

# Group Exercise Schedule

WINTER 2022 (Effective 2/5/2023)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM		<b>V   Bootcamp</b> Jess 📺		<b>V   Bootcamp</b> Dawn 📺		<b>V   Bootcamp</b> Jess 📺	
7:00AM			<b>V   VIIT</b> Dawn 📺 <b>S1   Spin</b> Allie		<b>V   Strength &amp; Conditioning</b> Allie 📺		
8:00AM	<b>8:30am</b> <b>S1   Spin</b> Becca			<b>8:15am</b> <b>S1   Barre</b> Kim 📺		<b>S1   Spin</b> Becca	<b>V   Mat Pilates</b> Kim 📺
9:00AM	<b>9:30am</b> <b>S1   Zumba!</b> Nancy 📺	<b>S1   Mat Pilates</b> Kim 📺	<b>S2   Strength &amp; Conditioning</b> Nikki 📺	<b>S1   Vinyasa Flow Yoga</b> Christine	<b>S2   Strength &amp; Conditioning</b> Nikki 📺	<b>S2   TRX® Circuit</b> Rob	<b>V   Barre Bootcamp</b> Kim 📺
10:00AM	<b>10:30am</b> <b>S1   Restorative Yoga</b> Christine						<b>V   Muscle Sculpt</b> Allie 📺
11:00AM		<b>S1   Zumba!</b> Nancy 📺	<b>S1   Get Moving!</b> Allie 📺	<b>V   Chair Yoga</b> Naama 📺	<b>S1   Get Moving!</b> Allie 📺	<b>S1   Senior Movement &amp; Mobility</b> Kim 📺	
12:00PM		<b>S1   Senior Strength</b> Allie 📺	<b>S1   Mobility &amp; Stretch</b> Rob 📺	<b>S1   Senior Strength</b> Allie 📺	<b>S1   Mobility &amp; Stretch</b> Rob 📺	<b>S2   Cardio Core</b> Allie 📺	
3:00PM							
4:00PM		<b>S1   Step</b> Allie	<b>S2   Boxing</b> Pierre	<b>S2   Hard Core</b> Allie	<b>S2   TRX®</b> Allie		
5:00PM		<b>S1   Spin</b> Nikki <b>S2   TRX®</b> Allie	<b>S1   Israeli Camp Dancing</b> Elihay	<b>S2   Cardio Strength</b> Allie 📺			
6:00PM			<b>S2   Cardio Core</b> Kim 📺	<b>S1   Spin</b> Nikki	<b>S1   Mindful Strength Power Yoga</b> Kim		

**Location of Classes**

**S1 - Studio 1**

**S2 - Studio 2**

**V 📺 - Virtual Only (Zoom)**

📺 "Hybrid" Class. Full Members can choose to attend LIVE in the studio or virtually from home through Zoom.

**Missing out on Group Ex. updates?**  
Join remind.com by emailing your name & cell # and/or email address to [nlong@jewishallianceri.org](mailto:nlong@jewishallianceri.org)

## CLASS DESCRIPTIONS

### CARDIO & STRENGTH

#### **Bootcamp**

A total body sculpting workout using aerobic and strength training. Emphasis varies by class and instructor, but you can be sure you will walk out tired and toned.

#### **Variable Intensity Interval Training (VIIT)**

Rotate between high-intensity interval training (HIIT), medium-intensity (strength/endurance), and low-intensity (mind/body) recovery periods for a full-body workout!

#### **TRX® Circuit**

A mix of body weight strength exercises, calisthenics, and foundational movements performed mainly in circuit style.

#### **Cardio Core**

This High Intensity Interval Training (HIIT) class will get your heart rate up and strengthen your core muscles through a variety of Tabata or interval style exercises.

#### **Cardio Strength**

This class targets every muscle and is designed to make you sweat and burn calories while also building muscular strength.

#### **Spin**

Hop on a stationary bike for a heart pumping workout. Climb, sprint, and train to great music for a full body workout.

#### **Step**

Get an intense cardio workout, using an adjustable step and combinations of step patterns set to music. Low impact movements on and around the step will create variety.

#### **Boxing**

Punch and kick your way to a total-body workout by keeping your heart rate up while strengthening various muscle groups.

#### **Zumba!**

A fusion of Latin and International rhythms that create a dynamic, exciting, dance fitness class that is based on the principle that a workout should be "FUN AND EASY TO DO."

#### **Strength and Conditioning/Muscle Sculpt**

These classes are designed to increase physical strength through weight-bearing and resistance

exercise. All major muscle groups are worked from head to toe. We finish with core.

#### **TRX®**

Suspension Training® is a revolutionary method of leveraged bodyweight exercise that builds a strong core, strength, flexibility, and endurance. This workout harnesses the way your body naturally moves to improve your athletic performance.

#### **Hard Core**

Challenge your core muscles and learn how to strengthen the muscles that stabilize your back, hips, and shoulders.

### MIND & BODY

#### **Mat Pilates**

A holistic approach to total body conditioning emphasizing the use of the mind and breath for the execution of controlled and concentrated movements.

#### **Barre / Barre Bootcamp**

A non-impact total body workout combining elements of Pilates, yoga, and ballet. Target all major muscle groups to reshape the entire body. No ballet or dance experience needed!

#### **Chair Iyengar Yoga**

A gentle Iyengar yoga class which focuses on alignment and using a chair to modify the poses when needed. Includes mindfulness, relaxation, and breathing exercises.

#### **Core & Stretch**

A focus on slow, controlled core/abdominal strength exercises to begin class, followed by a long series of total body mat stretches.

#### **Mindful Strength Power Yoga**

Tone your body and mind and improve strength, stamina, flexibility, structural alignment, and balance. You will leave feeling relaxed and refreshed.

#### **Restorative Yoga**

Class begins with a short vinyasa flow, and then moves into holding passive stretches using props as needed. This class is for anyone looking to slow down, open the body, and relax.

#### **Vinyasa Flow Yoga**

A yoga class for all levels, focused on linking the breath with movement as you flow from one pose to another.

### ACTIVE OLDER ADULTS

#### **Get Moving!**

Let's move and have fun! Energetic, low-impact aerobics class.

#### **Senior Strength**

This class uses gentle functional training exercises for full body strengthening. All you need is light weights and a chair!

#### **Senior Movement & Mobility**

This class uses strength and functional training as well as balance exercises. Range of motion exercises focus on the joints to help maintain quality of living.



### **Hours of Operation**

Monday-Thursday | 7:00am - 8:00pm

Friday | 7:00am - 6:00pm

Saturday | CLOSED

Sunday | 7:00am - 2:00pm

### **Group Exercise Class Rules**

- Participants must be on time to class. Due to safety concerns classes may not be joined more than 5 minutes after they begin.
- Appropriate and functional attire and footwear must be worn at all times.
- All equipment must be wiped down after use.
- Coats, bags, etc. are not allowed in the exercise studios. J-Fitness is not responsible for lost personal items and recommends securing your belongings.
- Schedule and instructors are subject to change.
- **Classes with fewer than 5 participants are subject to cancellation.**