

JCC GROUP EXERCISE CLASSES • MORNING

APRIL, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 am Group Power KDS <i>Molly</i> <i>Live and Virtual</i>	6 am Boot Camp Kaufmann Gym, <i>Bill</i>	6:15 am Group Power KDS <i>Laurie</i>	6 am Boot Camp Kaufmann Gym <i>Bill</i>	6:15 am Group Power KDS <i>Marsha</i>	6:15 am Spinning Spin Studio <i>Laurie</i>	8:30 am On Your Mark HIIT Boxing Style Weight Room <i>Christine</i>
9 am On Your Mark HIIT Weight Room <i>Moya</i>	6:15 am Group Blast KDS, <i>Rachael</i>	7:30 am Group Core KDS <i>Evan</i>	6:15 am Spin Spin Studio <i>Marsha</i>	6:30 am On Your Mark HIIT Weight Room <i>Bill</i>	6:15 am Group Fight KDS <i>Lauren/Mike</i>	8:45 am Group Blast KDS <i>Evan</i>
9:30 am Group Fight KDS <i>Lauren</i>	6:15 am Spinning Spin Studio, <i>Marsha</i>	8 am Group Power KDS <i>Evan</i>	6:15 am Group Fight KDS <i>Laurie</i>	7:30 am Group Core KDS <i>Laurie</i>	7:15 am Blast 30 KDS <i>Rachael</i>	10 am Group Centergy KDS <i>Evan</i>
9:30 am Spinning Spin Studio <i>Molly</i>	8 am Group Centergy KDS, <i>Laurie</i> <i>Live and Virtual</i>	8:30 am On Your Mark HIIT Weight Room <i>Bill</i>	7 am On Your Mark HIIT KDS Weight Room, <i>Alida</i>	8 am Group Power KDS <i>Laurie</i>	7:30 am Spinning Spin Studio <i>Evan</i>	11 am Group Active KDS <i>Evan</i>
10:30 am Yoga KDS <i>Moya</i>	8 am On Your Mark HIIT Weight Room, <i>Jordan</i>	8:30 am Pilates Recovery Room <i>Annie</i>	8 am Group Centergy KDS <i>Evan</i> <i>Live and Virtual</i>	8:30 am Stretch and Roll Recovery Room <i>Annie</i>	8 am Group Centergy KDS <i>Holly</i> <i>Live and Virtual</i>	
	9 am Pilates Recovery Room, <i>Annie</i>	9 am Group Power KDS <i>Molly</i> <i>Live and Virtual</i>	8:15 am Yoga Stretch Recovery Room <i>Marsha</i>	9 am Group Power KDS <i>Molly</i> <i>Live and Virtual</i>	8:30 am On Your Mark HIIT Weight Room <i>Alida</i>	
	9:15 am Group Active KDS, <i>Molly</i> <i>Live and Virtual</i>	9 am Group Power KDS <i>Molly</i> <i>Live and Virtual</i>	9 am Group Blast KDS <i>Laurie</i>	9 am On Your Mark HIIT Weight Room <i>Bill</i>	8:45 am Boom, Muscle and Move Levinson B <i>Marsha</i>	
	9:15 am Spin 30 Spin Studio, <i>Laurie</i>	9:30 am Spinning Spin Studio <i>Holly</i>	9:15 am Boom, Muscle and Move Levinson B <i>Holly</i>	9:30 am Spinning Spin Studio <i>Holly</i>	9:15 am Group Active KDS <i>Molly</i>	
	9:30 am Boom, Muscle and Move Levinson B, <i>Holly</i>		9:15 am Spin 30 Spin Studio <i>Annie</i>	10:45 am Pilates Recovery Room <i>Annie</i>	9:15 am Yoga RDS <i>Pamela</i>	
			10 am Active Recovery Recovery Room <i>Annie</i>			
			10:15 am Group Active KDS <i>Evan</i>			



Holiday Hours

Monday, April 22: Passover Eve Close at 5 pm

Tuesday, April 23: Passover Closed

Sunday, April 28: Passover Close at 5 pm

Monday, April 29: Passover Closed

Room Key

KDS
Kaufmann Dance Studio

RDS
Robinson Dance Studio

SUNDAY

4:30 pm

Zumba

KDS

Wendy

Fees

Centerfit Platinum:
No fee

General Members:
4 classes for \$40

MONDAY

4 pm

On your Mark HIIT

KDS

Michael

5 pm

Zumba

KDS

Wendy

6 pm

Group Fight

KDS

Mike

6 pm

Spinning

Spin Studio

Molly

TUESDAY

5 pm

Group Power

KDS

Evan

6 pm

Group Centergy

KDS

Holly

Live and Virtual

6 pm

On Your Mark HIIT

Weight Room

Jermaine

6:15 pm

Yoga

Levinson Hall

Taya

WEDNESDAY

5:00 pm

Yoga

Recovery Room

Rebecca

5:30 pm

Group Core

KDS

Mike

6 pm

Group Fight

KDS

Mike

THURSDAY

5:15 pm

Group Power

KDS

Evan

6:15 pm

Group Centergy

KDS

Evan

6:15 pm

Spinning

Spinning Studio

Lauren

SPRING 2024 LAUNCH EVENTS

Group Core	Tuesday, April 2	7:30 am
Group Power	Sunday, April 7	8:15 am
Group Fight	Sunday, April 7	9:30 am
Group Centergy	Wednesday, April 17	8 am
Group Blast	Wednesday, April 17	9 am
Group Active	Friday, May 3	9:15 am

Kaufmann Dance Studio

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.

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.