



September 2010 Group Fitness Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Exercise	8:15 - 9:15 a.m. BODYVIVE*	6:15 - 7:00 a.m. TRX*	6:00 - 7:00 a.m. BODYPUMP*	6:15 - 7:00 a.m. TRX*	6:00 - 7:00 a.m. BODYPUMP*	6:00 - 7:00 a.m. Boot Camp	8:15 - 9:15 a.m. BODYPUMP*
	8:15 - 9:15 a.m. BODYPUMP*	8:15 - 9:15 a.m. BODYPUMP*	7:30 - 8:15 a.m. TRX*	8:15 - 9:15 a.m. Body Sculpt	7:30 - 8:15 a.m. TRX*	6:15 - 7:15 a.m. TRX/KB*	9:30 - 10:30 a.m. BODYVIVE*
	9:30 - 10:30 a.m. BODYPUMP*	9:30 - 10:15 a.m. TRX*	8:15 - 9:15 a.m. Zumba	9:30 - 10:15 a.m. TRX*	8:15 - 9:15 a.m. BODYVIVE*	8:15 - 9:15 a.m. BODYPUMP*	
	10:35 - 11:35 a.m. Zumba	9:30 - 10:30 a.m. BODYVIVE*	9:30 - 10:30 a.m. BODYPUMP*	9:30 - 10:30 a.m. Rebounding	9:30 - 10:30 a.m. BODYPUMP*	9:30 - 10:30 a.m. BODYVIVE*	
		9:30 - 10:45 a.m. Ultimate Hi/Lo	9:30 - 10:30 a.m. Boot Camp	9:30 - 10:45 a.m. Cardio, Combo & Conditioning	10:30 - 11:30 a.m. XCITE!	9:30 - 10:45 a.m. Interval Training	
		6:00 - 6:45 p.m. TRX/KB*	10:40 - 11:40 a.m. BODYVIVE*	6:30 - 7:30 p.m. Zumba	4:30 - 5:30 p.m. BODYVIVE*	9:30 - 10:30 a.m. Boot Camp*	
		6:00 - 7:00 p.m. XCITE!	4:30 - 5:30 p.m. BODYVIVE*	7:00 - 7:45 p.m. Multisport Run	5:15 - 6:00 p.m. TRX/KB*	1:30 - 2:15 p.m. TRX*	
		7:00 - 8:00 p.m. Cardio Kickbox	6:00 - 7:00 p.m. BODYPUMP*	8:00 - 8:45 p.m. Kettlebells*	7:00 - 8:00 p.m. BODYPUMP*		
			7:30 - 8:15 p.m. Circuit Training				
Cycling	8:00 - 9:00 a.m. Sunday Cycling*	6:00 - 7:00 a.m. Rise & Ride*	9:30 - 10:30 a.m. Fitness Ride*	6:00 - 7:15 a.m. Rise, Ride & Core*	9:30 - 10:30 a.m. All Terrain*	6:00 - 7:00 a.m. Rise & Ride*	9:30 - 10:30 a.m. Fitness Ride*
		8:30 - 9:30 a.m. Race, Ride & Core*	7:00 - 8:00 p.m. Ultimate Ride*	8:30 - 9:30 a.m. Combo Ride*	6:30 - 7:30 p.m. Ultimate Ride*	9:30 - 10:45 a.m. Total Body Biking*	
Mind / Body	9:30 - 10:45 a.m. Core Yoga Blend	9:30 - 11:00 a.m. Mixed Levels Yoga	9:30 - 10:30 a.m. Pilates Mat	9:30 - 11:00 a.m. Gentle Yoga	10:30 - 11:30 a.m. Flex Pilates		9:30 - 10:45 a.m. Core Yoga Blend
		8:15 - 9:15 p.m. Flex Pilates	6:15 - 7:30 p.m. Kundalini Yoga		7:30 - 8:30 p.m. Active Yoga		

Experience our new classes: Kettlebells, XCITE!, Circuit Training and Active Yoga.

*Reservations required, please call 203-322-7900

Group Exercise Classes

BODYPUMP: Using the best weight-room exercises, BODYPUMP challenges all of your major muscle groups in an intense and to-the-point strength training workout. The group setting will help inspire, motivate and empower you to take your body further. Reservations suggested, please call the Front Desk beginning 24 hours before a class, 203-322-7900.

BODYVIVE: A truly low-impact workout that delivers real health and well being results. Each class includes “Heart Fitness”, “Functional Strength” and “Core & Restore” segments to improve all major aspects of your fitness. It’s a 55 minute, upbeat and enjoyable workout. Reservations suggested, please call the Front Desk beginning 24 hours before a class, 203-322-7900.

Ultimate Hi-Lo: An exhilarating multi-impact workout that utilizes challenging and dynamic choreography. If you are ready to take it to the next level, this class is for you! (This is an intense, fast moving class not suitable for those with low back, knee, or foot concerns).

Cardio Combo & Conditioning: A split workout where the first half of class focuses on multi-impact aerobic movement and the second half focuses on muscle tone and strength conditioning. Fast paced and challenging to really get results. (All levels welcome).

Interval Training: Add variety to your fitness program with this dynamic, multi-impact class. Alternate between aerobic movement and body sculpting exercises for a total body workout with a powerful and exhilarating style. (All levels welcome).

Body Sculpt: Use a variety of weights, tubes, balls and bands to increase your strength and develop more tone and definition in your muscles. This is a fun and challenging workout that spices up what you might be doing in the weight room. (All levels welcome).

Rebounding: A half hour of low-impact aerobics on a rebounder with no stress to knees and hips. This is followed by a half hour of total body conditioning.

Zumba: Fuses hypnotic latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away. THE GOAL - to love working out! An absolute blast in one exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Cardio Kickbox: A powerful hour of non-contact cardio kickboxing and core strengthening. KICK, PUNCH, JUMP, CRUNCH, SWEAT!

Boot Camp: An efficient workout that will challenge your entire body, head to toe, in this fun and fresh class. Simple and basic calisthenics, like jumping jacks, bodyweight moves like pushups, core moves and cardio-conditioning exercises like sprints are utilized in this fun and calorie-burning workout.

TRX Suspension Training: One of the latest pieces of fitness equipment that is making its way into gyms and homes across the country. It is one of the simplest concepts: two straps hanging from a wall or ceiling, and limitless possibilities. With the TRX Suspension Straps, class participants will utilize moves that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity you choose, all while using their own body weight as a counter to the anchored straps.

Kettlebells: Come see what all the buzz is about! Kettlebells have been used for hundreds of years, and are now making their way back into gyms everywhere. Using power and explosiveness, learn to use your entire body as one entity and one muscle to get into the best shape of your life.

Circuit Training: Combine weight training, cardio intervals and core exercises in succession for a great, total body workout! A series of moves will be put in order, as you travel through the circuit in fun and challenging intervals.

XCITE!: XCITE! is the evolution of dance. No other workout can bring you the excitement, the fun, the movement and the motivation that XCITE! brings. You’ll learn new dance crazes that will challenge your mind and body, and make you feel like you’re at the hottest party in town. Get XCITED! today!

Cycling Classes

Rise & Ride: Begin your day with a fast paced, invigorating indoor bike ride.

Race Ride: Fast paced, high energy ride incorporating monster hills, quick transitions, “mini” races and sprints to the finish line. (All levels welcome).

Fitness Ride: Climb, sprint, jump, and jog. This class runs for 60 minutes and combines all terrain moves in challenging combinations to improve your fitness and your biking ability.

All-Terrain: A multi-movement class inspired by rugged and off-road conditions. Focuses on intervals and drills with quick transitions and non-stop action.

Total Body Biking: Take your traditional group cycling class and add on the bike exercises to build and strengthen your non-cycling muscles. Bike exercises focus on inner/outer thighs, back and hip extension and spinal alignment, as well as overhead exercises.

Ultimate Ride: Translate your outdoor ride into a challenging indoor cycling experience.

Mind / Body Classes

Active Yoga: This powerful Vinyasa class brings core and total body strength, flexibility, and breath control together to challenge your entire body. You will break a sweat in this class! Great for athletes as well as beginners since variations will be given for all levels.

Gentle Yoga: Stretch and strengthen your body, relax and revitalize your mind. Connect body and spirit in a class that works to gently center, strengthen and tone. (Beginner to advanced welcome).

Mixed Levels Yoga: Deepen your exploration of yoga through its different disciplines in these focused classes. (Some experience helpful but not mandatory).

Kundalini Yoga: Prepare your mind for optimal clarity, increase your energy and creativity with this powerful yoga practice. (Appropriate for all ages, fitness levels and body types!)

Core Yoga Blend: Take traditional yoga poses and Vinyasa one step further with the addition of thera-bands and physio-balls. Increases tone, balance and flexibility while still centering around a yoga mindset.

Pilates Mat: A non-impact workout that focuses on skills and techniques designed to improve posture, length, joint mobility and deep total core strength. (All levels welcome).

Flex Pilates: This class will improve your strength and flexibility through a combination of Pilates, Yoga and Core training combined with free weights, bands, balls and other props. Push your core and flexibility training to the next level!

BODYPUMP & BODYVIVE are free, and only available for JCC Members.

Don’t see a class that suits your needs? Look for private fitness class offerings or ask a fitness center staff member for more information about private classes that are currently being offered.

Limited availability for cycling. Reservations required 24 hours in advance. Please call the front desk at 203-322-7900 to reserve your bike. All bikes are SPD compatible. Beginners: please notify the instructor on your arrival to class. Heart rate monitors, cycling shoes (or stiff, soled sneakers), padded shorts and a full bottle of water recommended.

Limited availability for TRX & Boot Camp. Reservations required 24 hours in advance. Please call the front desk at 203-322-7900.

For information on group classes, please call 203-487-0981. To receive email updates on classes, instructors and cancellations, please submit your email address to krusso@stamfordjcc.org.

For information on water fitness classes please contact Ellen Pradella, Aquatics Director, at 203-487-0990, or epradella@stamfordjcc.org. For group aquatics fees please check with the pool or the front desk.

Attendance

Please be sure you sign in at the beginning of every class and present receipts for class purchases, if applicable.

Class Cancellations

From time to time, an instructor may not be able to make their class. We will make every effort to find a sub and / or get word to you as soon as possible that class is cancelled. Please understand that from time to time a class may be cancelled unexpectedly. In the event of snow, please call the front desk at 322-7900.

Fees for Group Fitness and Group Cycling Classes

(Aquatics classes have different rates. Check with the pool or front desk for fees.)

	Members	Non-Members
Single Class	\$10	\$14
10 Class Pack	\$55 (Book of 10)	\$125 (Book of 10)
FitPass (Unlimited Classes)	\$30/Month	\$100/Month

You must be 16 years of age or older to attend BODYPUMP and Group Cycling classes. For all other classes you must be 14 or older.

