



Community Campus



# GROUP EXERCISE SCHEDULE

COMMUNITY CAMPUS

SUMMER II SESSION (7/23/18 - 9/2/18)

| <b>Group Exercise Schedule</b>   | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>                                      | <b>Thursday</b>  | <b>Friday</b>   | <b>Saturday</b>  | <b>Sunday</b>  |
|--|---|--|---|--|---|--|--|
| <p>Schedule Begins <b>JULY 23, 2018</b> and ends <b>SEPT 2, 2018</b> and is <b>subject to change</b>.<br/>Be advised that you should consult a physician prior to starting an exercise program.</p> <p><b>Class Rules:</b><br/><b>Minimum age to attend classes is 13 years old, unless otherwise marked.</b><br/>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. Participants are expected to put away equipment used during classes and must sign in after class is over.</p> <p><b>Key</b><br/>MPR1: Multi Purpose Room 1<br/>MPR2: Multi Purpose Room 2<br/>ICR: Indoor Cycling Room</p> <p><b>Classes That Require Numbers:</b><br/>Zumba, Zumba/Bollywood, Bolly-X, Wed AM Core Strength, Pound Fit</p> | 5:30-6:30am<br><b>Group Cycling</b><br>Nancy-ICR                | 5:30-6:30am<br><b>Total Body</b><br>Donna-MPR2               | 5:30-6:30am<br><b>Group Cycling</b><br>Karen-ICR      | 5:30-6:45am<br><b>Sunrise Yoga</b><br>Nancy-MPR2                     |   | 7:00-7:55am<br><b>Group Cycling</b><br>Annmarie-ICR    | 8:40-9:35 am<br><b>Bolly-X</b><br>Sairah-MPR2                  |
|  | 8:00-8:55am<br><b>Scientific Yoga</b><br>Guruji-MPR2            | 8:00-8:55am<br><b>Zumba®</b><br>Rachel-MPR2                  | 8:00-8:55am<br><b>Scientific Yoga</b><br>Guruji-MPR2  | 8:00-8:55am<br><b>Fit for Life</b><br>Angela-MPR2                    | 8:00-8:55am<br><b>Zumba®</b><br>Rachel-MPR2                   | 8:00-8:55am<br><b>Circuit Training</b><br>Eleonor-MPR2 | 9:15-10:25am<br><b>Power Yoga</b><br>Sandy-MPR1                |
|  | 9:00-9:45am<br><b>Total Body</b><br>Angela-MPR2                 | 9:00-9:55am<br><b>Pilates</b><br>Angela-MPR2                 | 9:00-9:45am<br><b>Zumba®</b><br>Rachel-MPR2           | 9:00-9:45a<br><b>Pilates</b><br>Angela-MPR2                          | 9:00-9:45am<br><b>Pound Fit®</b><br>Karen-MPR2<br>Coming 7/27 | 9:00-9:55am<br><b>Zumba®</b><br>Samantha-MPR2          | 9:40-10:25 am<br><b>Boot Camp</b><br>Annmarie/<br>Eleonor-MPR2 |
|  | 9:50-10:30am<br><b>Zumba®</b><br>Rachel-MPR2                    |  | 9:00-9:45am<br><b>Group Cycling</b><br>Annmarie-ICR   |  |   |  |  |
|  | 10:35-12:00pm<br><b>Healing Yoga</b><br>Shuchi-MPR2             | 10:00-10:55am<br><b>Zumba/Bollywood</b><br>Sakshi-MPR2       | 9:50-10:30am<br><b>Core Strength</b><br>Annmarie-MPR2 | 9:50-10:30am<br><b>Zumba/Bollywood</b><br>Sakshi-MPR2<br>10:00-11:15 | 9:50-10:30am<br><b>Zumba</b><br>Rachel-MPR2                   | 9:00-10:15am<br><b>Yoga</b><br>Shuchi-MPR1             | 10:30-11:45 am<br><b>Power Yoga</b><br>Sandy-MPR1              |
|  |   |  |   | 10:35-11:15am<br><b>Circuit Training</b><br>Sterling-MPR2            | 1:00-2:15pm<br><b>Healing Yoga</b><br>Shuchi-MPR2             | 10:00-10:55am<br><b>Step &amp; Tone</b><br>Aleda-MPR2  | 10:30-12pm<br><b>Tai Chi</b><br>Wing-MPR2                      |
|  | 7:00-7:55 pm<br><b>Core Strength &amp; Toning</b><br>Sandy-MPR2 | 6:30-7:25pm<br><b>Zumba®</b><br>Bindiya-MPR2<br>(7yrs-adult) | 6:30-7:25pm<br><b>Total Body</b><br>Angela-MPR2       | 6:30-7:25pm<br><b>HIIT</b><br>Annmarie-MPR2                          | 6:30-7:25 pm<br><b>Zumba/Bollywood</b><br>Sakshi-MPR2         | 10:30-11:45 am<br><b>Yoga</b><br>Shuchi-MPR1           |  |
|  | 8:00-9:15pm<br><b>Power Yoga</b><br>Sandy-MPR2                  | 7:30-8:25pm<br><b>Boot Camp</b><br>Eleonor-MPR2              | 7:30-8:25pm<br><b>Zumba/Bollywood</b><br>Sakshi-MPR2  | 7:30-8:25pm<br><b>Pilates</b><br>Angela-MPR2<br>(10yrs-adult)        | 7:30-8:45pm<br><b>Healing Yoga</b><br>Jhankhna-MPR2           |  |  |
|  | <b>JCC</b><br>7:00-8:00 pm<br><b>Zumba</b><br>Gym A             |  |   |  |   |  |  |

## GROUP EXERCISE CLASS DESCRIPTIONS

JULY 23– SEPT. 2, 2018

### COMMUNITY CAMPUS

**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.

**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.

**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.

**H.I.I.T:** This is a challenging class of high speed, high intensity work alternated with recovery periods of low intensity.

**HIGH INTENSITY MIX UP:** Each week, this class will consist of a blend of various High Intensity class formats such as HIIT, Tabata, Boot Camp, and Circuit Training.

**KIDS FITNESS:** A class consisting of fun and challenging aerobic and strength exercises for the younger population.

**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.

**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.

**TABATA:** Push yourself and workout hard for 20 seconds then rest for 10 seconds until you complete 8 rounds/sets of the same exercise.

**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.