



Group Exercise Schedule

WINTER 2024 (Effective 12/31/2023)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM		6:15am V Bootcamp Kim 📺		V Bootcamp Dawn 📺		V Bootcamp Jess 📺	
7:00AM			V VIIT Dawn 📺 S2 Muscle Sculpt Allie		V Strength & Conditioning Allie 📺		
8:00AM	8:30am S1 Spin Becca	8:15am S1 Cardio Dance Kim		8:15am S1 Barre Kim 📺		8:15am S1 Cardio Dance Kim	V Mat Pilates Kim 📺
9:00AM	9:30am S1 Zumba! Nancy 📺	S1 Mat Pilates Kim 📺	S2 Strength & Conditioning Nikki 📺	9:15am S1 Spin Nikki	S2 Strength & Conditioning Nikki 📺	S2 TRX® Circuit Rob	V Barre Bootcamp Kim 📺
10:00AM	10:30am S1 Restorative Yoga Christine						V Muscle Sculpt Allie 📺
11:00AM			S1 Get Moving! Allie 📺	S1 Chair Yoga Naama 📺	S1 Get Moving! Allie 📺	S1 Senior Movement & Mobility Kim 📺	
12:00PM		S1 Senior Strength Allie 📺	S1 Mobility & Stretch Rob 📺	S1 Senior Strength Allie 📺	S1 Mobility & Stretch Rob 📺	S2 Cardio Strength Allie 📺	
3:00PM							
4:00PM		S1 Step Allie	S2 Strength & Conditioning Allie	S2 Hard Core Allie	S2 TRX® Allie		
5:00PM		S1 Spin Nikki S2 TRX® Allie		S2 Cardio Strength Allie 📺	5:15pm S1 Barre Kim 📺		
6:00PM			S2 Cardio Core Kim 📺	S1 Spin Nikki	S1 Mindful Strength Power Yoga Kim		
7:00PM		V Gentle Yoga & Meditation Felice 📺					

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

Nikki Long, Director of Group Ex & Fitness Center Operations | nlong@jewishallianceri.org or 401.421.4111, ext. 210
401 Elmgrove Avenue | Providence, RI 02906 | 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.

Zumba!/Cardio Dance

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 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.

Mobility & Stretch

Flow through a series of full-body static and dynamic stretches to improve flexibility and joint mobility.

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.

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 | 6:00am - 8:00pm

Friday | 6:00am - 6:00pm

Saturday | 7:00am-2:00pm

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.**