



# GROUP FITNESS

## Schedule

As of 1.05.2022

MONDAY

Time	Class	Location
7:00 AM	Intermediate Yoga	Studio A
8:00 AM	Aqua	Indoor Pool
9:30 AM	Burn & Learn	Studio A
10:30 AM	Gentle Pilates	Studio A
10:45 AM	SGF Strength	Gym
11:30 AM	Tone & Stretch	Studio A
12:30 PM	Dance Trance	Studio A
5:00 PM	Core Cycle <b>NEW!</b>	Studio A
6:00 PM	Total Body Conditioning	Studio A
7:00 PM	Intermediate Yoga	Studio A

TUESDAY

Time	Class	Location
5:45 AM	Cycle	Studio A
7:00 AM	Pilates Mat	Studio A
9:30 AM	H.I.I.T	Studio A
10:30 AM	Yoga Foundations	Studio A
11:10 AM	SGF Aqua	Indoor Pool
6:00 PM	Zumba	Studio A
7:00 PM	Aqua	Indoor Pool
7:00 PM	Restorative Yoga and Mindful Meditation	Studio A

WEDNESDAY

Time	Class	Location
5:45 AM	Core Cycle	Studio A
7:00 AM	Restorative Yoga	Studio A
8:00 AM	Aqua	Indoor Pool
9:30 AM	Cardio Kickboxing	Studio A
10:30 AM	Pilates Mat	Studio A
11:30 AM	Tone & Stretch	Studio A
10:45 AM	SGF Core & Balance	Meeting Rooms C, D, E
12:30 PM	Dance Trance	Studio A
5:30 PM	Butts and Guts	Studio A
6:30 PM	Dance Trance (30 min break down and 50 min class)	Studio A

THURSDAY

Time	Class	Location
7:00 AM	Cycle	Studio A
9:00 AM	Cardio Core	Studio A
10:00 AM	Pilates Mat	Studio A
11:00 AM	Yoga Foundations	Studio A
11:10 AM	SGF Aqua	Indoor Pool
6:00 PM	Zumba	Studio A
7:00 PM	Aqua	Indoor Pool
7:00 PM	Vinyasa Yoga	Studio A

FRIDAY

Time	Class	Location
7:00 AM	Iyengar Yoga	Studio A
8:00 AM	Pilates Mat	Studio A
9:30 AM	Athletic Conditioning	Studio A
10:30 AM	Latin Fusion <b>NEW!</b>	Studio A
10:45 AM	SGF Yoga	Gym
11:10 AM	Aqua	Indoor Pool
12:30 PM	Dance Trance	Studio A
1:30 PM	Muscle Pump	Studio A

SUNDAY

Time	Class	Location
8:00 AM	Cycle <b>NEW!</b>	Studio A
9:00 AM	Pilates Mat	Studio A
10:00 AM	Zumba	Studio A
11:00 AM	Iyengar Yoga	Studio A

Must bring your own mat

### JCA KID KARE POLICIES AND RULES

Our Kid Kare services are only for children 3 months - 9 years old.

Please check current JCA mask policy before arrival.

Kid Kare is offered on a first come first serve basis. No more than 12 kids are allowed per shift.

#### HOURS

Sun - Fri Mornings - 9 am - 12 pm

Mon - Thu Afternoons - 5 - 8 pm

For more information please contact Eiffel at [eiffel.gilyana@jcajax.org](mailto:eiffel.gilyana@jcajax.org) or Cire at [cire.ba@jcajax.org](mailto:cire.ba@jcajax.org).

Keep a class on the schedule by **remembering to sign in**; classes with low attendance may be removed. Participants in group fitness classes must be at least 13 years old.

# Class Descriptions

## Aqua

Use the water's resistance to create an effective aerobic workout that improves muscle strength, balance and posture. The pool water reduces impact and protects your joints.

## Athletic Conditioning

High intensity workout with creative movements incorporating both body weight and resistance training to improve overall speed, agility, balance, and endurance. This variation mixes in some Tabata as well!

## Butts and Guts

Reduce, shape and lift the glutes and thighs. Build your backside and define your core in this class to create a balanced and lean physique.

## Burn & Learn

An all-out Israeli style bootcamp. Burn calories while learning one new Hebrew word or a fun fact about Israeli culture/history in every class.

## Cardio Core

A high intensity cardiovascular workout combined with the toning and strengthening of your abdominal muscles.

## Cardio Kickboxing

Jab, kick and punch to burn mega calories in this dynamic and fast-paced class. All fitness levels welcome.

## Core Cycle

Spend 30 min performing high-energy cycling followed by 20 min of mat work focused on core strengthening exercises.

## Cycle

Enhance your cardio with intervals on the stationary bike that include climbs, sprints and coasts in a variety of body positions, pedal speeds and resistance. New riders should arrive early for bike setup.

## Dance Trance

Dance Trance is an all levels choreographed dance fitness class using a variety of music genres and dance styles. An energetic class, perfect for anyone who loves music and dance.

## Dance Trance Break Down

30 min break down session followed by a full 50 min DT Class, DTBD is a workout class where each routine is reviewed and "broken down." Typically, there are 4-5 songs introduced, reviewed and repeated per class, the whole class is 80 min long and highly recommended for novice student and members.

## Gentle Pilates

A floor-based mat class that combines the fundamentals of core engagement, proper posture and alignment to achieve an overall balanced body. This class is ideal for beginners or people with limitations.

## H.I.I.T

High Intensity Interval Training utilizes a series of short, high-intensity intervals, followed up by longer, low-intensity intervals.

## Intermediate Yoga

This class is designed to expand on foundations and introduce a wider variety of poses with opportunities to explore advanced yoga methods.

## Iyengar Yoga

This non-flow yoga class practices static postures focusing on precise movement, correct posture and body alignment.

## Latin Fusion

Come dance with us! Latin Fusion is a fun mix of energetic dance styles from different parts of Latin America. We will Salsa, Merengue, Bachata, Cha Cha, Rumba and more!

## Muscle Pump

Sculpt your entire body and maximize your muscle pump as you squat, press, lift and curl your way to a leaner and stronger physique.

## Pilates Mat

Strengthen the deep core postural muscles to improve body balance and spinal alignment.

## Restorative Yoga

This passive and meditative form of yoga allows you to focus on your breath while releasing tension in your body. Restorative yoga often uses props like, blocks and straps to support your body and allow you to deepen your pose and fully relax your body.

## Restorative Yoga & Mindful Meditation

This evening class provides a series of slow movements and breathwork to release accumulated stress and reconnect the body with the mind and heart. These meditation practices help you release mental, emotional and physical tension. Come as you are; all levels are welcome.

## Sit & Get Fit (SGF)

These seated chair exercise classes offer a gentle and supportive fitness environment perfect for those who are older, pregnant, injured, overweight or true beginners.

### SGF Aqua

Our gentle aqua fitness class will challenge your cardio and balance.

### SGF Core & Balance

Strengthen your core muscles to improve posture and balance with seated and standing Pilates techniques.

### SGF Strength

Improve your cardiovascular and muscular endurance in this class that uses hand weights, tubing and small balls.

### SGF Yoga

Stretch, relax and enjoy the wonderful feeling of well-being and inner peace that only yoga can give in our gentle, seated class.

## Tone and Stretch

Stay firm and improve your flexibility while working your muscles to move better and reach higher. This strength class is for all levels.

## Total Body Conditioning

Strengthen both cardiovascular and muscular systems with the use of free weights, resistance tubing, bars, and floor exercises.

## Vinyasa Yoga

A more dynamic type of yoga class that flows between poses. This breath-synchronized movement focuses on strength, flexibility and balance. Adjustments and modifications are always offered to be accessible to different levels of practitioners.

## Yoga Foundations

Yoga Foundations provides fundamentals of practice with a vinyasa flow geared toward those new to yoga and those aiming to refine their existing practice.

## Zumba

Join the ultimate dance party in this fun, high-energy and motivating class. There is no dance experience needed to enjoy our fusion of Latin American and international dance music.



**Members must bring their own personal mat to yoga and Pilates classes.**

- **All classes are on first come, first served basis.**
- **Remember to stay hydrated. Please bring a water bottle and towel to classes. Please refrain from wearing perfume to class. Thank you.**



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