






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 8:55am <b>BODY PUMP</b> w/Laurie GE	6:00 – 6:55am <b>BODY PUMP</b> w/Laurie GE	6:00 – 6:55am <b>FIT CHALLENGE ♥♦</b> w/Leah GE	6:00 – 6:55am <b>BODYPUMP</b> <b>EXPRESS/STRETCH</b> w/Laurie GE	6:00 – 7:00am <b>BOOT CAMP ♦</b> w/Justin (fee)	6:15 – 7:25am <b>IRON FIT</b> <b>CYCLING ♥♦</b> w/David GE
9:00 – 9:55am <b>NIA TECHNIQUE ♥</b> w/CLAUDIA. DS	8:30 – 9:25am <b>TOTAL BODY</b> <b>CONDITIONING ♥</b> w/Jill B GE	7:30-8:25am <b>CYCLE 60♥</b> w/Phil GE	8:30-9:25am <b>CARDIO/SCULPT</b> <b>FIT BALLS♥</b> w/Sandy GE	6:00 – 6:55am <b>FIT CHALLENGE♥♦</b> w/Leah GE	7:30 – 8:25am <b>BODY PUMP</b> w/Leah GE
9:00 -10:00 am <b>BOOT CAMP ♦</b> w/Justin (fee)	9:30 – 10:25am <b>YOGALATES ☺</b> w/Jill B GE	9:30 – 10:30am <b>BODY PUMP</b> w/Katherine GE	9:30 -10:25am <b>FITNESS FUSION♥</b> w/Sandy GYM	7:30 – 8:25am <b>CYCLE 60♥</b> w/Howard GE	9:15 - 10:10 am <b>CARDIO DANCE</b> <b>INTERVALS ♥</b> w/JILL GE
9:00 – 9:55am <b>KANGOO ♥♦</b> w/SANDY GE <b>NOW A FREE CLASS!</b>	9:30am – 10:00am <b>BOSU ♥♦</b> w/Justin (fee) RB	9:30 – 10:25am <b>CIRCUIT TRAIN♦</b> w/Justin RB	9:30 – 10:25am <b>STEP IT UP!♥</b> w/Rhoda GE	9:00 – 9:25am <b>CORE</b> <b>CURRICULUM♥</b> w/Jill B GE	9:30 – 10:25am <b>CIRCUIT TRAIN♦</b> w/Justin RB
10:00 – 10:55am <b>STEP FUSION ♥</b> w/Sandy GE	10:30 – 11:25am <b>TOTALLY SCULPT &amp;</b> <b>BODY BAR</b> w/Adrienne GE	10:30 – 11:25am <b>COMPLETE CARDIO</b> <b>CONDITIONING ♥</b> w/Rhoda GE	10:30 – 11:25am <b>PILATES</b> w/Rhoda GE	9:30 – 10:25am <b>20/20/20♥</b> w/Jill B GE	9:15 – 10:15 am <b>ALIGN &amp; THRIVE</b> w/ Dave R. (fee) DS
10:00 – 10:55am <b>ZUMBA ♥☺</b> w/Melita DS 	11:30 – 12:30pm <b>TAI CHI ☺</b> w/Jeffrey (fee) GE	11:30 - 12:25pm <b>STRETCH TO THE</b> <b>CORE ☺</b> w/Rhoda GE	11:30 – 12:25 am <b>GENTLE YOGA ☺</b> w/Diane GE	10:30 – 11:20 am <b>STRETCH FOR</b> <b>LIFE☺</b> w/Jill GE	10:30 – 11:25am <b>MAT PILATES</b> w/Susan DS
11:00 – 11:55am <b>ZUMBA ♥☺</b> w/Julie M. DS 	12:45 – 1:45pm <b>FALL PREVENTION &amp;</b> <b>SAFETY ☺</b> w/Jeffrey (fee) GE	5:30-6:25m <b>BODY PUMP</b> W/Leah GE	3:00 – 6:55pm <b>KARATE</b> (fee) GE	5:30 – 6:00pm <b>INTENSE ABS</b> w/Justin GE <b>NEW!</b>	10:30 – 11:25am <b>BALANCE &amp;</b> <b>STRENGTH ☺</b> w/ Luci GE
11:00 – 11:55am <b>BASIC YOGA</b> w /Jan GE	3:00 – 6:55pm <b>KARATE</b> (fee) GE	6:30 – 7:25 <b>CYCLE CITY♥</b> w/Eileen GE	4:30-5:30pm <b>TEEN WEIGHT</b> <b>LIFTING (fee)</b> w/Justin <b>NEW!</b>	6:00 – 6:30pm <b>FitKICK♦</b> w/Justin (fee) GE <b>NEW!</b>	11:30 – 12:10pm <b>BUTTS &amp; GUTS♥</b> w/Sandy GE
11:00 -12:00pm <b>TEEN WEIGHT</b> <b>TRAINING 101 (fee)</b> w/Colin		7:30 – 8:30pm <b>BALLROOM DANCE</b> w/Adriane (fee) SH	6:00-7:00 pm <b>YOGA</b> w/ Laurie RB	6:30 – 7:25pm <b>CYCLE CITY♥</b> w/Stacy GE	12:15 12:55pm <b>TONE UP &amp; SHAPE UP</b> w/Christelle GE
12:00 – 12.55pm <b>STRETCH &amp;</b> <b>STRENGTH ☺</b> w/Laurie GE	7:00-7:55 pm <b>BODY PUMP</b> w/Gail GE	7:30 – 8:25pm <b>CARDIO CIRCUIT</b> <b>TRAINING♥♦</b> w/Justin GE	6:30 – 7:25pm <b>ZUMBA ♥☺</b> w/Julie & Fernanda DS 	7:30 -8:25pm <b>FIT CHALLENGE</b> ♥♦ w/Leah GE	<b>Saturday</b> 9:30-10:45am <b>Yoga/Pilates</b> w/Margarita/Laurie GE
<b>Legend:</b> DS = Dance Studio GE = Group Ex Studio RB = Racquetball SH = Social Hall ♥=Heart Pumping ♦= Advance level ☺ = All levels	7:00 – 8:15 pm FENCING (fee) GYM		7:00-7:55 pm <b>BODY PUMP</b> w/Andy GE	7:30 -8:25pm <b>YOGA FOR</b> <b>RELAXATION☺</b> w/Robin M. DS	1:00 – 1:55pm <b>NIA ☺</b> w/CLAUDIA GE
<p>For information on any group exercise class contact Margot @ <a href="mailto:mjacoby@jccgw.org">mjacoboy@jccgw.org</a> or 301.348.3710</p> <p>Join any class at any time! Fee Classes can be joined mid session!</p> <p>Substitutions and class formats may change at anytime due to availability of subs.</p>					<p>Please see Reverse Side for Water Aerobics Schedule!</p>

<b>WATER AEROBICS</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Updates on pool hours contact: Caroline Cardullo at 301-348-3890 or <a href="mailto:ccardullo@jccgw.org">ccardullo@jccgw.org</a>	1:00 – 1:45pm <b>FLEX &amp; STRETCH</b> w/Roz	1:00 – 1:45pm <b>AQUA AEROBICS</b> w/Luci	1:00 – 1:45pm <b>FLEX &amp; STRETCH</b> w/Roz	1:00 – 1:45pm <b>AQUA AEROBICS</b> w/Luci	1:00 – 1:45pm <b>FLEX &amp; STRETCH</b> w/Roz	
	7:00 – 7:45pm <b>H2O Aerobics</b> w/Wendy		7:00 – 7:45pm <b>H2O Aerobics</b> w/Wendy			2:30-3:30pm <b>AQUA ZUMBA</b> w/CLAUDIA 

**20/20/20:** Mix of cardio, strength and flexibility for 20 minute *intervals*.

**ALIGN & THRIVE:** Dave Reynolds leads this class on improving Balance, Posture & Alignment.

**AQUA FITNESS:** This cardiovascular workout is set to music while still being easy on the joints. Increase your flexibility and muscle tone.

**AQUA ZUMBA:** Ditch the workout and join the "pool party"! The Zumba philosophy integrated with traditional aqua fitness disciplines.

**BALANCE & STRENGTH** (appropriate for members 55+ and those w/balance issues). No floor work required! All work is performed sitting in a chair, ball or against a wall. Class includes gait awareness, strength, stretches, body alignment and proper positioning.

**BALLROOM DANCE:** Learn the Foxtrot, Samba, Waltz and many more. No experience necessary. (fee)

**BASIC YOGA:** Basic styles consist of Hatha/Vinyasa yoga movements ending with relaxation.

**BODY PUMP:** The ultimate in strength training. BODYPUMP will shape and tone muscle groups, increase bone density & burn up to 600 calories per class

**BODYPUMP EXPRESS w/STRETCH:** A 45 minute BodyPump followed by 15 minutes of stretching

**BOOT CAMP:** Whole Body workouts tailored to your fitness level. Fee Class

**BOSU:** Strengthen core muscle; improve agility, coordination and strength using Bosu Balance Trainer. (fee)

**BUTTS & GUTS:** Only have 30 minutes? Need to strengthen your core? This class gets your heart rate up, while working all the core muscles.

**CARDIO CIRCUIT TRAINING:** An intense workout that combines cardio and circuit training techniques to achieve a total body workout

**CARDIO DANCE INTERVALS:** This fun dance based class combines aerobic choreography alternating with strength training intervals.

**CARDIO KICKBOXING:** An ideal class for individuals who are physically fit, and want to spice up their workout regiment. A variety of hits, kicks and drills, this class is guaranteed to get your heart pumping and muscles moving!

**CARDIO/SCULPT W/ FIT BALL:** An hour of Cardio and floor exercises using fit balls of various sizes.

**CIRCUIT TRAINING:** One hour using a variety of strength training tools to condition the entire body

**COMPLETE CARDIO CONDITIONING:** This class is designed as a total body workout using intervals of high/low impact aerobics and strength training.

**CORE CURRICULUM:** A 30 minute workout that not only focuses on the muscles of the abdomen, but also the stabilization and movement systems of the core.

**CYCLE CITY & CYCLE 60:** If you enjoy bike riding and the indoor workout, this class is right for you! Work up a sweat while riding indoors!

**FALL PREVENTION & SAFETY CLASS:** Fee Class. As winter approaches many worry about injury due to falling. Learn how to prevent injuries.

**FENCING:** Fencing is appropriate for all ages levels and is a great activity for families to enjoy together. Fee includes all equipment

**FIT CHALLENGE:** This class will challenge you with intervals of kickboxing moves, plyometrics and nonstop drills. Recommend for the advanced client.

**FitKICK:** A half hour interval training class combining punching and kicking with body weight training. Fee Class

**FITNESS FUSION:** Get a complete body workout using a variety of fitness equipment to strengthen all the muscles

**FLEX & STRETCH:** A gentle, yet aerobic class with emphasis on using all the muscles and joints to gain strength and flexibility

**GENTLE YOGA:** A gentle class which helps you distress, relax and improve your balance and breathing. Meditation is a major part of this class. Beginner levels.

**INTENSE ABS:** A half hour devoted to working the abdominals.

**IRON FIT CYCLING:** An advanced spinning class which emphasizes cycling technique and cardiovascular endurance aimed at the athlete in everyone, whether they be a triathlete, cyclist, or just into an amazing workout. A combination of hills & speed work while listening to a vast mix of great music. Come challenge yourself to become Iron Fit

**KANGOO JUMPS:** Improves strength, coordination, balance, cardio endurance in an atmosphere overflowing with energy! Fee Class

**MAT PILATES:** This class will strengthen and stretch your entire body while improving posture.

**NIA TECHNIQUE:** Great spirited workout for increasing fitness level. Constant movement gives awesome workout AND adds some fun to your day.

**PILATES:** Improve posture, core strength, flexibility, proper breathing, concentration and focus. Locate muscles you never knew you had!

**POWER CARDIO/POWER DANCE:** Intense Mix of high energy Kick & dance moves

**STEP FUSION:** A unique step choreography! Includes abs and core workout.

**STEP IT UP:** Simple, athletic, fun workout using adjustable step platform. Designed to tone the lower body& increase cardio fitness & coordination.

**STRETCH & STRENGTH:** Stretches & core strength exercises along with strength training.

**STRETCH TO THE CORE:** Focus on stretching the major muscles throughout the body, while working on your core musculature system.

**STRETCH FOR LIFE:** Listen to relaxing music while stretching and lengthening muscles throughout the body.

**TEEN WEIGHT LIFTING:** For Experienced athletics who want to safely & effectively lift weights & improve endurance and strength for sports (fee)

**TEEN WEIGHT TRAINING 101:** An Introduction to weight training specifically designed for teens who want to learn to lift & develop fitness program

**TONE UP & SHAPE UP:** Functional fitness building strength in all muscle groups with special emphasis on strengthening your core while keeping you flexible.

**TOTAL BODY CONDITIONING:** strength training & cardio using variety of equipment including tubing, body bars, balls, weights & exercises.

**TOTALLY SCULPT & BODY BAR:** Strengthen your muscles, work on alignment, core strength and finish with a flexibility portion!

**YOGA:** Uses Ashtanga (Power) methods, to strengthen the muscles of the body. This class also focuses on breathing, mediation and relaxation.

**YOGA FOR RELAXATION:** Bring mind, body and breath into balance while improving strength, flexibility and energy

**YOGALATES:** Combines core strengthening of Pilates and the flexibility and relaxation of Yoga.

**ZUMBA:** A high energy class that mixes great moves and music to a Latin beat.



# Group Exercise Schedule: February 2012