

GROUP EX & AQUATICS | DECEMBER

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 Vinyasa Yoga with Karen/Dianne
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

(Sign up separately at MayersonJCC.org/Inclusion)

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
5:00 pm Youth Conditioning (ages 9 - 12)
with Jen W. (in the Gym)
5:30 pm Zumba with Carrie
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)

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.

Vinyasa Yoga: A style of yoga that involves a continuous flow of movements from one pose to the next, synchronized with the breath.

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.