STRENGTH TRAINING
Absolute Conditioning
Complete workout that trains muscular strength, stamina 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 and Guts
Focus on the core muscles using various equipment featuring the Barre.
Bill’s Body Shop
Left hand trainer Bill Lealavaloa 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 boot camp format. Each class will be slightly different.
BoxFit
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 & stretch.
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
Barre Yoga
Yoga moves using the barre for a strong core and toned muscles.
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 exercise 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.
Seniorize
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
Blitz every part of your body in 25 minutes!
DANCE
Ballroom Dance
Salsa, swing, tango and more! Fun + easy approach 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 Gold
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 moves keep you in the correct training zone determined by your FTP.
Connect Spin
The world’s Live 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 # required for results.
Pickball
Fast-paced game combining tennis, badminton and ping pong.
Power Sculpt
Learn to lock and punch while getting a body blasting workout. Members must supply own gloves.
Spin Break
45 minute lunch time spin class to get heart pumping.
Spinning To The Oldies
A fun class featuring music from the 60’s to the 90’s.
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
Calm Your Spirit: Meditation for Strength and Peace
Mindfulness meditation instruction on Jewish traditions and wisdom. Calm your mind, allay 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.
Intermediate Yoga
Requires knowledge of the Sun Salutation, and prior yoga experience.
Mat Pilates
Pilates 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.
Open Level Yoga
Garden towards all levels of practice.
Pilates For Beginners
Learn the basics of the plates 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 slow, flow yoga. Utilizes traditional postures to develop strength, balance and flexibility.
AQUATICS
Aquaflex
Gentle aerobics, balance, flexibility, teamwork and strength.
Aqua Intervals
High intensity class followed by strength, toning and balance exercises.
AquaTone
Muscular conditioning and cardio using flotation devices and the natural resistance of the water, for heart health and stamina.
Arthritis Aquatics
The gentle workout emphasizes flexibility.
Water Aerobics
Virtually impact-free cardiovascular workout.
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:45-8:40am</td>
<td>Spin Studio Color Spin with Caren R. (CT)</td>
<td>Spin Studio In The Zone Spin with Yoshi (CT)</td>
<td>Studio A Mat Pilates with Marjorie (MB)</td>
<td>Spin Studio Mat Pilates with Marjorie (MB)</td>
<td>Studio A Pilates For Beginners with Rachel (MB)</td>
<td>Studio B Sunrise Yoga with Rachel (MB)</td>
</tr>
<tr>
<td>8:15-9:10am</td>
<td>Studio B Yoga with Constance (MB)</td>
<td>Studio B Barre with Caren (CS)</td>
<td>8:15-9:10am</td>
<td>Spin Studio Yoga with Fred (CT)</td>
<td>8:30-9:25am</td>
<td>7:30-8:25am</td>
</tr>
<tr>
<td>6:15-7:15am</td>
<td>Studio A Color Spin with Natalie (CT)</td>
<td>Studio B Barre with Caren (CS)</td>
<td>7:45-8:40am</td>
<td>Studio B Barre with Caren (CS)</td>
<td>Spin Studio Yoga with Natalie (CT)</td>
<td>Studio A Mat Pilates with Marjorie (MB)</td>
</tr>
<tr>
<td>8:30-9:25am</td>
<td>Studio A Power Sculpt with Bill (ST)</td>
<td>Studio A Power Sculpt with Bill (ST)</td>
<td>8:15-10am</td>
<td>Studio A Power Sculpt with Bill (ST)</td>
<td>8:30-9:25am</td>
<td>7:30-8:30am</td>
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<tr>
<td>9:30-10:25am</td>
<td>Studio A Absolute Conditioning with Bill (ST)</td>
<td>Studio A Cardio Sculpt with Maria (CS)</td>
<td>9-9:55am</td>
<td>Studio A Pool Aqua Intervals with Audrey (A)</td>
<td>9:30-10:25am</td>
<td>7:30-9:30am</td>
</tr>
<tr>
<td>6:30-7:25pm</td>
<td>Studio B Yoga with Constance (CT)</td>
<td>Studio A Yoga with Natalie (CS)</td>
<td>9:30-10:25am</td>
<td>Studio A Pool Aqua Flex with Natalie (A)</td>
<td>Studio A Spin to the Oldies with Jill (CT)</td>
<td>Studio B Barre Burn with Caren (ST)</td>
</tr>
<tr>
<td>10:30-11:25am</td>
<td>Studio A Intermediate Yoga with Ghazel (D)</td>
<td>Studio A Barre with Caren (CS)</td>
<td>10:15-11:10am</td>
<td>Studio A Barre Yoga with Anita (CS)</td>
<td>Studio A Barre with Caren (CS)</td>
<td>Studio B Barre with Caren (ST)</td>
</tr>
<tr>
<td>5:30-6:25pm</td>
<td>Studio A Intermediate Yoga with Lori (MB)</td>
<td>Studio A Flex RX with Fred (MB)</td>
<td>12:30-1:15pm</td>
<td>Studio A Tai Chi for Arthritis with Marjorie (ST)</td>
<td>Studio B Yoga with David (MB)</td>
<td>Studio B Tai Chi for Arthritis with Marjorie (MB)</td>
</tr>
<tr>
<td>7:30-8:25pm</td>
<td>Studio B Ripped with Lori (ST)</td>
<td>Studio A Dance Fusion with Desiree (D)</td>
<td>7:30-8:25pm</td>
<td>Studio A Dance Fusion with Desiree (D)</td>
<td>Studio B Tai Chi for Arthritis with Marjorie (MB)</td>
<td>Studio B Tai Chi for Arthritis with Marjorie (MB)</td>
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</table>

Our Specialty Fitness Classes that incur a fee are marked with a $.
All other classes are FREE to members 16+ years marked.

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