



# Winter JCCNS Group Exercise

Dec 5 2018

# JCCNS GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-6:45am Results 3C Lisa G (GXS)	5:40am-6:40am Spinning@ Margie (SS)	5:45am-6:45am Sweat & Burn Lisa G (GXS)	5:40am-6:40am Spinning@ TRX@ Explosion Tabatha (SS/GYM)	5:45am-6:45am Results 3C Lisa G (GXS)	7:00am-7:55am DancEnergy Hannah (GXS)	8:00am-8:55am DancEnergy Joyce (GXS)
8:15am-9:15am DancEnergy Joyce (GXS)	5:45am-6:45am DancEnergy Hannah (GXS)	6:00am-7:00am Sparebarre™ Mary Pat (WK)	5:45am-6:45am DancEnergy Hannah (GXS)	6:00am-7:00am Sparebarre™ Mary Pat (WK)	8:00am-8:55am DancEnergy Joyce (GXS)	9:00am-9:55am 100% Pure Muscle Tabatha (GXS)
8:15am-9:10am Zumba@ James (WK-R)	8:30am-9:25am DancEnergy Joyce (GXS)	8:15am-9:10am DancEnergy Joyce (GXS)	8:15am-9:15am DancEnergy Lisa G (GXS)	7:00am-7:55am DancEnergy Claudia (GXS)	8:00am-9:00am Spinning@ Margie (SS)	8:15am-9:10am Spinning@ Margie/Emily (SS)
8:30am-9:25am TRX@ Tabatha (JFIT)	8:30am-9:25am Adrenaline Lisa L (JFIT/GYM)	8:30am-9:25am Spinning@ Core Sarah (SS)	8:30am-9:25am Adrenaline Lisa L (WK-R)	8:30am-9:25am Sculpt & Stretch Lisa G (WK-R)	9:00am-9:30am Total Body Cutz Express Tabatha (WK-R)	9:00am-9:55am Pilates Deborah (WK-R)
9:15am-10:00am Functional Fitness Express Lisa G (WK-R)	8:30am-9:25am Strong Women Darci (WK-R)	8:30am-9:25am Tabata Strength & Core Tabatha (WK-R)	8:30am-9:25am Strong Women Darci (JFIT)	8:30am-9:25am BodyPump™ Dennis (GXS)	9:00am-9:55am Zumba@ Bridget (GXS)	9:00am-9:55am BARRE BODY Lisa L (JFit)
9:30am-10:25am BodyPump™ Dennis (GXS)	9:15am-10:00am Spinning@ Shorter Sweeter Nadica/Wendy (SS)	9:15am-10:10am Cardio Dance Patty (GXS)	9:30am-10:15am Spinning@ Mary Pat (SS)	8:30am-9:25am Vinyasa Yoga Stephanie (JFIT)	9:30am-10:15am Water Works Lisa L (P)	10:00am-10:55am Yoga Flow Cybele/Mary Pat (WK-R)
10:05am-11:00am Vinyasa Yoga Allison (WK-R)	9:30am-10:25am Fundamentals of Yoga Stephanie (JFIT)	9:30am-10:25am Power Yoga Sarah (WK-R)	9:30am-10:25am Pilates Deborah (WK-R)	9:15am-10:00am Spinning@ Shorter Sweeter Nadica(SS)	9:30am-10:25am Cardio Kickboxing Tabatha (WK-R)	10:00am-10:55am Zumba@ Jim/Christina (GXS)
10:15am-11:00am Waterworks Lisa L (P)	9:30am-10:25am Zumba@ Kim (GXS)	10:15am-11:00am Waterworks Lisa L (P)	9:30am-10:25am BARRE BODY Lisa L (JFit)	9:30am-10:25am DancEnergy (Intermediate) Lisa G (GXS)		
10:35am-11:20am Fit Forever Cardio & Strength Tabatha (GXS)	9:30am-10:25am Pilates Deborah (WK-R)	10:15am-11:10am Yoga Flow Danielle (GXS)	9:30am-10:15am Drums Alive@ Darci (GXS)	10:15am-11:15am Aqua Splash Fit Tabatha (P)		
2:00pm-2:55pm Mindful Movement Lisa L. (WK)	10:15am-11:15am H2O Deep Jayne (P)	1:15pm-2:00pm Senior Strength & Balance Patrice (WK-R)	10:30am-11:15am H2O Deep Jayne (P)	11:30am-12:15pm Fit Forever Strength Tabatha (GXS)		
5:30pm-6:25pm BodyPump™ Dennis/Darci (GXS)	6:30pm-7:25pm Zumba Christina (GXS)	5:25pm-6:15pm BodyPump™ Dennis (GXS)	5:30pm-6:25pm Yoga Flow Cybele (GXS)	1:15pm-2:00pm Senior Strength & Balance Patrice (WK-R)		
7:00pm-7:45pm Waterworks Lisa L (P)	6:30pm-7:25pm Spinning@ Emily (SS)	6:00pm-6:55pm Spin@ & Sculpt Tabatha (SS)	6:30pm-7:25pm Zumba@ & Toning Combo Jim(GXS)			
	7:30pm-8:25pm Pilates Sport Brigitte GXS)	6:30pm-7:25pm DancEnergy Sue (GXS)	7:30pm-8:25pm Pilates Sport Brigitte GXS		<b>Don't Forget!</b> <b>JCCNS Offers FREE Babysitting</b> Monday- Thursday 8:00am-12:00pm, 4:00pm-7:00pm Fridays- 8:00am- 12:00pm Saturdays- 7:45am-12:00pm Sundays- 8:00am-12:00pm	
		7:00pm-7:45pm Waterworks Lisa L/Tabatha (P)				

Room Key SS=Spinning Studio, GXS=, P=Pool, WK= Weiss Kirstein , JFit =Small Studio

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# JCCNS GROUP EX CLASS DESCRIPTIONS

## SPINNING

**SPINNING® (ALL LEVELS):** Come ride with us! The JCCNS is proud to be an official Spinning facility with instructors who are certified through Mad Dogg Athletics. Experience our exciting rides (on stationary bicycles) while learning about cadence, heart-rate zones, climbs and sprints. You'll get in the best shape of your life!

**SPINNING® SHORTER SWEETER (ALL LEVELS):** This is a 45-minute version of our popular Spinning® class.

**STAR 3 SPINNING® (ALL LEVELS):** Fanny takes an ordinary ride and makes it extraordinary! Join Fanny, 20-year Star 3 Spinning veteran, on an indoor cycling class that utilizes various training techniques and motivational strategies to simulate actual riding experiences.

**SPINNING® CORE (ALL LEVELS):** Spinning Core is a combo class taught by JCCNS's certified Spinning instructor and Personal Trainer Annalisa DiPalma. This class combines a Spinning ride with core training that strengthens and stabilizes the muscles needed for more efficiency during Spinning, outdoor cycling, sports, recreation and everyday life.

**SPINNING® TRX® EXPLOSION (ALL LEVELS):** Get 30 minutes of a calorie crushing ride and 30 minutes of TRX targeted training, sculpting using your own body weight as resistance and core work. You will improve strength, balance and flexibility in this perfect combination of crazy fun cardio & core-driven, full body toning class.

**SPIN® & SCULPT (ALL LEVELS):** Why choose? This combination cardio and sculpt class is a calorie torching, fat burning cycle workout set to motivating music with intervals of strength and core training exercises off the bike for a fun, fast paced total-body workout.

## CARDIO/CONDITIONING COMBO CLASSES

**FUNCTIONAL FITNESS (ALL LEVELS):** Move efficiently and optimally! Functional Fitness classes combine aerobic conditioning, strength training, core conditioning and flexibility exercise! The focus is on building a body capable of doing real-life activities in real-life positions.

**FUNCTIONAL FITNESS EXPRESS (ALL LEVELS):** This is a 45-minute version of our new Functional Fitness class.

**ADRENALINE (ALL LEVELS):** Cardio drills are combined with strength training for one workout and one way to change your body!

**RESULTS 3C (ALL LEVELS):** Get whipped into shape with the latest in modern cardio, conditioning and core training to help you reach for results. No corners to cut - just hard work, sweat and fun using dumbbells, resistance bands, fitness balls, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

**SWEAT & BURN (ALL LEVELS):** This high energy, non-stop, workout is designed to make you sweat. The first half enjoy cardio to increase the heart rate, build endurance, and strength for a maximum caloric burn! The second half hit all of those hard to change areas with resistance and melt the fat over top to show lean muscle.

## CARDIO CLASSES

**CARDIO KICKBOXING (ALL LEVELS):** Cardio Kickboxing is a combination of dance and martial arts that will zap calories, improve your endurance and cardiovascular fitness, define your muscles and shred your abs!

**DRUMS ALIVE® (ALL LEVELS):** Have fun and get your heart pumping as you drum to choreographed movements. Powerful and motivating music and drumming rhythms will get your feet stomping and your body moving.

## DANCE CLASSES

**CARDIO DANCE (ALL LEVELS):** Come join the fun in this easy to follow aerobic dance class for adults of all ages!

**DANCENERGY (ALL LEVELS):** This energetic, fun and challenging class is a series of choreographed dance routines set to great music and featuring many styles of dance. DancEnergy will burn calories, strengthen your core, exercise your mind and energize your spirit! \*\*\*The best way to learn DANCENERGY IS TO MIMIC AND FOLLOW. Repetition is the key! Each class you will build skills and confidence!

**DANCENERGY BEGINNER:** This class offers the consistency of dancing the same 12-14 routines week after week! You'll be mastering the steps in no time!

**DANCENERGY BEGINNER BREAKDOWN:** This class will break down each and every step to a select few songs every week.

**DANCENERGY BEGINNER PLUS:** A beginner DancEnergy class with time allotted for choreography, Questions and Answers after each song and dance repeats. The pace of class will still have a great workout provided for all dancers.

**DANCENERGY INTERMEDIATE (ALL LEVELS):** This class is for veteran dancers. It reaches into the archives of 30 years of DancEnergy choreography and challenges your memory and your body!

**BEGINNER ISRAELI DANCING:** It's fun and a great workout! Israeli Dancing is popular around the world. Learn new steps and then dance with new friends!

**ISRAELI DANCING (ALL LEVELS):** This class is a wonderful way to make new friends, socialize, exercise and have a great time! Israeli Dancing is a great way to de-stress and get fit!

**ZUMBA® (ALL LEVELS):** Dance, dance, dance! Zumba® is a fusion of Latin and International music with dance themes that create a dynamic, exciting and effective fitness system!

**ZUMBA® & TONING COMBO (ALL LEVELS):** This is a combination class with the excitement of Zumba® and a Latin inspired dance 'n' tone program. We provide lightweight toning sticks, similar to maracas. In a short period of time, this challenging workout builds coordination and muscle endurance.

## SCULPTING CLASSES

**TOTAL BODY CUTZ (ALL LEVELS):** This high-energy total-body strength and conditioning class will use all equipment to target every muscle group: weights, balls, steps, tubes, etc., helping to define, tone and give you a complete body workout.

**TOTAL BODY CUTZ EXPRESS (ALL LEVELS):** This is a 30-minute version of our popular Total Body Cutz class.

**SCULPT & STRETCH (ALL LEVELS):** This class will tone and define your body to perfection and delight your muscles with self-massage and soft tissue work on the foam rollers! Enjoy!

**BODYPUMP™ (ALL LEVELS):** The JCCNS is a licensed BodyPump™ facility with the best instructors anywhere! Find out how millions of people around the world have changed their bodies in this resistance training class with weights. You WILL see results!

**TRX® (ALL LEVELS):** TRX® Suspension Training® is a total-body resistance workout. Suspension training is a unique and valuable training method for sports performance and general fitness. The TRX® system was developed by a member of the Navy Seals Team. TRX® exercises combine functional strength, flexibility, balance, and core stability to provide an amazing efficient workout using a single piece of equipment.

**TRX® UGI™ BLAST (ALL LEVELS):** A core-powered, total body sculpting workout using TRX® Suspension Training, and The Ugi Ball. The goal is a strong, solid, fit body.

**TABATA STRENGTH AND CORE (INTERMEDIATE/ADVANCED):** Each Tabata set includes 20 seconds of strength training followed by 10 seconds of rest, repeated for a total of 4 minutes and finishes with 1 minute of rest. This workout is best for advanced exercisers who are comfortable with intense training. End your workout with 15 minutes of abdominal shredding exercises!

## 55+ ADULT CLASSES

**SENIOR STRENGTH AND BALANCE (ALL LEVELS):** Get fit in this fun, energetic class that helps our seasoned members work on their balance by incorporating specific core (abdominal) exercises. Participants may sit during class.

**FIT FOREVER STRENGTH (ALL LEVELS):** Aging to perfection is fun! Fit Forever Strength is an active class using hand weights, tubes, body bars, Plates circles, etc. with gentle exercises to help increase muscular strength, bone density, balance, flexibility, joint stability and range of motion. This class is designed at a slower pace for those coming off an injury, with mobility issues, seniors or those just starting to exercise.

**FIT FOREVER CARDIO & STRENGTH (ALL LEVELS):** Straight forward and fun! This class is easy-to-follow aerobics and senior specific muscle toning. This is an effective way to burn calories, strengthen muscles and improve balance!

**STRONG WOMEN (ALL LEVELS):** Based on clinical research by Dr. Miriam Nelson, Tufts University, these weight training classes increase your overall strength and flexibility, improve your bone density, tone and firm. This twice a week program can help you prevent osteoporosis by increasing bone density, increase your overall strength and stamina, improve your balance and posture as well as help you tone up, shape up, lose weight and maintain your weight loss.

## WATER FITNESS

**Water Works (ALL LEVELS):** Come join the fun at the pool! Our Aqua Splash Fit cardio and conditioning classes are set to lively music and have easy to follow moves! This class will shape and sculpt you a whole new body using the resistance of the water, water buoys and noodles. Get fit for life! Swimming ability not required.

**H2O DEEP (ALL LEVELS):** Get into shape with this deep water cardio and body sculpting workout designed for all fitness levels and ages looking for a challenge. Class includes effective and safe combinations of movements to strengthen the heart and tone the body! Participants should be comfortable in deep water. Swimming ability not required. Floatation belt provided.

## MIND BODY CLASSES

**PILATES (ALL LEVELS):** Movie stars swear by it... so will you! Pilates emphasizes the balanced development of the body through core strength and flexibility to support efficient, graceful movement.

**PILATES SPORT (ALL LEVELS):** Using magic circles, resistance bands and weights, Pilates Sport is the perfect tool to bring better performance, injury prevention and most of all balance and stability into your game or every day life.

**YOGA FLOW (ALL LEVELS):** Find balance, serenity and relaxation with this slow flow Vinyasa class. Create a haven for your body, mind and soul by slowing down and escaping from today's hectic life. Learn through guided visualization to bring more peace into your life.

**YIN YOGA (ALL LEVELS):** Yin Yoga is a deep, passive style of yoga that helps you release chronic tension and pain, while teaching you how to slow down and relax. Through this practice you can explore the inner workings of your body and energy field with long restorative yin stretches, and how these stretches can help release the energy flow.

**RESTORATIVE YOGA (ALL LEVELS):** Restorative yoga is a form of yoga that helps to relax and rest deeply and completely. The use of props makes it easier for you to maintain balance while you are stimulating and relaxing your body. Gentle assists, and a guided meditation will encourage both your mind and body to unwind.

**VINYASA YOGA (ALL LEVELS):** This style focuses on linking the breath with movement and is often referred to as a moving meditation. The poses flow from one to another in conjunction with the breathe. It is a fun, powerful practice that can be modified for all levels.

**POWER YOGA (ALL LEVELS):** Power Yoga offers a true immersion into your physical and mental self. Students of all levels come to the studios to reset, refresh and realize their true potential on and off the mat. We invite you to come and experience the magic and power that awaits!

The Group Exercise Department reserves the right to modify the schedule based on participation. Appropriate attire is required. Group Exercise staff may deny participation due to safety concerns. Beginners are encouraged to modify workout intensity to their appropriate level. Teens ages 13-15 must be accompanied by a parent in class. For more information please contact Wellness Director Mary Pat at [mphawkins@jccns.com](mailto:mphawkins@jccns.com) or 781-476-9910.

\* Please note: Our schedules are subject to change, please check out [jccns.org](http://jccns.org) for updated schedules.