

GROUP FITNESS SCHEDULE

SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
5:45-6:30 AM SCHWINN® CYCLE (Michelle)	5:45-6:30 AM WARRIOR BOOT CAMP (Craig) <i>Class meets in gym</i>	5:45-6:30 AM SCHWINN® CYCLE (Michelle)	5:45-6:30 AM ★ WARRIOR BOOT CAMP (Tracy G.) <i>Class meets in gym</i>	5:45-6:30 AM SCHWINN® CYCLE (Angie H.)	
7:20-7:50 AM MAT PILATES (Debbie)		7:20-7:50 AM MAT PILATES (Debbie)	7-7:50 AM POWER DANCE (Erikka)	7:20-7:50 AM MAT PILATES (Debbie)	
7:30-8:30 AM AQUA POWER (Angie H.)		7:30-8:30 AM AQUA AEROBICS (Ann C.)		8-8:50 AM SCHWINN® SPIN WITHIN (Lulu)	8:30-9:20 AM SCHWINN® CYCLE (Angie H.)
8-8:50 AM ★ WARRIOR BOOT CAMP (Tracy G.)	8-8:50 AM SCHWINN® SPIN WITHIN (Angie H.)	8-9 AM HARD CORE & MORE (Angie H.)		9-10 AM ★ WARRIOR BOOT CAMP (Anna) <i>Class meets in the gymnasium</i>	9:30-10:30 AM ★ STRENGTH FUSION (Anna)
9-10 AM STRENGTH FUSION (Angie H.) <i>Class meets in the gymnasium</i>	9-9:50 AM BARRE (Chelsea)	9:05-10 AM ★ STEP & STRENGTH (Lauren)	9-9:50 AM BARRE (Chelsea)	9-10 AM POWER DANCE (Erikka)	10:45-12 PM CYCLE/YOGA (Burton)
9-10 AM POWER DANCE (Erikka)	10-10:50 AM ZUMBA LITE (Craig)	10:10-11 AM ★ PILATES PLUS (Debbie)	10-10:50 AM ZUMBA LITE (Craig)	10:15-11:15 AM YOGA ALIGN (Lulu)	
10:10-11 AM YOGALATES (Debbie)	11-11:45 AM SIT & BE FIT (Ann K.) <i>Class meets in 150D</i>	11:10-12 PM P.A.C.E. (Angie H.) <i>Class meets in 150D</i>	11-11:45 AM SIT & BE FIT (Ann K.) <i>Class meets in 150D</i>		
11:10-12 PM P.A.C.E. (Angie H.) <i>Class meets in 150D</i>	11-12 PM VINYASA YOGA (Ellie)	11:15-12:15 PM ECLECTIC HATHA YOGA (Ellen S.) \$10M/\$15NM			
11:15-12:15 PM ECLECTIC HATHA YOGA (Ellen S.) \$10M/\$15NM	12-1 PM AQUA POWER (Angie H.)		12-1 PM AQUA AEROBICS (Ann C.)	12-1:05 PM TAI CHI & BALANCE (Margie) \$8M/\$12NM	
12:20-1:10 PM SENIOR FUSION ADVANCED (Ann K.)	12:20-1:10 PM SENIOR FUSION ADVANCED (Ann K.)	12:20-1:10 PM SENIOR FUSION ADVANCED (Angie H.)	12:20-1:10 PM SENIOR FUSION ADVANCED (Angie H.)		
1:15-2:15 PM SENIOR FUSION (Ann K.)		1:15-2:15 PM SENIOR FUSION (Angie H.)	1:15-2:15 PM KAIUT YOGA (Rena) *Starts 9/26	1:15-2:15 PM SENIOR FUSION (Angie H.)	
Room reserved for Ballet Austin @ the J – M/T/W/Th 2:30–5:30 PM, Fri. 2:30–4 PM, Sat. 8:30 AM–3:30 PM, Sun. 12:15–3:45 PM					
5:30-6:30 PM CIRCUIT POWER (Angie H.)		6-7 PM AQUA POWER (Angie H.)	5:45-6:45 PM J SPIN: ELUL (Rabbi Amy Cohen) *9/5, 9/12, 9/19 only	5-5:50 PM STRENGTH FUSION (Angie H.)	
6-7 PM AQUA AEROBICS (Ann C.)	6-6:45 PM TABATA BOOTCAMP® (Angie H.)	6:15-7:15 PM YOGA TUNE UP® (Lulu)	6-6:45 PM ★ SURVIVAL OF THE FITTEST (Anna) <i>Class meets on track; optional 1-mile jog at 5:45pm</i>		
7-8 PM ECLECTIC HATHA YOGA (Ellen S.) \$10M/\$15NM	7-8 PM VINYIN YOGA (Ellie)		7-8:30 PM CYCLE/YOGA (Burton)	*NEW CLASSES AND CHANGES	
				<p>J Spin: Elul – Join Temple Beth Shalom's Rabbi Amy Cohen on the spin bikes for a fun, community-focused fitness class. During the month of Elul, we spiritually prepare ourselves for the High Holidays usually through study and prayer. In this Jewish-inspired spin class, teachings and prayers will be infused into the experience, including a mix of Israeli and American pop music. Prepare to sprint and climb together into a new year of life. All walks of faith welcome!</p>	

Kid's Club Hours (Reservations strongly encouraged)

Mon. – Thurs. 8 AM-12 PM, 3 PM – 6 PM
Fri. and Sun. 8 AM-12 PM

Now open Saturdays! 8 AM-12 PM



JCC GROUP FITNESS CLASS DESCRIPTIONS



DANCE



POWER DANCE

This high-intensity cardio workout will help you develop a strong, powerful core and improve total body balance and coordination, all while moving through various dancing styles, such as hip-hop, jive, and even a little Latin flair! Instructor recommends attending at least 3 classes to learn the moves – then expect your own dancing style to emerge!

ZUMBA LITE

Zumba combines high-energy Latin music with easy-to-follow dance steps, giving you an interval workout that sculpts your entire body. Suitable for all levels. It's not just a workout – it's a party!

CIRCUIT POWER

Test your endurance and strength simultaneously through circuits that are divided into rounds of HIIT cardio, upper-body, lower-body and core, allowing you to transform into a fitness powerhouse! This non-stop workout will change the way you think about interval training.

SENIOR FUSION / SENIOR FUSION ADVANCED

A combination of low and moderate intensity aerobic exercises, weight-based resistance training, body-weight exercises, floor work, abs and stretching to improve overall fitness, balance and coordination for adults age 60 and better. Advanced classes will be faster-paced and will include additional physical challenges, such as lunges and squats.

STEP & STRENGTH

This isn't Jane Fonda's step class! Burn calories, increase cardiovascular endurance and muscular strength with fun, dynamic step routines and intermittent total body strength training exercises.

SURVIVAL OF THE FITTEST

An intense outdoor boot camp that includes all phases of functional fitness: cardio, strength & flexibility. *Meets on the track at 6pm with an optional 1-mile jog around track at 5:45pm.*

TABATA BOOTCAMP®

Designed for any fitness level – from beginners to advanced – this revolutionary program combines bootcamp fitness with the hottest trend to hit the scene – High Intensity Interval Training (HIIT). Based on the most current research in fitness, these fast-paced workouts will boost your metabolism to keep you burning calories for hours after your workout is over. Workout smarter – get better results, faster!

CYCLE



WARRIOR BOOTCAMP

These classes will rock your body and make you feel like a gladiator with fat-torching cardio intervals, total body strength & flexibility training designed to get you into top physical condition. Each instructor brings their own unique approach to class design and every class is different!

SCHWINN® CYCLE / SCHWINN® SPIN WITHIN / CYCLE/YOGA

Follow your instructor through hills, drills, sprints, intervals and flat roads working at various speeds and intensities to develop lower body strength, aerobic endurance, and anaerobic power. Using the 4iiii Schwinn MPOWER bike console as a guide for interval timing, distance traveled, power output and total caloric burn, both beginner and advanced riders can work at their own level to accomplish a great workout and walk away feeling successful. Cycle/Yoga is equally split into cycle then yoga, and Schwinn Spin Within dedicates the last 15 minutes of class to performing yoga poses that focus on opening up the body and lengthening overactive muscles.

HARD CORE & MORE

The 60-minute format will include exercises that target both the upper & lower body, while using the BOSU ball and various other equipment to engage and strengthen your core throughout the entire class. A total-body workout like no other!

SIT & BE FIT (Registration required only for non-members)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and enhance activity for daily living skills. Hand-held weights, elastic tubing and a ball are offered for resistance, and a chair is used for seated and/or standing support. *Now available for non-members! Non-member price: \$25/mo. or \$65 for 3 mo. Class meets in Community Hall Room 150D.*

P.A.C.E. (PEOPLE WITH ARTHRITIS CAN EXERCISE TOO!) (Registration required only for non-members)

This seated exercise class is designed to increase mobility and range of motion, loosen stiff joints, maintain muscular strength and increase overall stamina. *Now free for members! Non-member price: \$25/mo. or \$65 for 3 mo. Class meets in Community Hall Room 150D.*

STRENGTH FUSION

These challenging workouts fuse cardiovascular HIIT training with strength training to burn more fat and sculpt every inch of your body! Prepare to be motivated with spiced up been-there-done-that routines and expect something new each & every class!

BARRE

Develop long, lean muscles and a stronger core in this true blend of Pilates, yoga, ballet conditioning and traditional strength training.

Exercises focus on the muscle-shaping principles of isometrics and work your entire body through various ranges of motion.

MAT PILATES / YOGALATES / PILATES PLUS

Mat Pilates strengthens the core muscles including the lower back, abdominals, hips & buttocks. Yogalates focuses on total body strength, giving you a functional workout that lengthens your muscles for a more toned physique. Pilates Plus also focuses on total body strength, plus advanced balance and stability techniques and incorporates the added challenge of using props, such as BOSU balls and small weights.

TAI CHI & BALANCE (Registration required)

Master teacher, Margie Jackson, draws from 30 years of experience teaching yoga, meditation, chi kung (Chinese yoga), and tai chi – an ancient system of carefully coordinated exercises following a natural, relaxed pattern of gradual movements and body rotation. This class helps you build balance, stamina, and focus, with exercises being complemented by breathing techniques, quieting the mind and energy work. Beginners are welcome to join in any class! *M\$8/NM\$12. Contact AustinTaiChi@gmail.com or 512-916-8919 for more info.*

ECLECTIC HATHA YOGA (Registration required)

A practice of conscious breathing, movement (asanas) and present moment awareness. Class includes some slow flow with emphasis on joint mobility, circulation, balance, flexibility and full body strength, and ends with deep relaxation. *M\$10/NM\$15. Contact ebsmithtx@gmail.com or 512-297-7949 for more info.*

KAUIT YOGA (Registration required only for non-members)

A therapeutic yoga practice that guides students to work through chronic pain, injuries, general aches & stiffness to improve quality of life. 10-30 poses are held for 1-minute each to lengthen tight muscles and relax the body and mind. Bolsters are used for leverage and support of certain poses. *Free for members. Non-member price: \$10.*

YOGA ALIGN

A challenging yoga class with an emphasis on proper alignment, muscular energy and strength development. Every last Friday of the month is a restorative, self-care session that incorporates the use of Yoga Tune Up balls to release pain and tension in muscles.

YOGA TUNE UP®

A fitness therapy program that combines corrective exercise, self-massage & yoga to minimize pain, improve posture & enhance performance.

VINYASA YOGA

Asanas are linked to create a fluid practice in this dynamic Vinyasa flow class with specific postures to awaken, strengthen & tone your core.

VINYIN YOGA

Combines elements of Vinyasa flow and Yin yoga with Pilates. This class will focus on balance and core strengthening, followed by deep stretching & relaxation. Suitable for all fitness levels.

AQUA AEROBICS (Seasonal)

Utilizes the natural resistance and buoyancy of water against your body to provide a variety of low impact conditioning activities. No swimming is required, and flotation devices are commonly used.

AQUA POWER (Seasonal)

Pump up your heart rate with this faster-paced circuit training class, utilizing the water to push more power into your arms and legs.

CARDIO & STRENGTH



STRENGTH



BARRE

PILATES



TAI CHI / YOGA



AQUA AEROBICS

