

Bender JCC Group Exercise Schedule Effective September 1, 2016 – September 30, 2016

SUNDAY			
7:10 a.m. – 7:55 a.m.	Spin	Karolina	GB
8:00 a.m. – 8:55 a.m.	Les Mills BODYPUMP™	Laurie	GB
9:00 a.m. – 9:55 a.m.	Flow Yoga	Lisa	GC
9:00 a.m. – 9:55 a.m.	Cardio Sculpt with Ball	Sandy	GB
9:00 a.m. – 9:55 a.m.	NIA	Amy	GA
10:00 a.m. – 10:55 a.m.	Cardio Fusion	Sandy	GB
10:00 a.m. – 10:55 a.m.	Zumba	Mitsy	GC
11:00 a.m. – 11:55 a.m.	Zumba	Michelle	GC
11:00 a.m. – 11:55 p.m.	Flow Yoga	Laurie	GB
12:00 p.m. – 12:55 p.m.	Stretch & Strength	Laurie	GB
5:00 p.m. – 6:30 p.m.	Evening Yoga	Robin	GB

MONDAY			
5:40 a.m. – 6:25 a.m.	Spin	Neal	GB
6:15 a.m. – 7:10 a.m.	Flow Yoga	Amy	GC
6:30 a.m. – 7:25 a.m.	Les Mills BODYPUMP™	Laurie	GB
8:30a.m. – 9:25 a.m.	Flow Yoga	Robin	GA
9:30 a.m. – 10:25 a.m.	Yogalates	Jill	GC
9:30 a.m. – 10:25 a.m.	Circuit Training	Justin	GB
9:30 a.m. – 10:25 a.m.	Morning Stretch & Strength	Stacy	GA
10:30 a.m. – 11:25 a.m.	Sculpt with Ball	Stacy	GB
10:30 a.m. – 11:25 a.m.	Flow Yoga	Cynthia	GC
10:30 a.m. – 11:25 p.m.	Hip-Hop	Brandi	GA
11:30 a.m. – 12:30 p.m.	<b>Tai Chi (\$\$) (Ends 10/10)</b>	Jeffrey	GA
11:30 a.m. – 12:25 p.m.	Les Mills BODYPUMP™	Rachel	GB
11:30 a.m. – 12:25 p.m.	Zumba Toning	Andrea	GC
1:00 p.m. – 1:55 p.m.	Balance with Strength	Luci	GB
3:00 p.m. – 3:45 p.m.	Aqua Flex & Stretch	Roz	OP
7:00 p.m. – 7:45 p.m.	Aqua Pilates	Christelle	OP
7:30 p.m. – 8:55 p.m.	Les Mills BODYPUMP & CXWORX™	Karolina	GB

TUESDAY			
6:00 a.m. – 6:50 a.m.	J Fit Challenge	Karolina	GB
7:15 a.m. – 8:10 a.m.	Spin	Karolina	GB
8:00 a.m. – 8:55 a.m.	Flow Yoga	Lisa	GC
8:15 a.m. – 8:55 a.m.	Interval Toning	Justin	GB
9:00 a.m. – 9:55 a.m.	Weights and Plates	Rhoda	GB
10:00 a.m. – 10:55 p.m.	Complete Cardio Conditioning	Rhoda	GB
10:00 a.m. – 10:55 p.m.	Flow Yoga	Amy	GC
11:00 a.m. – 11:55 a.m.	Women's Yoga Stretch & Strength	Amy	GA
11:00 a.m. – 11:55 a.m.	Stretch	Rhoda	GC
11:00 a.m. – 11:25 a.m.	Pound Fit	Mitsy	GB
11:30 a.m. – 12:00 p.m.	Zumba	Mitsy	GB
12:00 p.m. – 12:55 p.m.	Senior Fit	Sandy	GB
1:00p.m. – 1:45p.m.	<b>Land Lovers(End when IP opens)</b>	Luci	GC
3:00 p.m. – 3:45 p.m.	Aqua Fit	Luci	OP
6:30 p.m. – 7:25 p.m.	Spin	Eileen	GB
7:30 p.m. – 8:25 p.m.	Zumba	Andrea	GB

WEDNESDAY			
6:00 a.m. – 6:55 a.m.	Les Mills BODYPUMP™	Laurie	GB
7:15 a.m. – 8:25 a.m.	<b>Flow Yoga (NO CLASS 9/14,21,28)</b>	Robin	GC
8:30 a.m. – 9:25 a.m.	Cardio Sculpt with Ball	Sandy	GB
8:30 a.m. – 9:25 a.m.	Zumba Gold	Andrea	GC
9:30 a.m. – 10:25 a.m.	Fit Fusion	Sandy	GC
9:30 a.m. – 10:25 a.m.	Mat Pilates	Rhoda	GB
10:00a.m. – 10:55a.m.	Women's Restorative Yoga	Amy	GA
10:30 a.m. – 11:25 a.m.	Cardio Fusion	Rhoda	GB
11:00 a.m. – 12:00 p.m.	Power Pilates w/ Props	Debbie	GC
11:30 a.m. – 12:25 p.m.	Triple Fitness	Cynthia	GB
1:00 p.m. – 2:00 p.m.	Spin + Abs	Gail	GB

WEDNESDAY (continued)			
2:00 p.m. – 2:55 p.m.	Flow Yoga	Amy	GC
3:00 p.m. – 3:45 p.m.	Aqua Flex and Stretch	Roz	OP
7:00 p.m. – 7:55 p.m.	H2O Aerobics	Laurie	OP
7:15 p.m. – 8:15 p.m.	Les Mills BODYPUMP™	Karolina	GB
8:15 p.m. – 8:45 p.m.	Les Mills CXWORX™	Karolina	GB

THURSDAY			
6:00 a.m. – 6:55 a.m.	J Fit Challenge	Cristi	GB
7:15 a.m. – 8:10 a.m.	Spin	Karolina	GB
8:00 a.m. – 8:55 a.m.	Flow Yoga	Lisa	GC
8:30 a.m. – 9:25 a.m.	Zumba Gold	Andrea	GC
9:00 a.m. – 9:25 a.m.	Express Core Camp	Stacy	GB
9:30 a.m. – 10:25 p.m.	20/20/20	Jill	GB
9:30 a.m. – 10:55 p.m.	Flow Yoga	Robin	GC
10:30 a.m. – 11:15 a.m.	Fusion Stretch	Jill	GB
11:30 a.m. – 12:25 p.m.	Drop in Circuit	Justin	GB
12:00 p.m. – 12:55 p.m.	Zumba Toning	Andrea	GC
1:00p.m. – 1:45p.m.	<b>Land Lovers(End when IP opens)</b>	Luci	GC
3:00 p.m. – 3:45 p.m.	Aqua Fitness	Luci	OP
4:30 p.m. – 5:25 p.m.	Les Mills BODYPUMP™	Rachel	GB
5:30 p.m. – 6:25 p.m.	Spin	Karolina	GB
6:30 p.m. – 6:55 p.m.	CXWORX	Karolina	GC
6:30 p.m. – 7:25 p.m.	Spin	Raul	GB
7:00p.m. – 7:45pm	Aqua Pilates	Christelle	OP
7:30 p.m. – 8:25 p.m.	J Fit Challenge	Justin	GB
7:00 p.m. – 8:25 p.m.	Evening Yoga	Robin	GC

FRIDAY			
6:15 a.m. – 7:15 a.m.	Iron Fit Spin	Raul	GB
8:15 a.m. – 9:10 a.m.	Interval Toning	Justin	GB
9:00 a.m. – 10:00 a.m.	Zumba Toning	Andrea	GYM
9:30 a.m. – 10:25 a.m.	Circuit Training	Justin	GB
10:30 a.m. – 11:25 a.m.	Triple Fitness	Debbie	GC
10:30 a.m. – 11:25 a.m.	Balance & Strength	Luci	GB
11:30 a.m. – 12:15 p.m.	Butts & Guts	Sandy	GB
11:30 a.m. – 12:25 p.m.	Pilates Basic	Debbie	GC
12:20 p.m. – 1:15 p.m.	Tone Up / Shape Up	Christelle	GB
3:00 p.m. – 3:45 p.m.	Aqua Flex and Stretch	Roz	OP

SATURDAY			
7:15 a.m. – 8:00 a.m.	Spin	Neal	GB
8:00 a.m. – 8:30 a.m.	Abs	Neal	GB
8:40 a.m. – 9:25 a.m.	Spin	Neal	GB
9:30 a.m. – 10:45 a.m.	Yogalates	Laurie	GB
10:00 a.m. – 11:00 a.m.	Zumba	GE Staff	GC
11:00 a.m. – 12:00 p.m.	Les Mills BODYPUMP™	Karolina	GB
12:00 p.m. – 12:30 p.m.	Les Mills CXWORX™	Karolina	GB

**Schedule subject to change. For the most current schedule please check**

[www.jccqw.org](http://www.jccqw.org)    **\$\$ Fee Based Class**

**Group Studio A | GA**  
(Formerly Dance Studio)  
**Outdoor Pool | OP**

**Group Studio B | GB**  
(Formerly Group Ex Studio)  
**Gymnasium | GYM**

**Group Studio C | GC**  
(Formerly Rec Station)  
**Indoor Pool | IP**

Stay up to date with the latest Group Exercise news. To sign up for email notifications, please contact Dahhia Smith Johnson at [dsmith-johnson@jccqw.org](mailto:dsmith-johnson@jccqw.org) or 301-348-3894. For text message updates, visit [www.jccqw.org/textalerts](http://www.jccqw.org/textalerts).

## Bender JCC Group Exercise Schedule Effective September 1, 2016 – September 30, 2016

### CLASS DESCRIPTIONS:

**20/20/20** or 30/30 mix of cardio, strength and flexibility for 20 or 30-minute intervals. ♥

**AQUA FIT:** This cardiovascular workout in the pool is set to music while still being easy on the joints. This class is designed to increase flexibility and muscle tone. ♦ ☺

**AQUA FLEX & STRETCH:** A gentle workout in pool with emphasis on using all the muscles and joints to gain strength and flexibility. ☺

**AQUA PILATES:** Shallow water aerobics fused with movements from land Pilates. Get wet and wild for core work, strength and conditioning! Good for all fitness levels ☺

**BALANCE & STRENGTH/Land Lovers:** 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 work. ♦ ☺

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

**BUTTS & GUTS:** Only have 45 minutes? Need to strengthen your core? This class gets your heart rate up, while working all the core muscles. ☺ ♥

**CARDIO CORE POWER:** This Dynamic class focuses on core strengthening with cardio intervals ♦ ☺

**CARDIO FUSION:** This class combines all things cardio in a blend that keeps you guessing and your heart pumping ♥

**CARDIO SCULPT W/ BALL:** Cardio and floor exercises using fitness balls of various sizes to sculpt your body while you get your heart pumping. ♥

**CARDIOVASCULAR BELLY BARRE:** This is an all level class that focuses on building strength and endurance. Half of the class is conditioning, half build coordination and speed. ☺ ♦

**CIRCUIT TRAINING:** 3 round of combined strength, cardio and core focused moves to tone your body head to toe. ▶ ♥

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

**CXWORK:** A 30-minute class consisting of abdominal exercises. This intense, advanced abs workout will use several techniques to strengthen your core. ▶

**DROP IN CIRCUIT:** Four circuits of exercises that last about 15 minutes each with a short warm up and cool down, do as many circuits as you want, to target arms, legs and abs.

**EVENING YOGA:** This class will bring mind, body and breath into balance while improving strength, flexibility and energy. ☺

**EXPRESS CORE CAMP:** A 30-minute workout that focuses on the muscles of the abdomen and stabilization and movement systems of the core. ☺ ♥

**EXTENDED FLOW:** Build strength and endurance as you hold the poses and connect your breath to your body. ☺ ♥

**FIT FUSION:** Get a complete body workout using a variety of fitness equipment to strengthen all the muscles. ♥ ▶

**FLOW YOGA:** A Yoga class designed to build awareness of breath and the body while continuously moving. The teacher will encourage rest period and modifications if needed. ☺

**HIP HOP:** This is a dance and movement class. It is high energy and low impact. Come have fun with us!

**INTERVAL TONING:** Keep your heart rate up with cardio blasts between strength exercises. Finish with a core strengthening cool down for a total body workout. ☺ ♥

**IRON FIT SPIN:** An advanced spinning class which emphasizes cycling technique and cardiovascular endurance aimed at the athlete in everyone! Come challenge yourself! ♥ ▶

**J FIT CHALLENGE:** This class will challenge you with intervals of cardio, strength, agility and balance! This is a non-stop, high-intensity workout for advanced-level fitness lovers! ♥ ▶

**MAT PILATES:** A series of exercises designed to improve posture, core strength, flexibility, breathing, concentration and focus derived from Joseph Pilates. ☺

**MORNING STRENGTH & STRETCH:** This class is a combination of strength training, core work and stretching. Light weights will be used and yoga and Pilates will be done.

**NIA:** This is a great, spirited workout for all fitness levels. Continuous low-impact movements make for a joint-easy, excellent cardio workout! ☺ ♥

**PILATES BASICS:** This class focuses on Pilates Fundamentals, proper movements and modifications. ♦ ☺

**POWER PILATES W/ PROPS:** A challenging whole body workout to tone and sculpt using Pilates mat exercises and various props. ♥ ▶

**SCULPT w/BALL:** Tone and strengthen your entire body in this sculpting class that incorporates fitness balls and hand weights. Enjoy easy moves with great results! ☺ ♥

**SENIOR FIT:** A fitness class designed for seniors or participants that want to work on building strength and balance. ♦

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

**SPIN + ABS:** Rev up your metabolism with an interval ride, followed by an intense core workout! ♥

**STRETCH:** Stretch out and increase your flexibility and range of motion in this full body stretch class. ☺ ♦

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

**FUSION STRETCH:** This class includes basic stretching and Yoga movements to aid in restoration and recovery of the body. ☺

**TAI CHI:** The ancient Chinese martial art of Tai Chi uses gentle flowing movements to reduce the stress of a busy lifestyle and improve health. (\$\$) ☺

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

**TRIPLE FITNESS:** 20 minutes each of cardio, strength and core work for one complete workout! ♥

**WEIGHTS AND PLATES:** A heart pumping strength training workout using a variety of equipment. ☺

**WOMEN'S RESTORATIVE YOGA:** A gentle, therapeutic Yoga class for women, sometimes using props, to ease the body into balance. ☺

**WOMEN'S YOGA STRETCH & STRENGTH:** A 90 minute Yoga class for women that combines flowing poses with an extended cool down. Level 2 ▶

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

**YOGA/STRETCH:** A 45-minute express stretch class using Yoga poses and universal stretching movements. ☺

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

**ZUMBA GOLD:** Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity! ♦

**ZUMBA STEP:** Increase your cardio to burn extra calories while adding moves that define and sculpt your core and legs to fun World rhythms! ♥

**ZUMBA TONING:** Zumba dance moves with hand weights to sculpt and tone to upbeat Latin music. ♥

#### 10 MINUTE START TIME POLICY

*For your safety and the safety of others, please do not enter a group exercise class while the program is in session. Participants have already warmed up. By joining after the program has begun, you're putting yourself at risk for injury. Classes close 10 minutes after the scheduled start time.*

- ♥ Heart Pumping
- ▶ Advanced Level
- ♦ Age 60+
- ☺ All Levels