

Group Fitness Schedule



Winter 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7 a.m. Ultimate Conditioning 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>Exercise Studio</i>	9-10:15 a.m. (MB) Endurance Ride + Alice <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 Susie <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 Nenna <i>Exercise Studio</i>	7:15-8:15 a.m. Senior Cardio Fit Karen <i>Exercise Studio</i>	10:30-11:15 a.m. Boot Camp Express Alice <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 Deanna <i>Exercise Studio</i>		8:30-9:30 a.m. Total Body Conditioning Karla <i>Exercise Studio</i>	8:30-9:30 a.m. Pi-Yo Nenna <i>Exercise Studio</i>	Sunday
8:45-10 a.m. Hatha Yoga Karen <i>Auditorium</i>		8:30-9:30 a.m. Circuit Strength Nikki <i>Exercise Studio</i>		9-10 a.m. Masters Swim Christopher <i>Pool</i>	8:10-9 a.m. (MB) Pilates-Beginner Sachiko <i>Activities Room</i>
9-10 a.m. Aquatic Sport Corbin <i>Pool</i>		9-10 a.m. Aquatic Sport Dom <i>Pool</i>	9:45-10:45 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. High Intensity Intervals Nikki <i>Exercise Studio</i>	9:45-10:45 a.m. Boot Camp Vic <i>Exercise Studio</i>	9:45-10:45 a.m. High Intensity Intervals Nikki <i>Exercise Studio</i>	9:45-10:45 a.m. Advanced Ultimate Cond. Vic <i>Ex. Studio/ MSC room</i>	9:45-10:45 a.m. Yoga Fusion Samara <i>Activities Room</i>	9-10 a.m. (MB) Cycling Leslie <i>Exercise Studio</i>
11 a.m.-noon* Rock Steady Boxing Susie Orientation required <i>MSC Room</i>	11-11:50 a.m. Cardio Sculpt Karla (Senior) <i>Exercise Studio</i>	11-11:50 a.m. Yoga Stretch Karen (Senior) <i>Exercise Studio</i>	11 a.m.-noon* Rock Steady Boxing Susie Orientation required <i>MSC Room</i>	9:45-10:45 a.m. Advanced Circuit Strength Nikki <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 Karla (Senior) <i>Exercise Studio</i>			11-11:50 a.m. Total Body Fitness Karen (Senior) <i>Exercise Studio</i>	10:15-11:15 a.m. Adv. Aquatic Sport Christopher NEW <i>Pool</i>	
11:30-12:30 p.m. Senior Splash Minna <i>Pool</i>			11:30-12:30 p.m. Senior Splash Dom <i>Pool</i>	11-12 p.m. Tai Chi John <i>Exercise Studio</i>	
	6:30-7:30 p.m. Gentle Flow Yoga Erin <i>Activities Room</i>		6:30-7:30 p.m. Yoga Core Sculpt Samara <i>Activities Room</i>		
6:30-7:30 p.m. Zumba@ Rocio <i>Exercise Studio</i>	6:30-7:30 p.m. Boot Camp Nenna <i>Exercise Studio</i>	6:30-7:30 p.m. Zumba@ Christina <i>Exercise Studio</i>	6:30-7:30 p.m. Advanced Ultimate Cond. Ken <i>Ex. Studio/ 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. Intermediate and Advanced classes.

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.

Circuit Strength & Advanced C/S: Individual circuits to allow participants to work independently, focus on form, strength and mindful movement. **Advanced C/S** utilizes additional equipment and complex movements to take fitness to the next level (Advanced class held in the MSC room).

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.

Endurance Ride+: A full cycling class plus conditioning at the end for a full body workout, intermediate to advanced level.

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 (HIIT): Designed for maximum benefits to aerobic and anaerobic systems, intermediate to advanced level.

Meditation Chi/Kung: Unwind and 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.

Rock Steady Boxing: For people diagnosed with Parkinson's to actively combat the symptoms of the disease. Format includes boxing, strength training, agility, fine motor skills, and balance. Orientation required, see website for details.

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.

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

Ultimate Conditioning/Advanced U/C: Intense body conditioning with focus on stability, strength, power conditioning and flexibility. **Advanced U/C** uses advanced movements and equipment such as barbells, kettlebells, battle ropes, box jumps, tire flips. (Classes in the MSC room and/or Ex. Studio)

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 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.