

# JCC GROUP EXERCISE CLASSES • MORNING

DECEMBER 22-28, 2024

## SUNDAY 12/22

**8:15 am**  
**Group Power**  
 KDS  
 Molly  
 Live and Virtual

**9 am**  
**On Your Mark HIIT**  
 Weight Room  
 Moya

**9:30 am**  
**Group Fight**  
 KDS  
 Lauren

**9:30 am**  
**Spinning**  
 Spin Studio  
 Molly

**10:30 am**  
**Yoga**  
 KDS  
 Moya

## MONDAY 12/23

**6:15 am**  
**On Your Mark HIIT**  
 Weight Room, Bill

**6:15 am**  
**Group Blast**  
 KDS, Rachael

**6:15 am**  
**Spinning**  
 Spin Studio, Laurie

**8 am**  
**Group Centergy**  
 KDS, Laurie  
 Live and Virtual

**8 am**  
**On Your Mark HIIT**  
 Weight Room, Christine

**9 am**  
**LIIT**  
 Weight Room, Ilana

**9 am**  
**Pilates**  
 Recovery Room, Annie

**9:15 am**  
**Group Active**  
 KDS, Molly  
 Live and Virtual

**9:15 am**  
**Spin 30**  
 Spin Studio, Laurie

**9:30 am**  
**Boom, Muscle and Move**  
 Levinson B, Holly

## TUESDAY 12/24

**6:15 am**  
**Group Power**  
 KDS  
 Laurie

**7 am**  
**On Your Mark HIIT**  
 Weight Room  
 Eric

**7:30 am**  
**Group Core**  
 KDS  
 Evan

**8 am**  
**Group Power**  
 KDS  
 Evan

**8:30 am**  
**On Your Mark HIIT**  
 Weight Room  
 Bill

**8:30 am**  
**Pilates**  
 Recovery Room  
 Annie

**9 am**  
**Group Power**  
 KDS  
 Molly  
 Live and Virtual

**9:30 am**  
**Spinning**  
 Spin Studio  
 Laurie

**10:15 am**  
**Active Recovery**  
 Recovery Room  
 Annie

## WEDNESDAY 12/25

## THURSDAY 12/26

**6:30 am**  
**On Your Mark HIIT**  
 Weight Room  
 Bill

**7:30 am**  
**Group Core**  
 KDS  
 Mike

**8 am**  
**3D30**  
 KDS  
 Mike

**8:30 am**  
**Stretch and Roll**  
 Recovery Room  
 Annie

**9 am**  
**Group Power**  
 KDS  
 Molly  
 Live and Virtual

**9 am**  
**On Your Mark HIIT**  
 Weight Room  
 Bill

**9:30 am**  
**Spinning**  
 Spin Studio  
 Annie

**10:45 am**  
**Pilates**  
 Recovery Room  
 Annie

## FRIDAY 12/27

**6:15 am**  
**Group Fight**  
 KDS  
 Lauren/Mike

**7:15 am**  
**Blast 30**  
 KDS  
 Molly

**8 am**  
**Yoga Stretch**  
 Recovery Room, Marsha

**8 am**  
**Group Centergy**  
 KDS  
 Evan  
 Live and Virtual

**8:30 am**  
**On Your Mark HIIT**  
 Weight Room  
 Alida

**9 am**  
**Boom, Muscle and Move**  
 Levinson B  
 Marsha

**9:15 am**  
**Spinning**  
 Spin Studio  
 Evan

**9:15 am**  
**Group Active**  
 KDS  
 Molly

**9:15 am**  
**Yoga**  
 RDS  
 Pamela

## SATURDAY 12/28

**8:30 am**  
**On Your Mark HIIT**  
**Boxing Style**  
 Weight Room  
 Christine

**8:45 am**  
**Group Blast**  
 KDS  
 Evan

**10 am**  
**Group Centergy**  
 KDS  
 Evan

**11 am**  
**Group Active**  
 KDS  
 Evan

**Room Key**  
 KDS  
 Kaufmann Dance Studio

**RDS**  
 Robinson Dance Studio



Please check back for our holiday schedule beginning on Sunday, Dec. 22

## SUNDAY 12/22

## MONDAY 12/23

## TUESDAY 12/24

## WEDNESDAY 12/25

## THURSDAY 12/26

**4 pm**

**On your Mark HIIT**

KDS

Michael

**6 pm**

**Group Fight**

KDS

Mike

**6 pm**

**Spinning**

Spin Studio

Molly

JCC closes at 5 pm, no classes

**5:00 pm**

**Yoga**

Recovery Room

Fabiola

**5:15 pm**

**Group Power**

KDS

Evan

**6:15 pm**

**Group Centergy**

KDS

Evan

**6:15 pm**

**Spinning**

Spinning Studio

Lauren

### Fees

**Centerfit Platinum:**

No fee

**General Members:** 4

classes for \$40



**Active Recovery** is a low-intensity class that focuses on reducing muscle tightness and knots, and myofascial release. Foam rollers, lacrosse balls, yoga straps, and static and dynamic stretching are used to help you recover faster and perform better.

**Boom, Muscle and Move** is a 30-45 minute beginning to intermediate class, with weights provided, that improves strength, endurance and balance.

Free to members; \$2/AgeWell members

**Boot Camp** is a structured, high intensity workout modeled after military style training. For the exerciser who needs additional motivation and a huge calorie burn.

**Group Active** is a diverse one-hour workout that improves cardiovascular fitness, builds total-body strength and enhances Movement Health™ for daily life, with a wide variety of innovative and athletic exercises using dumbbells, body weight and the step.

**Group Blast** is 60 minutes of cardio training that uses the step in a wide variety of ways to get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power and strength with exciting music and motivational coaching.

**Group Centergy** is an invigorating 60-minute full-body workout that incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility and flexibility. Emotive music drives the experience as you breathe and sweat through this movement journey.

**Group Core** gives you a stronger core, from your shoulders to your hips, in 30 action-packed minutes. Motivating music will push you through a variety of innovative exercises that use your body weight, weight plates the step and a towel.

**Group Fight** is a gripping hour combining the hottest, adrenaline-fueled MMA (mixed martial arts) movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Motivational coaching and exciting music will get you fighting fit.

**Group Power** is a one-hour, cutting edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body exercises using an adjustable barbell, weight plates body weight, the step, heart pounding music and expert coaching.

**3D30** is a full-body, three dimensional, loaded movement training workout using the ViPR PRO. Enhance your coordination, agility and athletic performance in this efficient 30 minute HIIT workout.

**On Your Mark HIIT** is 45 minutes of intense training with brief recovery periods. Lift, carry, push, pull, kneel, jump/step/climb over something, move from the ground to standing, row, bike and run to create a big calorie burn and improve overall fitness. Modifications for everyone, no matter your fitness level.

**Pilates** is a low-impact mat class focused on building strength, stability, and flexibility throughout the body with a focus on the core.

**Stretch and Roll** is a full-body class that targets specific muscles and tendons using a foam roller to increase flexibility, reduce tension and help you feel your best.

**Yoga** is a mind and body practice that combines physical postures, breathing techniques and meditation or relaxation to promote mental and physical well-being.

**Spinning And Spin 30** (30 minute format) is a group cycling class focusing on endurance, strength, intervals and recovery. Strengthen your heart, be kind to your joints, go easy on your knees and enhance your mental strength.