

# GROUP EX & AQUATICS | OCTOBER

## MONDAY

6:00 am Strengthen with Vicki  
8:00 am Shallow Water with Helen  
8:30 am Light Dumbbells with Amanda  
8:30 am Spin with Kelly  
9:00 am Shallow Water with Helen  
9:30 am Intervals with Vicki  
10:30 am Yoga Fusion with Ellen  
4:30 pm Intervals with Erin  
5:30 pm Strengthen with Erin  
5:30 pm Spin with Stephanie  
7:00 pm Zumba with Beth

## WEDNESDAY

6:00 am Strengthen with Vicki  
8:00 am Shallow Water with Sharon  
8:30 am Intervals with Kelly  
9:00 am Shallow Water with Sharon  
9:30 am Strengthen with Kelly  
10:30 am Mat Pilates with Margie  
4:30 pm Total Body with Jen  
5:30 pm Shallow Water Tai Chi with Helen  
5:30 pm Spin with Lorry  
5:30 pm Barre with Amanda (in the Gallery)  
6:30 pm Yin Yoga with Mary

## FRIDAY

6:00 am Strengthen with Vicki  
8:00 am Shallow Water with Helen  
8:30 am Light Dumbbell with Vicki  
9:00 am Shallow Water with Helen  
9:30 am Intervals with Vicki  
10:30 am TriYoga Flow with Mary

## SUNDAY

9:00 am Power Yoga with Lindsay  
10:00 am Spin with Stephanie  
10:00 am Hatha Yoga with Dianne  
11:00 am Zumba with Carrie  
1:00 pm Fitness and Friends

## TUESDAY

6:00 am Total Body with Vicki  
8:30 am Strengthen with Kelly  
9:00 am Shallow Water with Helen  
9:30 am Barre with Amanda (in the Gallery)  
9:30 am Balls, Bands, & Balance with Kelly  
10:00 am Deep Water with Helen  
10:45 am Functional Fitness with Jen  
4:30 pm Strengthen with Alice  
5:30 pm Zumba with Carrie  
6:30 pm Youth Conditioning (ages 9 - 12)  
with Erin (in the Gym)  
7:00 pm Hatha Yoga with Karen

## THURSDAY

6:00 am Spin with Lorry  
8:30 am Body Basics with Jen/Vicki  
9:00 am Shallow Water with Sharon  
9:30 am Barre with Amanda (in the Gallery)  
9:30 am Strengthen with Jen/Vicki  
10:00 am Deep Water with Helen  
10:45 am Functional Fitness with Jen  
4:30 pm Yoga Fusion with Ellen  
5:30 pm Strengthen with Stephanie  
7:00 pm Zumba with Beth

## SATURDAY

9:00 am Spin with Matt  
10:00 am Total Body with Jen  
11:00 am Power Yoga with Ellen  
11:00 am Core First with Jen (in the QueenAx)



LEARN MORE AND SIGN UP AT

[MayersonJCC.org/GroupEx](https://www.MayersonJCC.org/GroupEx)

\* Schedule is subject to change

# GROUP EXERCISE CLASS DESCRIPTIONS

Unless otherwise noted, classes are 50 minutes and for all experience levels with modification options.

## STRENGTH/CARDIO

**Balls, Bands, & Balance:** A full body workout that includes a variety of core, strength, and balance exercises.

**Body Basics:** A light full body workout with emphasis on core work, mobility, & low impact cardio.

**Core First:** A full body, muscle toning and strength building workout that engages the core the entire class.

**Functional Fitness:** Cardio and strength classes for 65+ interested in strength, heart-health, mobility, and balance.

**Intervals:** Aerobic, strength, and core exercises in time cycles of work and rest with low and high impact options.

**Light Dumbbells:** Strength and mobility workouts using lighter weights.

**Strengthen:** Emphasizes the benefits of moderate to heavy weight training like bone health, building lean muscle, and after-burn.

**Total Body:** Full body cardio and strength workout using bodyweight and/or equipment.

**Youth Conditioning:** Designed to introduce pre-teens (ages 9 - 12) to fitness with bodyweight exercises, agility training, cardio, and stretching.

## SPINNING

**HIIT Spin:** A dynamic ride with intervals of high effort and recovery.

**Spin:** An energizing, cardio-focused ride that's low impact on joints.

## DANCE

**Barre Basics:** An introduction to Barre fitness techniques, positions, and terms at a pace for all fitness levels.

**Barre:** Barre classes combine ballet-inspired movements with stretching and strength training.

**Zumba®:** Latin, hip-hop, dance-inspired cardio classes.

## MIND-BODY: best suited for participants who can get up/down from the floor independently

**Hatha Yoga:** Using focused postures and breathing techniques, this practice will develop balance, mind-body awareness, strength, and mobility.

**Mat Pilates:** Mat workouts consist of core-focused Pilates exercises while encouraging posture, body awareness, and flexibility.

**Power Yoga:** Power Yoga emphasizes strength and flexibility and is well-suited for individuals seeking an excellent workout with the serenity associated with yoga.

**TriYoga Flow:** TriYoga, *the art and science of yogaflow®*, unites breath with rhythmic pacing, relaxation-in-action, wave-like spinal movements, and economy of motion.

**Yin Yoga:** Meditative sequences of mostly seated or reclined postures (2 minutes or more) to target connective tissues of the hips, pelvis, and low spine.

**Yoga Fusion:** Yoga Fusion classes blend aspects of yoga, Pilates, strength training and dance. Light dumbbells and other exercise equipment are often used in this exercise class.

# AQUATICS CLASS DESCRIPTIONS

**Shallow Water:** This program uses water resistance to develop muscle tone and flexibility. The warm water eliminates any pounding pressure on joints, while providing a stimulating workout.

**Deep Water:** Using floatation equipment, participants experience minimal to no impact on joints while strengthening muscles.

**Shallow Water Tai Chi:** A gentle, invigorating class that challenges the core and enhances strength and range of motion while minimizing the effects of gravity on the joints.