

JCCGW Group Exercise Class Descriptions

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. → ♡

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 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