

JCCGW Group Exercise Schedule: Effective March 1, 2015 – March 31, 2015

SUNDAY			
7:10 a.m. – 7:55 a.m.	Spin	Karolina	GE
8:00 a.m. – 8:55 a.m.	Les Mills BODYPUMP™	Laurie	GE
9:00 a.m. – 9:55 a.m.	Flow Yoga	Lisa	DS
9:00 a.m. – 9:55 a.m.	Kangoo – bring your own boots	Sandy/Stacie	GE
10:00 a.m. – 10:55 a.m.	Step It Up	Sandy	GE
10:00 a.m. – 10:55 a.m.	Zumba - Reservations Required	Mitsy	DS
11:00 a.m. – 11:55 a.m.	Zumba - Reservations Required	Eduarda	DS
11:05 a.m. – 12:05 p.m.	Flow Yoga	Laurie	GE
12:15 p.m. – 1:15 p.m.	Stretch & Strength	Laurie	GE
5:00 p.m. – 6:30 p.m.	Yoga for Relaxation	Robin	DS

MONDAY			
5:40 a.m. – 6:25 a.m.	Spin	Neal	GE
6:30 a.m. – 7:25 a.m.	Les Mills BODYPUMP™	Laurie	GE
7:30 a.m. – 8:15 a.m.	Stretch	Megan	GE
8:30 a.m. – 9:25 a.m.	Zumba	Ramon	GE
9:30 a.m. – 10:25 a.m.	Yogalates	Jill	GE
9:30 a.m. – 10:25 a.m.	Circuit Training	Justin	RB#4
10:30 a.m. – 11:25 a.m.	Flow Yoga	Natalie	DS
10:30 a.m. – 11:25 a.m.	Sculpt with Ball	Stacy	GE
11:30 a.m. – 12:30 p.m.	Tai Chi (\$\$) (Begins 3/9)	Jeffrey	GE
11:30 a.m. -12:25 p.m.	Zumba Toning	Ramon	DS
1:00 p.m. – 1:55 p.m.	Balance & Strength	Luci	GE
1:00 p.m.- 1:45 p.m.	Aqua Flex & Stretch	Roz	IP
7:00 p.m.– 8:25 p.m.	Les Mills BODYPUMP & CXWORX™	Vicki	GE
7:00 p.m. - 7:45 p.m.	H2O Aerobics	Christelle	IP
7:30 p.m. – 8:25 p.m.	NIA	Amy	DS

TUESDAY			
6:00 a.m. – 6:50 a.m.	J Fit Challenge	Neal	GE
7:15 a.m. – 8:05 a.m.	Spin	Stacy	GE
8:15 a.m. – 8:55 a.m.	Core and Stretch	Stacy	GE
8:00 a.m. – 8:55 a.m.	Flow Yoga	Lisa	DS
9:00 a.m. – 10:00 a.m.	Les Mills BODYPUMP™	Diana	GE
9:00 a.m. – 9:55 a.m.	Zumba	Mitsy	DS
10:00 a.m. – 10:55 p.m.	Complete Cardio Conditioning	Rhoda	GE
11:00 a.m. – 11:55 a.m.	Stretch	Rhoda	GE
12:00 p.m. – 1:00 p.m.	Senior Fit	Sandy	GE
1:00 p.m. – 1:45 p.m.	Aqua Fit	Luci	IP
6:35 p.m. – 7:30 p.m.	Spin	Eileen	GE
7:35 p.m. – 8:30 p.m.	Zumba	Eduarda	GE

WEDNESDAY			
6:00 a.m. – 6:55 a.m.	Les Mills BODYPUMP™	Laurie	GE
7:00 a.m. – 7:45 a.m.	Stretch	Megan	GE
8:30 a.m. – 9:25 a.m.	Cardio Sculpt with Ball	Sandy	GE
8:30 a.m. – 9:25 a.m.	Zumba Gold	Andrea	DS
9:30 a.m. – 10:25 a.m.	Fit Fusion	Sandy	RB/GYM
9:30 a.m. – 10:25 a.m.	Step It Up	Rhoda	GE
10:00a.m. – 10:55a.m.	*Women's* Restorative Yoga	Kristen	DS
10:30 a.m. – 11:25 p.m.	Mat Pilates	Rhoda	GE
1:00 p.m. – 2:00 p.m.	Spin + Abs	Gail	GE
1:00 p.m. –1:45 p.m.	Aqua Flex & Stretch	Roz	IP

WEDNESDAY CONTINUED			
7:00 p.m. – 7:45 p.m.	H2O Aerobics	Laurie	IP
7:35 p.m. – 8:30 p.m.	Zumba	Eduarda	DS
7:15 p.m. – 8:15 p.m.	Les Mills BODYPUMP™	Karolina	GE
8:15 p.m. – 8:45 p.m.	Les Mills CXWORX™	Karolina	GE

THURSDAY			
6:00 a.m. – 6:55 a.m.	J Fit Challenge	Cristi	GE
7:15 a.m. – 8:05 a.m.	Spin	Stacy	GE
8:15 a.m. – 8:55 a.m.	Core and Stretch	Stacy	GE
8:00 a.m. – 9:00 a.m.	Flow Yoga	Lisa	DS
9:00 a.m. – 9:25 a.m.	Express Core Camp	Jill/Stacy	GE
9:30 a.m. – 10:25 a.m.	20/20/20	Jill/TBD	GE
10:30 a.m. – 11:15 a.m.	Fusion Stretch	Jill	GE
12:00 p.m. – 12:55 p.m.	Zumba Toning	Andrea	DS
1:00 p.m. – 1:45 p.m.	Aqua Fitness	Luci	IP
2:00 p.m. – 2:45 p.m.	Aqua Step	Luci	IP
6:30 p.m. – 7:25 p.m.	Spin	Raul	GE
7:30 p.m. – 8:25 p.m.	J Fit Challenge	Justin	GE
7:30 p.m. – 9:00 p.m.	Yoga for Relaxation	Robin	Room 140

FRIDAY			
6:15 a.m. – 7:15 a.m.	Iron Fit Spin	David/Raul	GE
8:00 a.m. – 8:55 a.m.	Flow Yoga	Kristen	DS
9:00 a.m. –9:25 a.m.	Yoga/Stretch	Kristen	DS
9:00 a.m. – 10:00 a.m.	Zumba Toning	Ramon	GYM
9:30 a.m. – 10:25 a.m.	Circuit Training	Justin	RB#4
10:30 a.m.–11:25 a.m.	Balance & Strength	Luci	GE
11:30 a.m.–12:15 p.m.	Butts & Guts	Sandy	GE
12:20 p.m. – 1:15 p.m.	Tone Up / Shape Up	Christelle	GE
1:00 p.m. – 1:45 p.m.	Aqua Flex and Stretch	Roz	IP

SATURDAY			
7:10 a.m. – 8:00 a.m.	Spin - Reservations Required	Neal	GE
8:05 a.m. – 8:35 a.m.	Abs	Neal	GE
8:40 a.m. – 9:25 a.m.	Spin - Reservations Required	Neal	GE
9:30 a.m. - 10:25 a.m.	Flow Yoga	Natalie	Rm 140
9:30 a.m. – 10:45 a.m.	Yogalates	Laurie	GE
11:00 a.m. – 12:00 p.m.	Les Mills BODYPUMP™	Karolina	GE
12:00 p.m. – 12:30 p.m.	Les Mills CXWORX™	Karolina	GE

Group Exercise Studio | GE

Dance Studio | DS

Indoor Pool | IP Outdoor Pool

Social Hall | SH

Racquetball Court | RB

\$\$ Additional fee for class

Stay up to date with the latest Group Exercise news. To sign up for email notifications, please contact Megan Riggs at mriggs@iccgw.org or 301-348-3891. For text message updates, visit www.iccgw.org/textalerts.

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.

www.iccgw.org | 6125 Montrose Rd | Rockville, MD 20852



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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 ZUMBA: A class designed for those looking to make a splash by adding a low-impact, high-energy aquatic exercise with Zumba music to their fitness routine! ☺

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

CIRCUIT TRAINING: 3 rounds 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. ☺ ♥

CORE AND STRETCH: Work your abs and pelvic floor muscles using balls of different sizes, bands, weights and finish with Qi gong

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

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

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 periods and modifications if needed. ☺

H2O AEROBICS: An aerobics class in the pool. Safe, low impact cardio, stretching and strength in the water. ☺ ▶

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! ♥ ▶

KANGOO: A cardio class designed to improve strength, coordination, balance and endurance while moving in Kangoo boots (*bring your own*), for a workout flowing with energy! ♥ ▶

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

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

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! ♥

STEP FUSION: This is a unique class of aerobic step with choreography! Also be prepared to do ab and core work for a total body workout! ♥

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

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. (\$\$) ☺

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

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

YOGA FOR RELAXATION: This class will 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. ☺

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

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