<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45-6:30 AM SCHWINN® CYCLE (Michelle)</td>
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<td><em>NEW</em> 5:45-8:45 AM CUSTOM FIT (Jennifer/Anthony)</td>
<td>5:45-6:30 AM SCHWINN® CYCLE (Angie H.)</td>
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<tr>
<td>7:20-7:50 AM MAT PILATES (Debbie)</td>
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<td>8:30-9:20 AM STUDIO CYCLE (Suzie)</td>
<td>10:45-12 PM CYCLE/YOGA (Burton)</td>
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<tr>
<td>8-8:50 AM WARRIOR BOOT CAMP (Tracy G.)</td>
<td>8-8:50 AM WARRIOR BOOT CAMP (Craig)</td>
<td>8-9 AM HARD CORE &amp; MORE (Angie H.)</td>
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<td>8-8:50 AM SCHWINN® SPIN WITHIN (Lulu)</td>
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<tr>
<td>9:10 AM STRENGTH FUSION (Angie H.) Class meets in the gymnasium</td>
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<td>9:05-10 AM STEP &amp; STRENGTH (Lauren)</td>
<td>9:10 AM POWER DANCE (Erikka)</td>
<td>9-10 AM WARRIOR BOOT CAMP (Anthony) Class meets in the gymnasium</td>
<td>10-15:11 AM STRENGTH FUSION (Anna)</td>
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<tr>
<td>9:10 AM POWER DANCE (Erikka)</td>
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<td>9:10-11 AM YOGALATES (Debbie)</td>
<td>10:15-11:15 AM CYCLE/YOGA (Burton)</td>
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<tr>
<td>10-10:50 AM ZUMBA LITE (Craig)</td>
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<td>11:10-11:50 PM PILATES PLUS (Debbie)</td>
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<td>10-10:50 AM ZUMBA LITE (Craig)</td>
</tr>
<tr>
<td>7-8 PM ECLECTIC HATHA YOGA (Ellen S.) $10M/$15NM</td>
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*NEW CLASSES AND CHANGES*

Classes are free for members and meet in the Group Fitness Studio unless otherwise noted. Drop-ins welcome!

Need more motivation?
Join our JCC Austin Fitness Community Facebook group for trainer tips, fitspo, special announcements & updates.

Kid’s Club Hours (Reservations strongly encouraged)
Mon. – Thurs. 8 AM-12 PM, 3 PM – 6 PM
Fri., Sat., Sun. 8 AM-12 PM
JCC GROUP FITNESS CLASS DESCRIPTIONS

**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**
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!

**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.

**STUDIO CYCLE**
Slay your Sunday workout with an intense ride reminiscent of those crave-worthy boutique studio classes – high energy, fast RPMs, and some light dumbbell work for an all-inclusive total body experience.

**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!

**CARDIO & STRENGTH**

**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: $25/30. 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: $25/30. or $65 for 3 mo. Class meets in Community Hall Room 150D.

**STRENGTH**
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

**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.

**BARRE/ PILATES**
Mat Pilates awakens and strengthens the core muscles including the lower back, abdominals, hips & buttocks. Yogalates focuses on total body awareness with functional strength exercises that lengthen your muscles for a more toned physique. Pilates Plus focuses on advanced balance and stability techniques by incorporating props, such as BOSU balls and small weights, and also includes total body strengthening exercises.

**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! $58/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. $510/NM$15. Contact ebsmithtx@gmail.com or 512-297-7949 for more info.

**ZEN DEEP STRETCH**
Restorative, reflective mind/body practice designed to address whole person and relieve stress and tension with hands-on assisted stretching & guided meditation. Suitable for all fitness levels.

**YOGA ALIGN**
Beginner to intermediate poses emphasize 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**
Corrective exercise, self-massage and alignment-based yoga combine to make this fitness-based practice perfect for minimizing pain, improving posture, and enhancing performance and overall vitality. Suitable for all fitness levels, but great for students looking for guidance in advancing their practice.

**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, slow flow and Yin yoga. This class focuses on balance and core strengthening, followed by deep stretching & relaxation. Suitable for all fitness levels.

**AQUA AEROBICS / AQUA POWER** (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 is a slightly faster-paced, circuit-style training class, but both classes are great for beginners.