

Group Fitness Schedule

Winter 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7 a.m. Masters Swim Chris <i>Pool</i>		6-7 a.m. Masters Swim Chris <i>Pool</i>		6-7 a.m. Masters Swim Chris <i>Pool</i>	
6-7 a.m. Boot Camp Nenna <i>Exercise Studio</i>	6-7 a.m. Cycling (MB) Leslie <i>Exercise Studio</i>	6-7 a.m. Dynamic Yoga Nenna <i>Exercise Studio</i>	6-7 a.m. Cycling (MB) Leslie <i>Exercise Studio</i>	6-7 a.m. Ultimate Conditioning Nenna <i>MSC Room</i>	9-10:15 a.m. (MB) Endurance Ride + Earl <i>Exercise Studio</i>
7:15-8:15 a.m. Senior Cardio Fit Karen <i>Exercise Studio</i>	7:15-8:15 a.m. Total Body Conditioning Sharon <i>Exercise Studio</i>	7:15-8:15 a.m. Senior Cardio Fit Karen <i>Exercise Studio</i>	7:15-8:15 a.m. Total Body Conditioning Rotating instructors <i>Exercise Studio</i>	7-8 a.m. Barbell Club Ken <i>MSC Room</i>	10:30-11:30 a.m. Cycling (MB) Earl <i>Exercise Studio</i>
8:30-9:30 a.m. Cardio Sculpt Nenna <i>Exercise Studio</i>	8:30-9:30 a.m. Total Body Conditioning Sharon (MB) <i>Exercise Studio</i>	8:20-9:30 a.m. Pi-Yo Kim <i>Exercise Studio</i>	8:30-9:30 a.m. Total Body Conditioning Rotating instructors (MB) <i>Exercise Studio</i>	7:15-8:15 a.m. Senior Cardio Fit Karen <i>Exercise Studio</i>	Sunday
8:45-10 a.m. Hatha Yoga Karen <i>Auditorium</i>				8:20-9:30 a.m. Pi-Yo Kim <i>Exercise Studio</i>	8:10-9 a.m. (MB) Pilates-Beginner Sachiko <i>Activities Room</i>
9-10 a.m. Aquatic Sport Sharon <i>Pool</i>		9-10 a.m. Aquatic Sport Sharon <i>Pool</i>	9:45-10:30 a.m. Meditation/Chi Kung Rebecca <i>Activities Room</i>	9:45-10:45 a.m. Zumba® Rochelle <i>Exercise Studio</i>	9:10-10 a.m. (MB) Pilates-Advanced Sachiko <i>Activities Room</i>
9:45-10:45 a.m. Hight Intensity Intervals Genevieve <i>Exercise Studio</i>	9:45-10:45 a.m. Ultimate Conditioning/TRX Teri <i>Exercise Studio</i>	9:45-10:45 a.m. High Intensity Intervals Genevieve <i>Exercise Studio</i>	9:45-10:45 a.m. Thursday Throwdown Vic <i>Exercise Studio</i>	9:45-10:45 a.m. Yoga Fusion Laura <i>Activities Room</i>	9-10 a.m. (MB) Cycling Rotating instructors <i>Exercise Studio</i>
	11-11:50 a.m. Cardio Sculpt (Senior) Rotating instructors <i>Exercise Studio</i>	11-11:50 a.m. Yoga Stretch Karen (Senior) <i>Exercise Studio</i>	11-11:50 a.m. Total Body Fitness Karen (Senior) <i>Exercise Studio</i>	9:45-10:45 a.m. Barbell Club Genevieve <i>MSC Room</i>	10:15-11:15 a.m. Step and Strength Nenna <i>Exercise Studio</i>
11-11:50 a.m. Total Body Fitness (Senior) Rotating instructors <i>Exercise Studio</i>		11-11:50 a.m. Barbell Club JD <i>MSC Room</i>	11:30-12:30 p.m. Senior Splash New instructor Sharon <i>Pool</i>	11-12 p.m. Tai Chi John <i>Exercise Studio</i>	
11:30-12:30 p.m. Senior Splash Minna <i>Pool</i>			5:30-6:20 p.m. Zumba® Rebecca <i>Exercise Studio</i>		5:45-6:45 p.m. Master Swim Chris <i>Pool</i>
	6:30-7:30 p.m. Gentle Flow Yoga Laura <i>Activities Room</i>		6:30-7:30 p.m. Yoga Core Sculpt Troy <i>Activities Room</i>		
6:30-7:30 p.m. Bollywood Dancing Kavita <i>Exercise Studio</i>	6:30-7:30 p.m. Boot Camp Ken <i>Exercise Studio</i>	6:30-7:30 p.m. Zumba® Surabhi <i>Exercise Studio</i>	6:30-7:30 p.m. Barbell Club Jenna <i>MSC Room</i>		

(MB) Mindbody, sign up required (*) see www.SJCC.org for details and/or to register. Classes in bold appropriate for seniors. Arrive on time for class, if you are more than 5 minutes late, please use Fitness Center or Gym. Additional inquires: contact Group Fitness Coordinator Dana Azose at DanaA@sjcc.org or 206-388-0836.

Aquatic Sport– Cardiovascular, heart pumping pool workout that works all parts of your body while not adding impact to your joints. This is an intermediate level class.

Barbell Club- Meet in MSC room, learn to use, kettle bells, bumper plates etc...All levels welcome.

Bollywood Dancing- High energy, blend of all Indian dance styles; classical, folk and current hip hop. Vibrant music sets the tone for this fantastic workout!

Boot Camp– Fun, energetic atmosphere with basic yet high intensity intervals. Participants work at their own pace with modifiable exercises.

Cardio Sculpt-This class incorporates hi low and step aerobics with dynamic conditioning.

Cycling A great non-impact way to burn calories and have fun; all levels welcome.

Dynamic Yoga- Challenging workout with basic yoga postures performed with intensity. Bring your mat.

Functional Fitness-Pilates inspired functional fitness class that utilizes bands, balls, bars, and weights.

Gentle Flow Yoga- Sun salutations, slower paced flowing poses, balance work, and mindful breathing promote both wellness and fitness, all levels welcome.

Hatha Yoga– Full mind body workout, learn and perfect poses to build flexibility, strength, balance, breathe awareness and focus. All levels.

High Intensity Interval Training or **HIIT** Designed for maximum benefits to aerobic and anaerobic systems, intermediate to advanced level.

Meditation Chi/Kung-Unwind relax; learn meditation practices to help create balance in your life.

Pilates– Mat sessions designed to lengthen and strengthen your entire body using core muscles. The movements will help you gain postural alignment, balance and flexibility.

Pi-Yo– Pi-Yo combines Pilates mat exercises with yoga postures to build core strength, enhance agility and balance. This is an intermediate to advanced level class.

Senior Cardio Fit- An energizing morning workout. Get your body moving and your muscles pumping.

Senior Cardio Sculpt-Heart healthy aerobic workout with chair options Basic steps and rhythmic movements for the upper and lower body are designed to provide a safe and fun workout. Resistance equipment used for muscular conditioning.

Senior Conditioning Exercises to increase muscular strength, range of movement, and skills for daily living. Weights, elastic tubing and a ball are used for resistance; a chair is used for support.

Senior Splash - Fun shallow water moves to improve agility, flexibility and cardiovascular endurance. Water props used to develop strength, balance and coordination.

Senior Yoga Stretch-Seated and standing poses designed to increase flexibility, balance and a range of movement. Restorative breathing and final relaxation to promote stress reduction and mental clarity.

Step and Strength– Step aerobics and conditioning, intermediate to advanced.

Tai Chi-A series of movements aimed to address the body and mind as an interconnected system. Mental and physical health benefits include improved posture, balance, flexibility, and strength.

Thursday ThrowDown: Tire flips, wall slams, ring rows, box jumps and battle ropes. Sound interesting? Meet in the Exercise Studio then transition to the MISC room.

Total Body Conditioning– Functional movements and correct body alignment are used to tone and strengthen the body. Appropriate for all fitness levels.

Ultimate Conditioning– Intense body conditioning with focus on stability, strength, power conditioning and flexibility. This is an intermediate to advanced level class.

Yoga Core Sculpt- Athletic yoga conditioning focusing on depth and intensity of basic to intermediate postures for maximum results.

Yoga Fusion- Mind/ body centered yoga class that incorporates basic postures with mindful breath

Zumba®- Add some Latin flavor and International zest into the mix and you've got Zumba®! Appropriate for ALL fitness levels and is easy to follow.

Group fitness classes are free to all SJCC members 13 and older unless otherwise noted. Classes are subject to change and must have an ongoing minimum of 7 participants. For the most up to date schedule please go to www.SJCC.org.