

JCCGW Group Exercise Schedule: Effective September 1, 2014- September 30, 2014

SUNDAY			
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	Sandy	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	Devon	DS
11:00 a.m. – 11:55 a.m.	Zumba - Reservations Required	Eduarda	GE
11:05 a.m. – 12:05 p.m.	Flow Yoga	Jan	DS
12:15 p.m. – 1:15 p.m.	Stretch & Strength	Laurie	GE
5:00 p.m. – 6:30 p.m.	Yoga for Relaxation	Robin	GE

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
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.	Bootcamp Circuit	Justin	RB#4
10:30a.m. – 11:30 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 9/29)	Jeffrey	GE
1:00 p.m. – 1:55 p.m.	Balance with Strength	Luci	GE
1:00 p.m.- 1:45 p.m.	Aqua Flex & Stretch	Roz	IP/OP
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/OP
7:30 p.m. – 8:25 p.m.	NIA	Amy	DS

TUESDAY			
6:00 a.m. – 6:55 a.m.	Fit Challenge	Neal	GE
7:15 a.m. – 8:15 a.m.	Spin	Christelle	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
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/OP
2:00 p.m. – 2:55 p.m.	Aqua Step	Luci	IP/OP
6:30 p.m. – 7:25 p.m.	Spin	Eileen	GE
7:30 p.m. – 8:25 p.m.	Zumba	Eduarda	GE
7:30 p.m. – 8:25 p.m.	Bootcamp Circuit	Justin	RB#4

WEDNESDAY			
6:00 a.m. – 6:55 a.m.	Les Mills BODYPUMP™	Laurie	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/OP
5:15 p.m. – 6:15 p.m.	Pilates/Cardio/Sculpt	Charissa	GE
7:00 p.m. – 7:55 p.m.	Aqua Zumba	Andrea	IP/OP
7:15 p.m. – 8:15 p.m.	Zumba	Eduarda	DS

WEDNESDAY (continued)			
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.	Fit Challenge	Cristi	GE
7:15 a.m. – 8:15 a.m.	Spin	Charissa	GE
8:00 a.m. – 9:00 a.m.	Flow Yoga	Lisa	DS
9:00 a.m. – 9:25 a.m.	Express Core Camp	Charissa/Jill	GE
9:30 a.m. – 10:25 p.m.	20/20/20 or 30/30	Charissa/Jill	GE
10:30 a.m. – 11:15 a.m.	Fusion Stretch	Stacy	GE
11:00 a.m. – 11:55 p.m	Pilates/Cardio/Sculpt	Charissa	DS
11:30 a.m. – 12:25 p.m.	Core & Stretch	Stacy	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/OP
6:30 p.m. – 7:25 p.m.	Spin	Raul	GE
7:30 p.m. – 8:25 p.m.	Fit Challenge	Justin	RB#4
7:30 p.m. – 9:00 p.m.	Yoga for Relaxation	Robin	GE

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	GE
9:30 a.m. – 10:25 a.m.	Bootcamp Circuit	Justin	DS
10:30 a.m.–11:25 a.m.	Balance & Strength	Luci	GE
11:30 a.m.–12:15 p.m.	Butts & Guts	Sandy	GE
12:15 p.m. – 1:10 p.m.	Tone Up / Shape Up	Christelle	GE
1:00 p.m. – 1:45 p.m.	Aqua Fit	Roz	IP/OP

SATURDAY			
8:00 a.m. – 9:25 a.m.	Spin + Abs- Reservations Required	Neal	GE
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 | OP

Social Hall I 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 Andy Stromberg at astromberg@jccgw.org or 301-348-3891.

For text message updates, visit www.jccgw.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.

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

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CLASS DESCRIPTIONS:

20/20/20 or 30/30 A 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 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 30 minutes? Need to strengthen your core? This class gets your heart rate up, while working all the core muscles. ☺ ♡

BOOTCAMP CIRCUIT: One-hour of calisthenics, strength and conditioning exercises for a full-body workout! ➔

CARDIO SCULPT W/ BALL: Cardio and floor exercises using fitness balls of various sizes. ♡

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. ➔

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

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! ♡ ➔

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! ♡ ➔

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. ☺

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

PILATES/CARDIO/SCULPT: A Pilates-based barefoot workout designed to strengthen and lengthen the body. Be ready to sweat! This class isn't for the faint at heart! ♡ ➔

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 & 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. (\$\$) ☺

TABATA: An interval based total body workout class. The format consists of short bursts of high intensity interval training followed by active recovery. ➔ ♡

STONE 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 strength training & cardio class uses a variety of equipment including bands, body bars, balls, weights & steps. ♡ ➔

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