

JCCGW Group Exercise Schedule | Effective MARCH 1 2014 – MAY 31, 2014

SUNDAY			
8:00 a.m. – 8:55 a.m.	Les Mills BODYPUMP™	Laurie	GE
9:00 a.m. – 9:55 a.m.	Yoga	Lisa	DS
9:00 a.m. – 9:55 a.m.	Kangoo	Sandy	GE
10:00 a.m. – 10:55 a.m.	Tabata	Sandy	DS
10:00 a.m. – 10:55 a.m.	Zumba *Reservations required	Val	GE
11:30 a.m. – 12:30 a.m.	Zumba *Reservations required	Ramon	DS
11:05 a.m. – 12:05 p.m.	Yoga	Jan	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	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.	Total Body Conditioning	Jill	GE
9:00 a.m. – 10:00 a.m.	Zumba	Ramon	DS
9:30 a.m. – 10:25 a.m.	Yogalates	Jill	GE
9:30 a.m. – 10:25 a.m.	Circuit Train	Justin	RB
10:30 a.m. – 11:25 a.m.	Sculpt with Ball	Stacy	GE
11:00 a.m. – 11:55 p.m.	Yoga** NEW	Natalie	DS
11:30 a.m. – 12:30 p.m.	Tai Chi (\$\$)	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
5:50 p.m. – 6:50 pm.	Zumba Toning	Ramon	SH
7:00 p.m.– 8:25 p.m.	Les Mills BODYPUMP & CXWORX™	Vicki	GE
7:00 p.m. - 7:45 p.m.	H2O Aerobics	Wendy	IP
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	Phil	GE
8:00 a.m. – 9:00 a.m.	Yoga	Lisa	DS
9:00 a.m. – 10:00 a.m.	Les Mills BODYPUMP™	Cristel	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 Fitness	Luci	IP
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.	Circuit Train	Justin	RB

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
9:30 a.m. – 10:25 a.m.	Fit Fusion	Sandy	GYM
9:30 a.m. – 10:30 a.m.	Step It Up	Rhoda	GE
10:00 a.m. – 10:55 a.m.	Gentle Yoga	Kristen	DS
10:30 a.m. – 11:25 p.m.	Mat Pilates	Rhoda	GE
11:30 a.m. – 12:25 a.m.	Les Mills BODYPUMP™	Diana	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
7:00 p.m.-7:45 p.m.	H2O Aerobics	Wendy	IP
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	Meghan	GE
8:00 a.m. – 9:00 a.m.	Yoga	Lisa	DS
9:00 a.m. – 9:25 a.m.	Core Workout	Jill	GE
9:30 a.m. – 10:25 p.m.	20/20/20	Jill	GE
10:30 a.m. – 11:25 a.m.	Stretch	Jill	GE
11:30 a.m. – 12:25 p.m.	Core & Stretch	Stacy	GE
1:00 p.m. – 1:45 p.m.	Aqua Fitness	Luci	IP
5:30 p.m. – 6:30 p.m.	Kickbox + Abs	Justin	GE
6:30 p.m. – 7:25 p.m.	Spin	Amanda	GE
7:30 p.m. – 8:25 p.m.	Fit Challenge	Justin	GE
7:30 p.m. – 8:45 p.m.	Yoga for Relaxation	Robin	#140

FRIDAY			
6:15 a.m. – 7:15 a.m.	Iron Fit Spin	David/Raul	GE
9:00 a.m. – 9:45 a.m.	Cardio/Sculpt	Jill	DS
9:00 a.m. – 10:25 a.m.	Zumba Toning	Ramon	GE
9:30 a.m. – 10:25 a.m.	Circuit Train	Justin	RB
9:45 a.m. – 10:30 a.m.	Yoga/Stretch	Jill	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 Fitness	Roz	IP

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

Social Hall | SH
Racquetball Court | RB

Stay up to date with the latest Group Exercise news. To sign up for email notifications, please contact Meghan Batteau at mbatteau@jccgw.org or 301-348-3710. To receive text message updates visit 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. By joining after the program has begun, you're putting yourself at risk for injury. Classes close 10 minutes after the scheduled start time.

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CLASS DESCRIPTIONS:

- 20/20/20** Mix of cardio, strength and flexibility for 20 minute intervals ☺ ♥
- AQUA FITNESS:** This cardiovascular workout in the pool is set to music while still being easy on the joints. Increase your 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 ☺
- 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. ☺
- BODY PUMP:** The ultimate in strength training. BODYPUMP will shape and tone muscle groups, increase bone density & burn up to 600 calories per class ♥ △
- BOOT CAMP:** Whole Body workouts tailored to your fitness level. (\$\$) ♥
- 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/SCULPT W/ BALL:** An hour of Cardio and floor exercises using fit balls of various sizes. ♥
- CIRCUIT TRAIN:** 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 WORKOUT:** A 30 minute workout that focuses on the muscles of the abdomen, and also the stabilization and movement systems of the core. ☺ ♥
- CXWORX:** 30-45 minutes of abs. This intense, advanced abs workout will use several techniques to strengthen your core △
- FIT CHALLENGE:** This class will challenge you with intervals of cardio, strength, agility and balance using traditional and non-traditional methods. HIIT, TABATA, KICKBOXING, CROSSFIT, CURCUIT. This class can be high intensity and is recommended for the advanced client. Sustained heart-rate for complete cardio workout. ♥ △
- FIT FUSION:** Get a complete body workout using a variety of fitness equipment to strengthen all the muscles. ♥ △
- 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, 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! ♥ △
- KICKBOX & ABS:** After work join us for an intense kickbox class with an abs workout as well △
- MAT PILATES:** Improve posture, core strength, flexibility, proper breathing, concentration and focus. ☺
- NIA:** Great spirited workout for increasing fitness level. Constant low impact movement gives awesome workout. Adds some fun to your day. ☺ ♥
- SCULPT w/BALL:** Trim and firm your entire body in this sculpting class using the fit ball & hand weights. 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 a spin class followed by an intense core workout A 30 minute workout that focuses on the muscles which promote posture (back, abdominal, hips and shoulders, The class also focuses on the stabilization and movement systems of the core. ♥
- STEP FUSION:** A unique step choreography! Includes abs and core workout. ♥
- STEP IT UP:** Simple, athletic, workout using adjustable step platform. Designed to tone lower body& increase cardio fitness & coordination. ♥
- STRETCH & STRENGTH:** Stretches & core strength exercises along with strength training. ☺
- STRETCH:** Listen to relaxing music while stretching and lengthening major muscles throughout 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. Often described as "meditation in motion," Tai Chi promotes serenity by connecting the mind and body. (\$\$) ☺
- 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:** strength training & cardio using variety of equipment including tubing, body bars, balls, weights & exercises. ♥ △
- YOGA:** Uses Ashtanga (Power) methods as well as Hatha/Vinyasa movements to strengthen the muscles of the body. Class also focuses on breathing, mediation & relaxation while improving strength & flexibility ☺
- POWER YOGA:** Power-based vinyasa flow yoga class to invigorate and energize. The class is fast paced at an intermediate-advanced level and will include arm balances and inversions.
- 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. ☺
- YOGA/STRETCH:** a 45 minute express stretch class using Yoga and Pilates poses and movements ☺
- ZUMBA:** A high energy class that mixes great moves and music to a Latin beat. ☺ ♥
- ZUMBA TONING:** Zumba dance moves with hand weights to sculpt and tone to upbeat Latin music. ♥

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|---|----------------|
| ♥ | Heart Pumping |
| △ | Advanced Level |
| ☺ | All Levels |