



# GROUP EXERCISE SCHEDULE - DECEMBER 2016

Schedule effective Monday, December 5th; See Holiday Information Below!

\*Participants, please sign in when you arrive for the Group Exercise classes. Class participation numbers will help us decide whether to keep or to change class formats! Text @shawjcc to 81010 for the class cancellations/updates.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45 am <b>Spinning</b> Spin Room John	6:00-6:45 am <b>HIIT</b> Studio Catherine	6:00-6:45 am <b>Spinning</b> Spin Room John	6:00-6:45 am <b>HIIT</b> Studio Catherine	6:00-6:45 am <b>Spinning</b> Spin Room John		
8:15-9:15am <b>Pilates</b> Area 2 Julie	8:15-9:15am <b>TNT</b> Studio Christian		8:15-9:15am <b>TNT</b> Studio Christian		8:00-9:15am <b>Power Yoga</b> Studio Rose	
		8:30-9:30am <b>Yoga</b> Area 2 Donna	8:15-9:15am <b>Pilates</b> Area 2 Julie		9:30-10:30am <b>Spinning</b> Spin Room Instructor Varies!	8:30-9:30am <b>Spinning</b> Spin Room Chermanda
9:00-9:45am <b>Mild Water Movement</b> Pool Elaine		9:00-9:45am <b>Mild Water Movement</b> Pool Elaine	9:00-9:45am <b>Mild Water Movement</b> Pool Elaine	9:30-10:30 <b>All Levels Yoga</b> Area 2 Kevin		9:00-9:45am <b>Aqua Bootcamp</b> Pool Annette
9:15-10:15am <b>Jazzercise*</b> Studio	9:15-10:15am <b>Jazzercise*</b> Studio	9:15-10:15am <b>Jazzercise*</b> Studio	9:15-10:15am <b>Jazzercise*</b> Studio	9:15-10:15am <b>Jazzercise*</b> Studio		
9:30-10:30am <b>Power Yoga</b> Area 2 Rose	9:30-10:30am <b>Bootcamp</b> Gym Andre	9:30-10:30am <b>Spinning</b> Spin Room Trent	9:30-10:30am <b>Bootcamp</b> Gym Andre	9:30-10:30am <b>Spinning</b> Spin Room Chermanda		9:30-10:30am <b>TNT</b> Studio Tricia
9:30-10:30am <b>Fire It Up! Circuit</b> Gym Erin		10:45-11:30am <b>Aqua Bootcamp</b> Pool Trent		9:30-10:30am <b>Kettlebell AMPD</b> Gym Kris		10:30-11:15am <b>TurboKick</b> Studio Autumn
10:00-11:00am <b>Active Agers Aerobics</b> Auditorium Elaine	9:45-10:30am <b>Active Agers Strength</b> Auditorium Kris	10:00-11:00am <b>Active Agers Aerobics</b> Auditorium Mariah	9:45-10:30am <b>Active Agers Strength</b> Auditorium Kris	10:00-11:00am <b>Active Agers Aerobics</b> Auditorium Elaine		10:30-11:30 <b>Get Happy Invigorate Yoga</b> Area 2 Annette
10:30-11:15am <b>Core &amp; More</b> Studio Erin	10:30-11:15am <b>TurboKick</b> Studio Kris	10:30-11:15am <b>TNT</b> Studio Andre	10:30-11:15am <b>TurboKick</b> Studio Kris	10:30-11:15am <b>TRX Core</b> Studio Kris		
				<b>**NEW CLASSES WITH SPECIAL DATES**</b>		
4:45-5:30pm <b>TRX*</b> Studio Andre	5:00-5:45 <b>Spinning</b> Spin Room Annette	4:45-5:30pm <b>TRX*</b> Studio Andre		<p><b>Senior Yoga Stretch: Thursdays, Dec. 8 &amp; 22, 11-11:45am. Room location to be announced. Wear comfortable clothes and shoes. Some of the exercises will take place in a chair, while other movements may be done in a standing position.</b></p> <p><b>Weight Training 101: Wednesdays, Dec. 14 &amp; 28</b>  <b>Beginner- 11:30am-noon    Advanced- noon-12:30pm</b>            Proper form is important to all exercisers in order to reduce the risk of injury. All skill levels will benefit from these classes. Learn how to properly squat, deadlift, curl, do a pushup, etc.</p> <p><b>Functional Movement Fundamentals: Wednesdays, Dec. 7 &amp; 21, 11:30am-noon</b>            In this short informational class, one can learn about aging and the proper way to live out daily activities and keep moving.</p>		
5:30-6:30pm <b>Bootcamp</b> Studio Andre	5:30-6:30pm <b>TNT</b> Studio Christian	5:30-6:30pm <b>Bootcamp</b> Studio Andre	5:30-6:30pm <b>TNT</b> Studio Christian			
5:30-6:20pm <b>Power Yoga</b> Area 2 Rose	6:00-7:00pm <b>Aqua Fit</b> Pool Annette	5:30-6:30pm <b>Power Yoga</b> Area 2 Rose	5:30-6:30pm <b>Aqua Bootcamp</b> Pool Trent			
6:30-7:30pm <b>Spinning</b> Spin Room Nate	6:00-7:00pm <b>Pilates</b> Area 2 Julie	6:30-7:30pm <b>Spinning</b> Spin Room Chermanda	6:30-7:30pm <b>Power Yoga</b> Area 2 Kelly			
6:30-7:15pm <b>TurboKick</b> Studio Kris	6:30-7:30pm <b>Zumba</b> Studio Sue	6:30-7:15pm <b>Core Cardio</b> Studio Erin	6:30-7:30pm <b>Zumba</b> Studio Christy			
6:30pm-7:30pm <b>Meditation Yoga</b> Area 2 Laura	7:00 - 8:00pm <b>Good Night Yoga</b> Area 2 Sigrid					

Important Building Hours for December	
Tuesday 12/6	No Aqua Fit Group Ex classes; pool closed 5-9 p.m.
Saturday 12/24	Building closes at 4pm (no Group Ex classes)
Sunday 12/25	Building open 8am-1pm (no Group Ex classes)
Monday 12/26	Open 8am-1pm, Morning babysitting available
Saturday 12/31	Building closes at 4pm (no Group Ex classes)
Sunday 1/1	Open 8am-1pm
Monday 1/2	Open 8am-1pm, Morning babysitting available

Schedule subject to change without notice

\*Additional cost and registration associated with class

# Class Descriptions

## Water Classes

**Aqua Bootcamp:** If you are looking for a workout which will maintain or increase your fitness level with less impact on your joints, a "liquid gym" is the place to be! This higher intensity class is designed to improve cardio conditioning, alternating with strength/balance and core training segments. Water exercise is an excellent modality for cross training and gives knees and backs a break from land based cardio workouts. Non-swimmers are welcome. (Intermediate-Advanced)

**Aqua Fit:** Medium to high intensity level workout offers a combination of moves in the shallow or deep water to build strength and endurance. (All levels)

**Mild Water Movement:** Low to medium intensity level workout for people with arthritis, MS, or joint/muscle pain. Increase range of motion and strengthen muscles while improving balance and coordination.

## Mind Body

### Pilates:

**Beginning Pilates:** This class focuses on the basic instruction of the pilates method; class focuses on core strengthening. Benefits include increased muscular definition, improved body awareness and coordination. (Beginner/All Levels)

**Pilates:** Intermediate/Advanced - The Advanced Pilates class will strengthen your "powerhouse" core muscles while increasing flexibility and postural alignment awareness. Pilates Versa Tubes and Pilates Rings will be featured to provide targeted resistance for abdominal and back muscles. Improve strength, postural alignment, balance and coordination. (Intermediate and Above)

**Pilates & Yoga Fusion:** This class is the perfect blend of core strengthening Pilates exercise and traditional yoga exercises. Muscular conditioning for abdominals, back, and glutes, combined with stress-relieving yoga exercises that focus on body, breath and mind, make this class an invigorating workout. (All Levels)

### Yoga:

**All Levels Yoga:** This class blends the fluid power movements of our traditional power yoga class with a variation of all poses to allow all ability levels to work together (All Levels)

**Get Happy Invigorating Yoga:** This class combines a series of energizing poses that will boost your energy and get you ready to tackle the week with an abundance of good energy. The class is designed for all levels and can be modified to suit your current yoga needs.

**Good Night Yoga:** This class combines a series of simple poses for following the natural world as it comes to rest at the end of the day. The sequences of poses are designed to calm the mind, relieve tension and assist with achieving a good night of sleep. Poses can be modified for all levels.

**Power Yoga:** Vigorous, fitness-based approach to vinyasa-style yoga. Students will move fluidly from one pose to the next while connecting their breathing to their movements. (All Levels)

**Yoga:** This introductory yoga class is ideal for those who are new to yoga. Basic yoga poses, techniques and breathing are the focus of this beginner class. (All Levels)

**Yoga Motion:** Places emphasis on improvement of your mental well-being as well as your physical condition. This class focuses on combining asanas (poses) in a flowing sequence along with breathing techniques to challenge your body. (All Levels)

## Land Classes

**Active Agers Strength Training:** This 45-minute class strengthens muscles, tendons, and ligaments, improves balance, increases range of motion, and, best of all, gives you ENERGY! Recommended for 60 and older but all ages are welcome. (All Levels) Nonmembers: \$30 for 10 classes

**Active Agers Aerobics:** This 60-minute class includes warm-up, stretching, flexibility, cardiovascular workout, cool down and strength-training. Recommended for 60 and older but all ages are welcome. (All Levels) Nonmember is \$30 for 10 classes.

**Boot Camp:** Get ready for camp! This class utilizes a variety of cardiovascular endurance and strength-training drills and tools to challenge the body. (Intermediate-Advanced)

**Core & More:** This low impact class will tone and strengthen the powerhouse of your body! Your core includes your abdominal muscles, back muscles and the muscles around the pelvis. You will also work on your glutes, hamstrings and buttocks. Training will incorporate standing, sitting, and floor exercises, as well as use a variety of equipment (All Levels)

**Core Cardio:** Interval training alternating between core and cardio exercises. (All levels)

**Fire It Up! Circuit:** This class utilizes a mixture of basic cardio exercises and drills along with strength training to get the cardiovascular system pumping. Interval training is incorporated to intensify your workout! (All levels)

**Jazzercise:** A 60-minute class blending jazz dance and exercise includes cardio and strengthening. (All Levels) Please contact Pam Coy at 330-606-0764 for price information.

**Kettlebell AMPD:** Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves and combines them into calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area, while still maintaining a whole-body routine. (All levels)

**Spinning:** An all-terrain ride that will burn calories, build strength, and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges. Each class will take you on a creatively designed ride to maximize your fitness potential. (All Levels)

**Tone and Tighten (TNT):** This class is a challenge for the muscles. Come work your major muscle groups the arms, back, chest, legs, hips, thighs, abdominals and buttocks. This class utilizes a variety of equipment. Come and sculpt your body. (All Levels)

**TRX Core:** Build and challenge your core strength by incorporating the TRX Suspension Trainer into your routine. Any movement performed on a TRX Suspension Trainer requires that you brace and stabilize with your abs, obliques and lower back so you can leverage your own bodyweight as resistance. Other equipment and methods may be used depending on class size. (All levels)

**Turbo Kick™:** Do you want to sweat? During this class, you will gain endurance, flexibility & control while focusing on the techniques of kicks and punches. Burn calories while conditioning the muscles. All Levels)

**Zumba:** You will love this Latin based dance fitness experience, which is a high intensity cardiovascular workout. Join the Zumba Party! (All Levels)

## Group Exercise Level Guide

**Beginner:** For those just beginning an exercise program, these classes will teach you the fundamentals of each format.

**Intermediate:** For those currently exercising regularly, these classes will utilize additional choreography and move at a faster pace.

**Advanced:** For those who feel they have mastered the technique and form of a group exercise and are ready to progress to a higher level.

**All Levels:** These classes allow participants to work at their own pace and comfort level.

**\*for the safety of our members participants must be 16 years of age or older\***