

# GROUP FITNESS SCHEDULE

## FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
5:45-6:30 AM <b>SCHWINN® CYCLE</b> (Michelle)	5:45-6:30 AM <b>WARRIOR BOOT CAMP</b> (Craig) <i>Class meets in gym</i>	5:45-6:30 AM <b>SCHWINN® CYCLE</b> (Michelle)	5:45-6:30 AM ★ <b>WARRIOR BOOT CAMP</b> (Tracy G.) <i>Class meets in gym</i>	5:45-6:30 AM <b>SCHWINN® CYCLE</b> (Angie H.)	
7:20-7:50 AM <b>MAT PILATES</b> (Debbie)		7:20-7:50 AM <b>MAT PILATES</b> (Debbie)	7-7:50 AM <b>POWER DANCE</b> (Erikka)	7:20-7:50 AM <b>MAT PILATES</b> (Debbie)	
	8-8:50 AM <b>SCHWINN® SPIN WITHIN</b> (Lulu)		8-8:50 AM <b>KAIUT YOGA</b> (Rena)	8-8:50 AM <b>SCHWINN® SPIN WITHIN</b> (Lulu)	8:30-9:20 AM <b>SCHWINN® CYCLE</b> (Virginia)
8-8:50 AM ★ <b>WARRIOR BOOT CAMP</b> (Tracy G.)		8-9 AM <b>HARD CORE &amp; MORE</b> (Angie H.) <i>Class meets in GEX room</i>		*9-10 AM ★ <b>WARRIOR BOOT CAMP</b> (Bryan) <i>Class meets in gym</i>	*9:30-10:30 AM <b>STRENGTH FUSION</b> (Bryan/Lauren)
9-10 AM <b>STRENGTH FUSION</b> (Angie H.) <i>Class meets in gym</i>	9-9:50 AM <b>BARRE</b> (Chelsea)	9:05-10 AM ★ <b>STEP &amp; STRENGTH</b> (Lauren)	9-9:50 AM <b>BARRE</b> (Chelsea)	9-10 AM <b>POWER DANCE</b> (Erikka)	10:45-12 PM <b>CYCLE/YOGA</b> (Burton)
9-10 AM <b>POWER DANCE</b> (Erikka)	10-10:50 AM <b>ZUMBA LITE</b> (Craig)	10:10-11 AM ★ <b>PILATES PLUS</b> (Debbie)	10-10:50 AM <b>ZUMBA LITE</b> (Craig)	10:15-11:15 AM <b>YOGA ALIGN</b> (Lulu)	
10:10-11 AM <b>YOGALATES</b> (Debbie)	11-11:45 AM <b>SIT &amp; BE FIT</b> (Ann K.) <i>Class meets in 150D</i>	11:10-12 PM <b>P.A.C.E.</b> (Angie H.) <i>Class meets in 150D</i>	11-11:45 AM <b>SIT &amp; BE FIT</b> (Ann K.) <i>Class meets in 150D</i>		
11:10-12 PM <b>P.A.C.E.</b> (Angie H.) <i>Class meets in 150D</i>	11-12 PM <b>VINYASA YOGA</b> (Ellie)	11:15-12:15 PM <b>ECLECTIC HATHA YOGA</b> (Ellen S.) \$10M/\$15NM			
11:15-12:15 PM <b>ECLECTIC HATHA YOGA</b> (Ellen S.) \$10M/\$15NM				12-1:05 PM <b>TAI CHI &amp; BALANCE</b> (Margie) \$8M/\$12NM	
12:20-1:10 PM <b>SENIOR FUSION ADVANCED</b> (Ann K.)	12:20-1:10 PM <b>SENIOR FUSION ADVANCED</b> (Ann K.)	12:20-1:10 PM <b>SENIOR FUSION ADVANCED</b> (Angie H.)	12:20-1:10 PM <b>SENIOR FUSION ADVANCED</b> (Angie H.)		
1:15-2:15 PM <b>SENIOR FUSION</b> (Ann K.)		1:15-2:15 PM <b>SENIOR FUSION</b> (Angie H.)		1:15-2:15 PM <b>SENIOR FUSION</b> (Angie H.)	
GEX room reserved for Ballet Austin @ the J – M/T/W/Th. 2:30 - 5:30 PM, Sat. 8:45 AM - 12:45 PM, Sun. 12:15 - 3:45 PM					
5:30-6:30 PM <b>CIRCUIT POWER</b> (Angie H.)				5:50 PM <b>STRENGTH FUSION</b> (Angie H.)	
	6-6:45 PM <b>TABATA BOOTCAMP®</b> (Angie H.)	6:15-7:15 PM <b>YOGA TUNE UP®</b> (Lulu)	*6-6:45 PM ★ <b>SURVIVAL OF THE FITTEST</b> (Bryan) <i>Class meets on track; optional 1-mile jog at 5:45pm</i>		
7-8 PM <b>ECLECTIC HATHA YOGA</b> (Ellen S.) \$10M/\$15NM	7-8 PM <b>VINYIN YOGA</b> (Ellie)		7-8:30 PM <b>CYCLE/YOGA</b> (Burton)	<b>*NEW CLASSES AND CHANGES</b>	
	8:10-10 PM <b>ISRAELI DANCING</b> (Teresa) \$7M/\$7NM			Classes are free for members and meet in the Group Exercise Studio unless otherwise noted. Drop-ins welcome! <i>Want to give our instructors kudos, or have feedback about our classes? Please visit the Welcome Desk to fill out one of our comment cards!</i>	

**Kid's Club Hours** (Reservations strongly encouraged)

Mon. – Thurs. 8 AM-1 PM  
Fri. and Sun. 8 AM-1 PM  
Closed Sat.



# JCC GROUP EXERCISE 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 creating present awareness. Students work on balance, flexibility, full body strength, concentration & relaxation. *M\$10/NM\$15. Contact ebsmith@austin.rr.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 – spring dates TBD)

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 – spring dates TBD)

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

