITNESS CENTER
7:30-10:30 AM	ADULT PICKUP BASKETBALL		GYMNASIUM

SCAN HERE TO SIGN UP!



* - 3.0 and Below ((•)) Class livestreamed on Zoom
** - All Levels
*** - 3.5 and Above
**** - Women's Only Drop-In Play

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.

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!

CALISTHENICS CONDITIONING: Master your own body weight in this high-energy class designed to build functional strength, mobility, and cardiovascular endurance using minimal equipment. Through scalable bodyweight progressions and interval training, you will learn to use your body as the ultimate resistance tool, making it perfect for all fitness levels

CARDIO & CORE: This class is designed to elevate your heart rate with dynamic cardio movements, followed by a focused core workout. You'll improve cardiovascular endurance and build a strong, stable midsection for a complete and efficient full-body session.

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.

DUMBBELL/KETTLEBELL CIRCUIT Harness the power of foundational lifting in this high-intensity session focused primarily on versatile dumbbell and kettlebell work to build symmetry, strength, and cardio capacity.

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.

J-ROX: A high-energy blend of strength, endurance, and functional training designed to build total-body work capacity. Move through race-style intervals and athletic challenges that push your limits and elevate your performance through the use of sleds, farmers carry, wall balls, and various cardio equipment.

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.

PILATES & STRENGTH: This class blends the precise, core-focused movements of Pilates with dynamic strength training to build a balanced body.

PILATES & STRETCH: This class blends the core-strengthening principles of Pilates with a focus on deep, mindful stretching to improve flexibility and mobility.

PILATES & TRX: Strengthen your core and improve functional stability through a powerful blend of Pilates precision and TRX suspension training. This class utilizes bodyweight resistance and mindful movement to build a balanced, resilient body.

POWER PILATES: An athletic and intense workout that combines traditional Pilates exercises with dynamic movements to increase heart rate and build strength.

POWER YOGA: Power yoga is a vigorous, fitness-based style of yoga that uses a flowing sequence of poses to build strength, flexibility, and endurance. It is often set to music and is known for its fast-paced and challenging nature.

POWER & PRECISION: Find your center and build functional strength in this hybrid class that pairs focused alignment work with muscular endurance work.

POWER & CORE: This is a full body workout that combines power moves, strength training with core-focused exercises to build overall muscular strength, endurance, and stability.

SCULPT & STRENGTH: This class is a fusion of sculpting and traditional strength training, designed to build lean muscle and increase overall power. You'll use a mix of free weights and bodyweight exercises to tone and define your entire body in a focused studio setting.

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: A focused blend of stretching and strength work to improve mobility, build stability, and support joint health

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

TOTAL BODY CONDITIONING: Build total-body power and strength in this high-energy class using high repetitions with free weights and body weight movements. Designed to challenge every muscle group, this hybrid workout will leave you feeling strong, powerful, and energized.

TOTAL BODY STRENGTH: This class focuses on heavier weightlifting to build serious strength across every major muscle group. Swapping complex choreography for pure power, you'll use resistance training to maximize muscle definition, boost your metabolism, and increase bone density.

TREADZONE: Treadzone is a high-intensity circuit class that fuses heart-pumping treadmill intervals with powerful strength training. To ensure individualized attention and guaranteed equipment, each session is strictly limited to 12 participants.

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

WALKING CLUB: Lace up your sneakers for a brisk outdoor walking club perfect for anyone looking to hit their step goals—this club is all about fresh air, good pace, and consistent movement. Dress for the weather, because we walk rain or shine!

WEIGHTLIFTING CLUB: Build foundational power and master the barbell in this structured, technique-focused lifting session designed for all strength levels.

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 5 days and 2 hours 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.

SCAN HERE
TO SIGN UP!



CONNECT WITH US

@JCCStamford @Stamford.JCC

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