

# NOVEMBER 2024 GROUP EXERCISE SCHEDULE

KEY: IN-Person Only (IP) Hybrid (H): In-person and Virtual Virtual Only (V)

STUDIOS: Group Studio B Group Ex C Pavilion Spin Studio Indoor Pool Virtual Studio A

For more information or to register, please contact - [ehertzberg@benderjccgw.org](mailto:ehertzberg@benderjccgw.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING CLASSES</b>						
	<b>Les Mills BODYPUMP</b> 6:10 am / Rachel (IP)			<b>Les Mills BODYPUMP</b> 6:10am / Vicky (IP)		<b>Cycle</b> 7:00 am/Neal (IP)
<b>Les Mills Body Combat + CORE</b> 8:30 am/ Michelle (IP)		<b>ZUMBA</b> 8:00 am / Marianna (H)	<b>Cardio Sculpt</b> 8:15 am / Sandy (V)	<b>Cycle</b> 8:00 am / Neal (IP)		<b>Les Mills BODYPUMP</b> 8:00 am (IP)
			<b>ZUMBA</b> 9:30 am/Julio (H)	<b>Fit Fusion</b> 9:00 am/Rhoda (H)	<b>Cardio Challenge</b> 9:30 am / Cynthia (IP)	<b>Sunrise Yoga</b> 9:00 am / Carole (IP)
<b>ZUMBA</b> 9:30/ Fernando (H)	<b>Flow Yoga</b> 9:30 am / Cynthia (H)	<b>Total Body Fitness</b> 9:30 am/Neal (IP)	<b>Pilates</b> 9:30 am / Rhoda (H)	<b>Abs Back &amp; Stretch</b> 10:00 am/ Rhoda (H)	<b>Flow Yoga</b> 10:30 am/Cynthia (IP)	<b>ZUMBA</b> 10:15 am / Marianna (H)
	<b>Cardio Strength</b> 10:30 am/Carole (IP)	<b>BUTTS &amp; GUTS</b> 10:30 am / Sandy (V)	<b>Stretch / Balance</b> 10:30 am/Rhoda (H)	<b>Total Body Fitness</b> 10:00 am/Neal (IP)	<b>Aqua Aerobics</b> 11:00am / Camila (IP)	
<b>Pilates</b> 11:00 am/Stella (H)	<b>1<sup>st</sup> Session Balance &amp; Strength</b> 12:00 pm / Luci (IP)	<b>Aqua Fit</b> 11:00 am / Stella (IP)	<b>1<sup>st</sup> Session Balance and Strength</b> 12:00 pm /Luci (IP)	<b>Aqua Fit</b> 11:00 am / Stella (IP)	<b>ZUMBA</b> 11:00/ Giselle (H)	
	<b>2<sup>nd</sup> Session Balance &amp; Strength</b> 1:00 pm / Luci (IP)	<b>Flow Yoga</b> 12:00 pm/ Amy (H)	<b>2<sup>nd</sup> Session Balance and Strength</b> 1:00 pm /Luci (IP)	<b>Gentle YOGA</b> 12:00 pm / Amy (H)	<b>Tone Up/Shape Up</b> 12:00pm/ Christelle (H)	
<b>EVENING CLASSES</b>						
			<b>Vinyasa Flow YOGA</b> 6:00pm/Pat (IP)			
	<b>IGNITE DANCE FIT</b> 6:00 PM/ Petra (H)	<b>SPIN</b> 6:00 pm /Eileen (IP)	<b>Les Mills CORE</b> 6:15pm/Michelle (IP)	<b>Les Mills BODYPUMP</b> 6:00 pm/Morgan (IP)		
	<b>Pilates</b> 7:00 pm / Stella (H)	<b>Les Mills BODYPUMP</b> 6:30 pm (IP)	<b>Les Mills BODY COMBAT/Stretch</b> 7pm/Rebekah (IP)	<b>ZUMBA</b> 7:00 pm / Hlina (H)		

\*Classes close 10 minutes after the scheduled start time.

## CLASSES SUBJECT TO CHANGE WITHOUT NOTICE

### CLASS DESCRIPTIONS

**AQUA FIT:** This cardiovascular workout in the pool is set to music while still being easy on the joints. This class is designed to increase flexibility and muscle tone.

**ABS BACK AND STRETCH:** If you like the idea of working the core muscle groups, then this class is for you! It focuses on trunk exercises to promote strength, flexibility, better posture, and good form.

**BALANCE & STRENGTH:** No floor work required! All work is performed sitting in a chair, ball or against a wall. Class includes gait awareness, strength, stretches and body alignment work. **Mondays on a first come first serve basis.**

**BUTTS & GUTS:** Only have 45 minutes? Need to strengthen your core? This class gets your heart rate up, while working all the core muscles

**Les Mills Body Combat:** A total body martial arts workout. Punch and kick your way to fitness with these high-energy non-contact martial arts workout videos. You'll release stress, have a blast and feel like champ.

**Les Mills BODYPUMP™:** The ultimate in strength training. BODYPUMP will shape and tone muscle groups, increase bone density and burn up to 600 calories per class!

**CARDIO STRENGTH:** Cardio and floor exercises using weights, bands, benches and mat exercises to sculpt your body while increasing strength and cardio endurance.

**CARDIO CHALLENGE:** A heart pumping calorie burning workout! This class is not recommended for beginners.

**CYCLE:** If you enjoy bike riding and the indoor workout, this class is right for you! Work up a sweat while riding indoors!

**FIT FUSION:** This class combines all things cardio in a blend that keeps you guessing and your heart pumping

**FLOW YOGA:** A yoga class designed to build awareness of breath and the body while continuously moving. The teacher will encourage rest period and modifications if needed.

**Les Mills CORE:** Build strength, stability and endurance in the muscles that support your core, improve balance, and assist with injury prevention.

**VINYASA FLOW YOGA:** Move your body deliberately into different poses as you flow through poses that challenge your strength and flexibility, while at the same time focusing on relaxation and mindfulness.

**IGNITE DANCE FIT:** A music driven class where you can dance to different genres of music. Includes elements of kickboxing, HIIT, aerobics and more!

**GENTLE YOGA:** A slow-paced yoga class with limited up-and-down moves to keep things easy on the body.

**PILATES:** A series of exercises designed to improve posture, core strength, flexibility, breathing, concentration, and focus derived from Joseph Pilates.

**SPIN:** Spin is a low impact, high intensity indoor group cycling class. On this ride your instructor will lead you through hills, climbs, and races on the spin bike to awesome music that is energizing!

**Stretch & Balance:** Stretch out and increase your flexibility and range of motion in this full body stretch class. Exercises to fine-tune the body's reactions.

**SUNRISE YOGA:** Increase flexibility while incorporating fitness based mindful movement through a progressive series of poses that accommodate all fitness levels.

**STONE UP & SHAPE UP:** Functional fitness building strength in all muscle groups with special emphasis on strengthening your core and keeping you flexible.

**TOTAL BODY FITNESS:** An exercise program to energize your total body to include; cardio high intensity interval training, strength, power, stability and balance. A Total Body Experience leaving you feeling stronger, better, and energized.

**ZUMBA:** A high energy dance class that mixes great moves and music to a Latin beat.

#### **10 MINUTE START TIME POLICY**

For your safety and the safety of others, please do not enter a group exercise class while the program is in session. Participants have already warmed up. By joining after the program has begun, you're putting yourself at risk for injury. **Classes close 10 minutes after the scheduled start time.**