STRENGTH TRAINING

Absolute Conditioning
Complete workout that trains muscular strength and endurance.

Barre
Low-impact workout creates long, lean, powerful muscles.

Barre Burn
Incorporates light weights, your own body weight resistance and the Barre to sculpt + burn muscle.

Barre, Butts & Guts
Focus on the core muscles using various equipment featureing the Barre.

Bill’s Body Shop
Let head trainer Bill Leosella whip you into shape using weights in a group exercise setting.

Bonne Sculpt
Total body exercise with instructor Bonnie Marcus.

Boot Camp
Complete body workout in a boost camp format. Each class will be slightly different.

BusiFit
A workout based on boxing moves using heavy bags.

Core and Balance
Develop body awareness and improve balance while strengthening core and muscles.

IN2IT
Discover a whole new you from the synergy of breath, alignment and fitness technique. Find your optimal strength and flexibility from the inside out.

Power Sculpt
Define your entire body with intervals of resistance training and cardio bursts to maximize calorie burning and muscle development.

Raising the Barre
High-intensity interval training class for strength, athletic conditioning, core & strength.

Ripped
Format changes every week to keep your muscles confused and your results amazing!

Stretch and Strengthen
Total body strengthening with an emphasis on stretching, mobility and core strengthening.

Super Sculpt
An intense strength training + cardio boot camp style workout.

CARDIO STRENGTH

Blitz Off
Combination class of cardio and toning.

Body Blast-HIIT
Resistance training will challenge you to a new level of fitness.

Cardio Sculpt
Strengthens the entire body with both cardio exercises and strength training.

Cycle Strength
Get the benefits of the spin bike and resistance training in this creative combo class.

Low & Tone
Low impact aerobics with toning exercises, accommodating individual abilities.

Pump!
Combines cardio, body weight and compound movements using the barre, weights and props.

Seniorsize
Individualized attention in a group setting that emphasizes flexibility and strength for mature adults with the goal of avoiding joint stress.

Tone Up
Strengthening class using light resistant equipment.

TOTAL 25
 Blast every part of your body in 25 minutes!

DANCE

Ballroom Dance $-
Salsa, swing, tango and more! Our fun + easy approach is ideal for couples or singles at all levels.

Dance Fusion
Cardio + dance moves to fun, upbeat music.

Fit Dance
Fun dance moves with a cardio workout.

Zumba
A Latin-inspired dance class incorporating various moves and music to burn calories and have fun.

Zumba Groove
Zumba designed for beginners and older adults using modified movements

CARDIO TRAINING

Absolute Conditioning
This old school boxing workout with gloves, bags and jump ropes. Gloves required.

Bike Skills
Learn to maintain your outdoor workouts in a drills based spin class.

Cardio Drills
Heart pumping cardio + no weights.

Color Spin
Color modes keep you in the correct training zone determined by your FTP.

Connect Spin
The world’s best instructor, big screen and team battles. Must have FTP.

HR Monitor Spin
Spin class based on Heart Rate numbers. HR monitor recommended.

In The Zone Spin
Stay in your color zone to build strength and endurance. Stats displayed throughout class. FTP $ recommended for results.

Pikabike $-
Fast-paced game combining tennis, badminton and ping pong.

Spinning To The Oldies
A fun class featuring music from the 60’s to the 90’s.

Strike Power
Learn to kick and punch while getting a body blasting workout. Members must supply own gloves.

Virtual Spin
Spin with our on screen instructor for a challenging ride incorporating the coach by color system.

Wraps and Straps
Boxing + TRX will get the heart pumping and core burning!

MIND AND BODY

Call Your Spirit: Meditation for Strength and Peace
Mindfulness meditation instruction that draws on Jewish traditions and wisdom. Calm your mind, all your fears and find a sense of peace.

Flex RX
Restore range of motion and improve muscular strength and endurance. This interval based total body workout is guaranteed to improve balance stability and core strength.

Gentle Yoga
A softer, nurturing, slow-paced, well-supported and relaxing practice. Open to all levels of practice - options and modifications throughout class.

Intermediate Yoga
Requires knowledge of the Sun Salutation, and prior yoga experience.

Mat Pilates
Power based workout with bands, blocks and straps to increased core strength and flexibility.

Melt
Soft balls and foam rollers relieve body discomfort, joint stress and improves posture.

Pilates For Beginners
Learn the basics of the pilates workout to strengthen your core and lengthen your muscles.

Power Yoga
A fitness-based approach to yoga with an emphasis on strength and core.

Yin Yoga
Provides physical and mental balance to prevent stress and anxiety, through use of props that allow you to hold poses longer.

Sunrise Yoga
A gentle awakening for the mind and body.

Tai Chi for Arthritis
A thorough regime of stretching, meditation and Tai Chi improves flexibility, strength and coordination.

Yoga
Alignment-based flow, flow yoga. Utilizes traditional postures to develop strength, balance and flexibility.

AquaticFlo
Gentle aerobics, balance, flexibility, teamwork and strength.

Aquatic Intervals
High intensity class followed by strength, toning and balance exercises.

Aquatone
Muscualr conditioning and cardio using flotation devices and the natural resistance of the water, for heart health and stamina.

Arthritis Aquatics
This gentle workout emphasizes flexibility.

Water Aerobics
A low-impact cardiovascular workout.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>5:30-7:25pm</td>
<td>Spin Studio</td>
<td>6:15-7:30pm</td>
<td>7:45-8:40am</td>
<td>7:30-8:25am</td>
<td>Studio B</td>
<td>7:45-8:25am</td>
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<tr>
<td>Wraps &amp; Straps w/ Marjorie (CT)</td>
<td>Studio A</td>
<td>In The Zone Spin w/ Yossi (CT)</td>
<td>Spin Studio</td>
<td>Virtual Spin (CT)</td>
<td>Studio A</td>
<td>Pilates For Beginners w/ Rachel (MB)</td>
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<td>7-8:30pm</td>
<td>Spin Studio</td>
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<td>7:15-8:30am</td>
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<tr>
<td>Barre, Butts &amp; Guts w/ Marjorie</td>
<td>Studio B</td>
<td>Spin with Fred (CT)</td>
<td>Cardio Drills w/ Bonni (CT)</td>
<td>8:30-9:25am</td>
<td>Studio A</td>
<td>BoxFit w/ Anthony (ST)</td>
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<td>9:15-10:15pm</td>
<td>Studio B</td>
<td>Absolute Conditioning w/ Bill (ST)</td>
<td>Studio A</td>
<td>8:30-9:25am</td>
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<td>7:30-9:30am</td>
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<td>Barre w/ Constance</td>
<td>Studio B</td>
<td>Pool Aquaflex w/ Natalie (A)</td>
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<td>Early Bird Gym</td>
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<td>Open Play Pickleball (CT) $</td>
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<td>Zumba w/ Ghazal (D)</td>
<td>Studio A</td>
<td>9:30-10:25am</td>
<td>Studio B</td>
<td>9:30-10:25am</td>
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<td>Yoga w/ Rhonda (MB)</td>
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<tr>
<td>10:15-11:10am</td>
<td>Studio B</td>
<td>Pool Water Aerobics w/ Audrey (A)</td>
<td>Take it to the Max Boot Camp (ST)</td>
<td>9:30-10:25am</td>
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<td>Yoga w/ Rhonda (MB)</td>
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<td>Arthritis Aquatics w/ Carin (A)</td>
<td>Studio A</td>
<td>10-10:55am</td>
<td>Super Sculpt w/ Bonni (ST)</td>
<td>9:30-10:25am</td>
<td>Studio A</td>
<td>Yoga w/ Rhonda (MB)</td>
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<td>11:30am-12:25pm</td>
<td>Studio A</td>
<td>10-10:55am</td>
<td>Studio A</td>
<td>9:30-10:25am</td>
<td>Studio A</td>
<td>Color Spin w/ Yoshi (CT)</td>
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<td>Zumba w/ Ghazal (D)</td>
<td>Studio A</td>
<td>Yoga w/ Carin (MB)</td>
<td>Spin to the Oldies w/ Jill (CT)</td>
<td>9:30-10:25am</td>
<td>Studio A</td>
<td>Cycle Strength w/ Carin (CS)</td>
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<td>12-12:25pm</td>
<td>Studio A</td>
<td>Yoga w/ David (MB)</td>
<td>Stretch &amp; Strength II w/ Trudy (ST)</td>
<td>9:30-10:25am</td>
<td>Studio A</td>
<td>Zumba w/ Desiree (D)</td>
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<td>Yoga w/ David (D)</td>
<td>Studio A</td>
<td>Mat Pilates w/ Marjorie (MB)</td>
<td>10:30-11:25am</td>
<td>9:30-10:25am</td>
<td>Studio A</td>
<td>Blast Off w/ Desiree (CS)</td>
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<td>12:30-1:25pm</td>
<td>Studio A</td>
<td>Tai Chi for Arthritis w/ Carin (MB)</td>
<td>Studio B</td>
<td>10:30-11:25am</td>
<td>Studio A</td>
<td>Yoga w/ David (MB)</td>
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<tr>
<td>Chair Yoga w/ Jen (MB)</td>
<td>Studio A</td>
<td>Melt with Dana (MB)</td>
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<td>Law &amp; Tone w/ Trudy (CS)</td>
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<tr>
<td>13:30-2:30pm</td>
<td>Studio A</td>
<td>Ballroom Dance: Intermediate/Advancd w/ Pam (CS)</td>
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<td>11:30am-12pm</td>
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<tr>
<td>5:30-6:30pm</td>
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<td>Ballroom Dance: Intermediate/Advancd w/ Pam (CS)</td>
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<td>12:30-1:30pm</td>
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<td>Yin Yoga w/ Lore (MB)</td>
<td>Studio B</td>
<td>Flex RX w/ Fred (MB)</td>
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<td>Zumba Gold Express w/ Raphael (D)</td>
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<td>7:30-8:25pm</td>
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<td>7-8pm</td>
<td>Barre, Butts + Guts w/ Marjorie (ST)</td>
<td>Zumba w/ Desiree (D)</td>
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<td>11:30am-12:25pm</td>
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<tr>
<td>Bill’s Body Shop (ST)</td>
<td>Studio A</td>
<td>6:30-7:25pm</td>
<td>Gentle Yoga w/ Inbar (MB)</td>
<td>11:30am-12:15pm</td>
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<td>8-9:30pm</td>
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<td>Yoga w/ Jen (MB)</td>
<td>Tai Chi for Arthritis w/ Carin (MB)</td>
<td>7-8pm</td>
<td>Rosman Gym</td>
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<td>BoxFit w/ Anthony (ST)</td>
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<td>Spin with Fred (CT)</td>
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<td>Aquaflex w/ Natalie (A)</td>
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<td>Ripped with Lori (ST)</td>
<td>7:30-8:25pm</td>
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<tr>
<td>9:30-10:25am</td>
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<td>Dance Fusion w/ Desiree (D)</td>
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<td>AquaTone w/ Karen (MB)</td>
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<td>Mat Pilates w/ Marjory (MB)</td>
<td>8-8:35pm</td>
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**ST = Strength Training  MB = Mind + Body  D = Dance  
CT = Cardio Training  A = Aquatics  CS = Cardio Strength 
Our Speciality Fitness Classes that incur a fee are marked with a $. 
All other classes are FREE to members 16+ years.**

**FOR MORE INFORMATION, CONTACT MELISA FELSEN, GROUP EXERCISE COORDINATOR, 516.484.1545 EXT. 139, MFELSEN@SJCC.ORG**