



Community Campus



GROUP EXERCISE SCHEDULE

COMMUNITY CAMPUS

SPRING II (04/22/2019 – 06/16/2019)

Group Exercise Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Schedule Schedule begins April 22, 2019 and ends June 16th, 2019 and is subject to change. Be advised that you should consult a physician prior to starting an exercise program.</p> <p>Class Rules: Minimum age to attend classes is 13 years old, unless otherwise marked.</p> <p>Participants must arrive no later than 10 minutes after class starts. Classes are first come, first serve. Pick up numbers in the Cardio room desk for sessions indicated</p> <p>Participants are expected to put away equipment used during classes and must sign in after class is over.</p> <p>Key MPR1: Multi Purpose Room 1 MPR2: Multi Purpose Room 2 ICR: Indoor Cycling Room</p> <p>Classes That Require Numbers: Zumba, Zumba/Bollywood, Bolly-X, Wed AM Core Strength ,Pound Fit</p>	5:30-6:30am Group Cycling Nancy-ICR	5:30-6:30am Total Body Donna-MPR2	5:30-6:30am Group Cycling Karen-ICR	5:30-6:45am Sunrise Yoga Nancy-MPR2		7:00-7:55am Group Cycling Rebecca-ICR	8:40-9:35 am Bolly-X Sairah-MPR2
	8:00-8:55am Scientific Yoga Guruji-MPR2	8:00-8:55am Zumba® Rachel-MPR2	8:00-8:55am Scientific Yoga Guruji-MPR2	8:00-8:55am Fit for Life Angela-MPR2	8:00-8:55am Zumba® Rachel-MPR2	8:00-8:55am Circuit Training Eleonor-MPR2	9:15-10:25am Power Yoga Sandy-MPR1
	9:00-9:45am Total Body Angela-MPR2	9:00-9:55am Pilates Angela-MPR2	9:00-9:45am Zumba® Rachel-MPR2	9:00-9:45a Pilates Angela-MPR2	9:10-9:55am Pound Fit® Karen-MPR2	9:00-9:55am Zumba® Samantha-MPR2	9:40-10:25 am Strong By Zumba Bhavana MPR2
	9:50-10:30am Zumba® Rachel-MPR2		9:00-9:45am Group Cycling Rebecca-ICR		10:00-10:40am Zumba Rachel-MPR2		
	9:50-10:30am Group Cycling Rebecca – ICR	10:00-10:55am Zumba/Bollywood Sakshi-MPR2	9:50-10:30am Core Strength Gary-MPR2	9:50-10:30am Bhangra Sakshi-MPR2	10-11am Enhanced Fitness Tom-MPR1	9:00-10:15am Yoga Shuchi-MPR1	10:30-11:45 am Power Yoga Sandy-MPR1
	10-11am Enhanced Fitness Tom-MPR1		10:35-11:20am Cardio Kickboxing Anita-MPR2				
	10:35-12:00p Healing Yoga Shuchi-MPR2	10- 10:55am Core Strength Gary-MPR1 Starts 4/30	10-11am Enhanced Fitness Tom MPR1	10:35-11:15am Circuit Training Sterling-MPR2	10:45-11:30am Strong by Zumba® Karen-MPR2	10:00-10:55am Step & Tone Aleda-MPR2	10:30-12pm Tai Chi Wing-MPR2
					1:00-2:15pm Healing Yoga Shuchi-MPR2		
	7:00-7:55 pm Core Strength & Toning Sandy-MPR2	6:30-7:25pm Zumba® Bindiya-MPR2 (7yrs-adult)	6:30-7:25pm Total Body Angela-MPR2	6:30-7:25pm STRONG by Zumba Bhavana-MPR2	6:30-7:25 pm Zumba/Bollywood Sakshi-MPR2	10:30-11:45 am Yoga Shuchi-MPR1	On every 1st Sunday of the month we will have a LiveStrong yoga class from 4-5pm. Shuchi-MPR2
	8:00-9:15pm Power Yoga Sandy-MPR2	7:30-8:25pm Boot Camp Eleonor-MPR2	7:30-8:25pm Zumba/Bollywood Sakshi-MPR2	7:30-8:25pm Pilates Angela-MPR2	7:30-8:45pm Healing Yoga Jhankhna MPR2		
	JCC/ZUMBA 7-8:00pm Gym A						

GROUP EXERCISE CLASS DESCRIPTIONS

APR 21ST – JUNE 16TH

COMMUNITY CAMPUS

BHANGRA: This class is an amazing **bhangra** based calorie blazing **fitness** workout utilizing basic but powerful moves

BOLLY-X: The Bollywood Workout is a Bollywood-inspired dance-fitness program that combines dynamic choreography and intensive workouts.

BOOTCAMP: This combination of resistance and strength training class designed to be performed in a circuit or interval set adds different exercises and equipment that will give your entire body a full work-out.

CARDIO KICKBOXING: An aerobic kickboxing class that teaches basic kickboxing movements along with strength and plyometrics.

CIRCUIT TRAINING: An efficient and challenging form of conditioning which develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations

CORE STRENGTH: This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall functional strength.

ENHANCED FITNESS: Geared toward older adults, this class focuses on strength, flexibility, movement and balance. Soft ankle and wrist weights may be worn.

FIT FOR LIFE: Exercise program including cardiovascular, strength and flexibility designed so participants establish their own goals so people of all ages and levels will fit right in.

GROUP CYCLING: Instructor lead non-impact cardio ride on specialized bikes simulating road bike work outs to music. You can work at your own level by adjusting the tension on the bike. Limited bikes are available.

HEALING YOGA: A comprehensive and balanced hatha flow yoga practice including breathing, meditation, and deeper relaxation through Shavasana for deeper healing of mind and body.

PILATES: Pilates is a body conditioning routine that helps build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing, developing a strong core or center, and improving coordination and balance.

POUND®: This exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

POWER YOGA: A more athletic-based yoga class with challenging movements.

SCIENTIFIC YOGA: This class focuses on the Chakras of the body and the health of the organs.

STEP: Focuses on sequential aerobic movement with the use of a Step for cardiovascular benefit.

STRONG BY ZUMBA®: combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

TAI CHI: An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation and health.

TAI CHI WARM UP: A class that emphasizes slow, methodical movements for flexibility and relaxation without completing the 37 Step Form.

TOTAL BODY: Classes include cardiovascular, strength, and flexibility exercises to work the entire body.

YOGA: Yoga increases flexibility and builds strength through various poses and postures while promoting harmony of mind, body, and spirit. It helps improve posture, rejuvenate energy levels, relieve stress, and reduce fatigue and/or chronic pain

ZUMBA®: Classes feature exotic rhythms set to high energy Latin and international beats.

ZUMBA/BOLLYWOOD: This class features an energetic fusion of Latin and Bollywood rhythms.