

# Group Exercise Schedule

Summer 2025 (Effective 6/29/2025)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM		<b>V   Bootcamp</b> Kim 📺				<b>V   Bootcamp</b> Kim 📺	
7:00AM			<b>V   VIIT</b> Dawn 📺 <b>S2   Muscle Sculpt</b> Allie	<b>V   Bootcamp</b> Dawn 📺	<b>S2   Strength &amp; Conditioning</b> Allie 📺		
8:00AM	<b>8:15am</b> <b>S1   Spin</b> Becca	<b>8:15am</b> <b>S1   Cardio Dance</b> Kim		<b>P   8:15am</b> AquaFit – Deep Water Allie <b>8:15am</b> <b>S1   Barre</b> Kim 📺		<b>8:15am</b> <b>S1   Cardio Dance</b> Kim <b>8:30am</b> <b>S1   Cardio Dance</b> Dylan	<b>V   Mat Pilates</b> Kim 📺
9:00AM	<b>9:30am</b> <b>S1   Zumba!</b> Nancy 📺	<b>S1   Mat Pilates</b> Kim 📺 <b>9:05am</b> <b>P   Deep H2O Workout</b> Allie	<b>S2   Strength &amp; Conditioning</b> Allie 📺	<b>9:05am</b> <b>P   AquaFit – Water Aerobics (shallow)</b> Allie	<b>S2   Strength &amp; Conditioning</b> Kim 📺 <b>9:05am</b> <b>P   Deep H2O Workout</b> Allie	<b>S2   TRX® Circuit</b> Rob <b>9:05am</b> <b>P   Water Aerobics (shallow)</b> Allie	<b>V   Barre Bootcamp</b> Kim 📺
10:00AM	<b>10:30am</b> <b>S1   Restorative Yoga</b> Christine/Felice/Elizabeth				<b>10:45am</b> <b>P   Senior Water Aerobics</b> Kim		<b>V   Muscle Sculpt</b> Kim 📺
11:00AM			<b>S1   Get Moving!</b> Allie 📺	<b>S1   Iyengar Senior Yoga</b> Naama 📺	<b>S1   Get Moving!</b> Allie 📺	<b>S1   Senior 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 Strength</b> Kim 📺	
3:00PM						<b>Location of Classes</b> <b>S1 - Studio 1</b> <b>S2 - Studio 2</b> <b>P - Pool</b> <b>\$ - Specialty Class – registration required</b> <b>SH – Social Hall</b> <b>V 📺 - Virtual Only (Zoom)</b> <b>📺 “Hybrid” Class. Full</b> <i>Members can choose to attend LIVE in the studio or virtually from home through Zoom.</i>	
4:00PM		<b>S1   Step</b> Allie	<b>S2   Strength &amp; Conditioning</b> Allie	<b>S2   Hard Core</b> Allie 📺	<b>S2   TRX®</b> Allie		
5:00PM		<b>5:30pm</b> <b>S1   Spin</b> Becca <b>S2   TRX®</b> Allie	<b>S1   Zumba!</b> Maria	<b>S2   Cardio Strength</b> Allie 📺 <b>5:30pm</b> <b>S1   Spin</b> Paige	<b>S1   Barre</b> Kim 📺		
6:00PM		<b>6:30pm</b> <b>P   Deep H2O Workout</b> Allie	<b>S2   Cardio Core</b> Kim 📺		<b>S1   Mindful Strength Power Yoga</b> Kim		

## Missing out on Group Ex. updates?

Join remind.com by emailing your name & cell # and/or email address to [kdoe@jewishallianceri.org](mailto:kdoe@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®/Power 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.**