

JCCGW Group Exercise Schedule Fall Effective October 1, 2015 – January 31, 2016

<b>SUNDAY</b>			
7:10 a.m. – 7:55 a.m.	Spin	Karolina	GE 1
8:00 a.m. – 8:55 a.m.	Les Mills BODYPUMP™	Laurie	GE 1
9:00 a.m. – 9:55 a.m.	Flow Yoga	Lisa	DS
9:00 a.m. – 9:55 a.m.	Kangoo – <i>bring your own boots</i>	Sandy/Stacie	GE 1
9:00 a.m. – 9:55 a.m.	NIA	Amy	GE 2
10:00 a.m. – 10:55 a.m.	Step It Up	Sandy	GE 1
10:00 a.m. – 10:55 a.m.	Zumba	Mitsy	GE 2
11:00 a.m. – 11:55 a.m.	Zumba	Eduarda	GE 2
11:00 a.m. – 11:55 p.m.	Flow Yoga	Laurie	GE 1
12:00 p.m. – 12:55 p.m.	Stretch & Strength	Laurie	GE 1
5:00 p.m. – 6:30 p.m.	Evening Yoga	Robin	GE 1

<b>MONDAY</b>			
5:40 a.m. – 6:25 a.m.	Spin	Neal	GE 1
6:15 a.m. – 7:10 a.m.	Flow Yoga	Amy	GE 2
6:30 a.m. – 7:25 a.m.	Les Mills BODYPUMP™	Laurie	GE 1
8:30 a.m. – 9:25 a.m.	Zumba	Ramon	GE 1
8:30a.m. – 9:25 a.m.	Total Body Conditioning	Carol	GE 2
8:30a.m. – 9:25 a.m.	Flow Yoga	Natalie	DS
9:30 a.m. – 10:25 a.m.	Yogalates	Jill	GE 2
9:30 a.m. – 10:25 a.m.	Circuit Training	Justin	GE 1
9:30 a.m. – 10:25 a.m.	Morning Stretch & Strength	Carol	DS
10:30 a.m. – 11:25 a.m.	Sculpt with Ball	Stacy	GE 1
10:30 a.m. – 11:25 a.m.	Flow Yoga	Cynthia	GE 2
10:30 a.m. – 11:25 a.m.	Creative Movement	Ramon	DS
11:30 a.m. – 12:30 p.m.	Tai Chi (\$\$) (Begins 9/21)	Jeffrey	DS
11:30 a.m. – 12:25 p.m.	Spin	Cynthia	GE 1
11:30 a.m. – 12:30 p.m.	Zumba Toning	Ramon	GE 2
12:30 p.m. – 1:30 p.m.	Cardiovascular Belly Barre (\$\$) <i>Begins 10/12</i>	Souzan	DS
1:00 p.m. – 1:55 p.m.	Balance with Strength	Luci	GE 1
1:00 p.m. – 1:45 p.m.	Aqua Flex & Stretch	Roz	IP
7:30 p.m. – 8:55 p.m.	Les Mills BODYPUMP & CXWORX™	Karolina	GE 1
7:00 p.m. – 7:45 p.m.	Aqua Pilates	Christelle	IP
7:00 p.m. – 7:55 p.m.	NIA	Amy	GE 2

<b>TUESDAY</b>			
6:00 a.m. – 6:50 a.m.	J Fit Challenge	Neal	GE 1
7:15 a.m. – 8:10 a.m.	Spin	Karolina	GE 1
8:00 a.m. – 8:55 a.m.	Flow Yoga	Lisa	DS
8:15 a.m. – 8:55 a.m.	Les Mills BODYPUMP™	Rachel	GE 1
9:00 a.m. – 9:55 a.m.	Weights and Plates	Rhoda	GE 1
9:00 a.m. – 9:55 a.m.	Zumba	Mitsy	GE 2
10:00 a.m. – 10:55 p.m.	Complete Cardio Conditioning	Rhoda	GE 1
10:00 a.m. – 10:55 p.m.	Flow Yoga	Amy	GE 2
11:00 a.m. – 11:55 a.m.	Stretch	Rhoda	GE 2
11:00 a.m. – 11:55 a.m.	Zumba Step	Ramon	GE 1
11:00 a.m. – 12:25 p.m.	*Women's* Yoga Stretch & Strength	Kristen	DS
12:00 p.m. – 12:55 p.m.	Stretch	Ramon	GE 2
12:00 p.m. – 12:55 p.m.	Senior Fit	Sandy	GE 1
1:00 p.m. – 1:45 p.m.	Aqua Fit	Luci	IP
2:30 p.m. – 3:25 p.m.	Yogalates on the Ball	Megan	GE 1
6:30 p.m. – 7:25 p.m.	Spin	Eileen	GE 1
7:30 p.m. – 8:25 p.m.	Zumba	Eduarda	GE 2

<b>WEDNESDAY</b>			
6:00 a.m. – 6:55 a.m.	Les Mills BODYPUMP™	Laurie	GE 1
8:30 a.m. – 9:25 a.m.	Cardio Sculpt with Ball	Sandy	GE 1
8:30 a.m. – 9:25 a.m.	Zumba Gold	Andrea	GE 2
9:30 a.m. – 10:25 a.m.	Fit Fusion	Sandy	GE 2
9:30 a.m. – 10:25 a.m.	Step It Up	Rhoda	GE 1
10:00a.m. – 10:55a.m.	*Women's* Restorative Yoga	Kristen	DS

<b>WEDNESDAY (continued)</b>			
10:30 a.m. – 11:25 a.m.	Mat Pilates	Rhoda	GE 1
10:30 a.m. – 11:25 a.m.	Stretch	Cynthia	GE 2
11:30 a.m. – 12:25 p.m.	Triple Fitness	Carol	GE 1
12:30 p.m. – 1:25 p.m.	Interval Training & Stretch	Carol	GE 2
1:00 p.m. – 2:00 p.m.	Spin + Abs	Gail	GE 1
1:00 p.m. – 1:45 p.m.	Aqua Flex & Stretch	Roz	IP
2:00 p.m. – 2:55 p.m.	Flow Yoga	Amy	GE 2
7:00 p.m. – 7:55 p.m.	H2O Aerobics	Laurie	IP
7:30 p.m. – 8:25 p.m.	Zumba	Eduarda	GE 2
7:15 p.m. – 8:15 p.m.	Les Mills BODYPUMP™	Karolina	GE 1
8:15 p.m. – 8:45 p.m.	Les Mills CXWORX™	Karolina	GE 1

<b>THURSDAY</b>			
6:00 a.m. – 6:55 a.m.	J Fit Challenge	Cristi	GE 1
7:15 a.m. – 8:10 a.m.	Spin	Karolina	GE 1
8:00 a.m. – 9:00 a.m.	Flow Yoga	Lisa	DS
8:15 a.m. – 8:55 a.m.	Les Mills BODYPUMP™	Rachel	GE 1
8:30 a.m. – 9:25 a.m.	Zumba Gold	Andrea	GE 2
9:00 a.m. – 9:25 a.m.	Express Core Camp	Stacy	GE 1
9:30 a.m. – 10:25 p.m.	20/20/20	Jill	GE 1
10:30 a.m. – 11:15 a.m.	Fusion Stretch	Jill	GE 1
10:30 a.m. – 11:55 p.m.	Flow Yoga	Robin	GE 2
12:00 p.m. – 12:55 p.m.	Drop in Circuit	Justin	GE 1
12:00 p.m. – 12:55 p.m.	Zumba Toning	Andrea	GE 2
1:00 p.m. – 1:45 p.m.	Aqua Fitness	Luci	IP
2:30 p.m. – 3:25 p.m.	Yogalates on the Ball	Megan	GE 1
6:30 p.m. – 7:25 p.m.	Spin	Raul	GE 1
7:30 p.m. – 8:25 p.m.	J Fit Challenge	Justin	GE 1
7:00 p.m. – 8:25 p.m.	Evening Yoga	Robin	GE 2

<b>FRIDAY</b>			
6:15 a.m. – 7:15 a.m.	Iron Fit Spin	Raul	GE 1
8:00 a.m. – 8:55 a.m.	Flow Yoga	Kristen	GE 2
8:15 a.m. – 9:10 a.m.	Les Mills BODYPUMP™	Rachel	GE 1
9:00 a.m. – 9:25 a.m.	Yoga/Stretch	Kristen	GE 2
9:00 a.m. – 10:00 a.m.	Zumba Toning	Ramon	GYM
9:30 a.m. – 10:25 a.m.	Circuit Training	Justin	GE 1
10:30 a.m. – 11:25 a.m.	Mat Pilates (Begins 10/9)	Cynthia	DS
10:30 a.m. – 11:25 a.m.	Triple Fitness	Carol	GE 2
10:30 a.m. – 11:25 a.m.	Balance & Strength	Luci	GE 1
11:30 a.m. – 12:15 p.m.	Butts & Guts	Sandy	GE 1
11:30 a.m. – 12:25 p.m.	Cardio-Core Power	Carol	GE 2
12:20 p.m. – 1:10 p.m.	Tone Up / Shape Up	Christelle	GE 1
1:00 p.m. – 1:45 p.m.	Aqua Flex and Stretch	Roz	IP

<b>SATURDAY</b>			
7:15 a.m. – 8:00 a.m.	Spin	Neal	GE 1
8:00 a.m. – 8:30 a.m.	Abs	Neal	GE 1
8:40 a.m. – 9:25 a.m.	Spin	Neal	GE 1
9:30 a.m. – 10:45 a.m.	Yogalates	Laurie	GE 1
11:00 a.m. – 12:00 p.m.	Les Mills BODYPUMP™ (Reserv Req)	Karolina	GE 1
12:00 p.m. – 12:30 p.m.	Les Mills CXWORX™	Karolina	GE 1

Group Exercise Studio 1 | GE 1    Group Exercise Studio 2 | GE 2    Dance Studio | DS  
 Indoor Pool | IP    Gymnasium | GYM    \$\$ 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](mailto:mriggs@iccgw.org) or 301-348-3891. For text message updates, visit [www.iccgw.org/textalerts](http://www.iccgw.org/textalerts).

## JCCGW Group Exercise Schedule Fall Effective October 1, 2015 – January 31, 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:** 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 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 builds coordination and speed. ☺ ♦

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

**CREATIVE MOVEMENT:** Learn more about your body as you move to your own beat in this low impact free spirited class

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

**CXWORX:** 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. ☺ ♥

**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. ☺

**INTERVAL TRAINING & STRETCH:** 30 minutes of strength, cardio, and core and 30 minutes of yoga and Pilates, with a short relaxation period at the end of class. ☺ ♦

**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, 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. ☺

**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! ☺ ♥

**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. ☺

**TOTAL BODY CONDITIONING:** This class combines strength training, cardio intervals, and core work for an overall total body workout. ☺ ♦

**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. ☺

**YOGALATES ON THE BALL:** Strengthen your "core and have a ball learning both Pilates and Yoga poses using an exercise ball to help strengthen and realign your core.

**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