

# 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 <b>(MB)</b> Leslie <i>Exercise Studio</i>	6-7 a.m. Dynamic Yoga Nenna <i>Exercise Studio</i>	6-7 a.m. Cycling <b>(MB)</b> Leslie <i>Exercise Studio</i>	6-7 a.m. Ultimate Conditioning Nenna <i>MSC Room</i>	9-10:15 a.m. <b>(MB)</b> Endurance Ride + Earl <i>Exercise Studio</i>
7:15-8:15 a.m. <b>Senior Cardio Fit</b> 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. <b>Senior Cardio Fit</b> 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 <b>(MB)</b> 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 <b>(MB)</b> <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 <b>(MB)</b> <i>Exercise Studio</i>	7:15-8:15 a.m. <b>Senior Cardio Fit</b> Karen <i>Exercise Studio</i>	<b>Sunday</b>
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. <b>(MB)</b> 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. <b>(MB)</b> 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. <b>(MB)</b> Cycling Rotating instructors <i>Exercise Studio</i>
10:15-11 a.m. Chair Fitness Minna (Senior) <i>Masada</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](http://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](mailto: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.

**Chair Fitness**-Chair used for stability, you will gain strength, stamina, and increased flexibility with specialized exercises for senior adults.

**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](http://www.SJCC.org).**