## Winter JCCNS Group Exercise

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>5:45am-6:45am Results 3C Lisa G (GXS)</td>
<td>5:40am-6:40am Spinning® TRX® Explosion Tabatha (SS/GYM)</td>
<td>5:45am-6:45am Sweat &amp; Burn Lisa G (GXS)</td>
<td>5:40am-6:40am Spinning® TRX® Explosion Tabatha (SS/GYM)</td>
<td>5:45am-6:45am Results 3C Lisa G (GXS)</td>
<td>7:00am-7:55am DancEnergy Hannah (GXS)</td>
<td>8:00am-8:55am DancEnergy Joyce (GXS)</td>
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<tr>
<td>8:15am-9:15am DancEnergy Joyce (GXS)</td>
<td>5:45am-6:45am DancEnergy Hannah (GXS)</td>
<td>8:15am-9:10am DancEnergy Joyce (GXS)</td>
<td>8:15am-9:15am DancEnergy Lisa G (GXS)</td>
<td>8:30am-9:25am Sculpt &amp; Stretch Lisa G (WK-R)</td>
<td>8:00am-9:00am Spinning® Margie (SS)</td>
<td>8:15am-9:10am Spinning® Emily (SS)</td>
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<td>8:30am-9:25am TRX® Tabatha (JFIT)</td>
<td>8:30am-9:25am DancEnergy Joyce (GXS)</td>
<td>8:30am-9:25am DancEnergy Joyce (GXS)</td>
<td>8:30am-9:25am BodyPump™ Dennis (GXS)</td>
<td>8:30am-9:25am Total Body Cutz Express Tabatha(WK-R)</td>
<td>9:00am-9:55am Pilates Deborah (WK-R)</td>
<td>9:00am-9:55am BARRE BODY Mary Pat/Brigitte (JFit)</td>
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<tr>
<td>9:15am-10:00am Functional Fitness Express Lisa L (WK-R)</td>
<td>8:30am-9:25am Adrenaline Lisa L (JFIT/GYM)</td>
<td>8:30am-9:25am Strong Women Lara (WK-R)</td>
<td>8:30am-9:25am Strong Women Lara (WK-R)</td>
<td>8:30am-9:25am Vinyasa Yoga Stephanie (JFIT)</td>
<td>9:00am-9:55am Zumba® Bridge (GXS)</td>
<td>9:00am-9:55am BARRE BODY Mary Pat/Brigitte (JFit)</td>
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<td>8:30am-9:25am BodyPump™ Strong Women Lara (WK-R)</td>
<td>9:15am-10:00am Spinning® Shorter Sweeter Wendy (SS)</td>
<td>9:15am-10:10am Cardio Dance Patty (GXS)</td>
<td>9:30am-10:15am Spinning® Shorter Sweeter Fanny(SS)</td>
<td>9:30am-10:15am Water Works Lisa L (P)</td>
<td>9:30am-10:15am Water Works Lisa L (P)</td>
<td>10:00am-10:55am Yoga Cybele (WK)</td>
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<tr>
<td>10:05am-11:00am Vinyasa Yoga Allison(WK-R)</td>
<td>9:30am-10:25am Fundamentals of Yoga Stephanie (JFIT)</td>
<td>9:30am-10:25am Power Yoga Sarah (WK-R)</td>
<td>9:30am-10:25am Pilates Deborah (WK-R)</td>
<td>9:30am-10:25am Cardio Kickboxing Tabatha (WK-R)</td>
<td>9:30am-10:25am Cardio Kickboxing Tabatha (WK-R)</td>
<td>10:00am-10:55am Yoga Cybele (WK)</td>
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<td>10:15am-11:00am Waterworks Lisa L (P)</td>
<td>9:30am-10:25am Zumba® James(GXS)</td>
<td>10:15am-11:00am Waterworks Lisa L (P)</td>
<td>9:30am-10:25am BARRE BODY Lisa L (JFit)</td>
<td>10:15am-11:15am Aquasplash Fit Lara G. (P)</td>
<td>10:00am-11:00am Vinyasa Yoga Mary Pat/Julia (GXS)</td>
<td>9:00am-9:55am Pilates Deborah (WK-R)</td>
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<td>10:35am-11:20am Fit Forever Cardio &amp; Strength Tabatha (GXS)</td>
<td>9:30am-10:25am Pilates Deborah (WK-R)</td>
<td>10:15am-11:10am Yoga Flow Deb L.(GXS)</td>
<td>9:30am-10:15am Drums Alive® Tabatha (GXS)</td>
<td>11:30am-12:15pm Fit Forever Strength Tabatha. (GXS)</td>
<td>10:00am-11:00am Vinyasa Yoga Mary Pat/Julia (GXS)</td>
<td>9:00am-9:55am Pilates Deborah (WK-R)</td>
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<tr>
<td>2:00pm-2:55pm Mindful Movement Lisa L. (WK)</td>
<td>5:30pm-6:25pm Muscle Conditioning Tabatha(GXS)</td>
<td>10:15am-11:15am H2O Deep Jayne (P)</td>
<td>1:15pm-2:00pm Senior Strength &amp; Balance Lara G.(WK-R)</td>
<td>1:15pm-2:00pm Senior Strength &amp; Balance Tabatha (WK-R)</td>
<td>11:30am-12:15pm Fit Forever Strength Tabatha. (GXS)</td>
<td>10:00am-11:00am Vinyasa Yoga Mary Pat/Julia (GXS)</td>
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<td>6:00pm-6:55pm Spin® &amp; Sculpt Tabatha (SS)</td>
<td>5:30pm-6:25pm BodyPump™ Fundamentals Tabatha (WK-R)</td>
<td>5:30pm-6:25pm BodyPump™ Dennis (GXS)</td>
<td>6:00pm-6:55pm Spinning® &amp; Sculpt Tabatha (SS)</td>
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<td>JCCNS Offers FREE Babysitting Monday, Tuesday, Thursday: 8:00am-11:15am &amp; 4pm-7pm Wednesday: 8:00am-12:00pm &amp; 4:00pm-7:00pm Friday: 8:00am-11:15am Saturday &amp; Sunday: 7:45am-11:30am</td>
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<td>6:30pm-7:25pm DancEnergy Sue (GXS)</td>
<td>7:30pm-8:25pm Pilates Sport Brigitte (GXS)</td>
<td>7:00pm-7:45pm Waterworks TRX(PP)</td>
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### Room Key
- SS=Spinning Studio, GXS=, P=Pool, WK= Weiss Kirstein , JFit =Small Studio

**Jewish Community Center of the North Shore **
- **4 Community Road • Marblehead, MA • 01945**
- **JCCNS.ORG**
CARDO CONDITIONING COMBO CLASSES

100% PURE MUSCLE/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 1C (ALL LEVELS): Get whipped into shape with the latest in modern cardio, conditioning and core training! It 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 text with a clock, good music and all that you've got to get.

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 calorie burn! The second half hit all of those hard to change areas with resistance and move 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 you 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!

DANCEENERGY (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. DanceEnergy will burn calories, strengthen your core, exercise your mind and energize your spirit! The bestway to learn DANCEENERGY IS TO MIMIC AND FOLLOW! Repetition is the key! Each class you will build skills and confidence!

DANCEENERGY BEGINNER: This class offers the consistency of dancing the same 12-14 routines week after week! You will master the steps in no-time!

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

DANCEENERGY BEGINNER PLUS: A beginner DanceEnergy class with time allotted for choreography, Questions and Answers after each long and dance routine. The pace of class will still have a great workout provided for all dancers.

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

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., to help you 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 certified 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® UG® 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.

TATARA STRENGTH AND CORE (INTERMEDIATE/ADVANCED): Each Tabata includes 20 seconds of strength training followed by 10 seconds of rest, repeated for a total of 4 minutes and finished with 2 minutes of rest. This workout is best for advanced exercisers who are comfortable with intense training. End your workout with 15 minutes of intermittent shredding exercises!

SPARRABODY™ (ALL LEVELS): Sparrabody is a powerful combo of boxing skills and barre techniques, including ballet, Pilates and yoga. Together they deliver strength, agility, balance, flexibility, and overall core strength.

55+ ADULT CLASSES

SENIOR STRENGTH AND BALANCE (ALL LEVELS): Get 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, Pilates circles, etc. with gentle exercises to help increase muscle strength, bone density, balance, flexibility, joint stability and range of motion. This class is designed as a slow 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 bum 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 take-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 cards and conditioning classes are set to lively music and have to follow moves! This class will shape and sculpt you a whole new body using the resistance of the water, water buoy and noodles. Get fit for fun! 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. Flotation belt provided.

MIND BODY CLASSES

MINDFUL MOVEMENT (ALL LEVELS): This class will incorporate gentle stretching, along with calming meditation. Enhancing movements using chair straps and blocks.

PILES (ALL LEVELS): Move cars by 1-5... so will you? Pilates emphasizes the balanced development of the body through core strength and flexibility to support efficient, graceful movement.

PILOT 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 everyday life.

YOGA FLOW (ALL LEVELS): Find balance, serenity and relaxation with this slow flow Vinyasa class. Create a foundation 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.

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

VINYASA YOGA (ALL LEVELS): This style focuses on linking the breath with movement and is often referred to as flow yoga. The poses flow from one to another in conjunction with the breath. 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 this studio to stretch, re-energize and release their true potential and of on the mat. We invite you to come and experience the magic and power that awaits!!

* Please note: Our schedules are subject to change, please check out jccns.org for updated schedules.

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 or 781-476-9910.

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