

# GROUP X SCHEDULE

Effective September 1, 2019

**STUDIO LOCATIONS** UGX: Upstairs Group X Studio // DGX: Downstairs Group X Studio // TRX Studio: Across from DGX Studio // CYCLING Studio: Next to UGX  
 YOGA Studio: Bottom of Circular Staircase // DANCE Studio: Next to Circular Staircase // GYM: Downstairs Outside the Lockers Rooms

## MONDAY

5:45am-6:45am	BodyPump™	DGX	Marcy B
6:30am-7:15am	STRONG by Zumba®	UGX	Shalom S
9:00am-10:15am	Power Vinyasa Yoga	YOGA	Jen Z
9:15am-10:15am	Cardio Fit	GYM	Kathy M
9:15-10:00am	Cardio Step	DGX	Joween O
9:45am-10:30am	Zumba®	UGX	Eva M
10:15am-11:15am	BodyPump	DGX	Joween O
10:30am-11:45am	Mixed Lvl Alignment Yoga	YOGA	Carrie B
10:45am-11:30am	Barre	DANCE	Eva M
11:00am-11:45am	SilverSneakers® Classic	UGX	Bev H
12:00pm-1:00pm	Gentle Yoga	YOGA	Carrie B
12:00pm-12:45pm	Cycling	CYCLING	Lisa B
4:30pm-5:45pm	Yoga Basics	YOGA	Dylan M
4:45pm-5:30pm	Barre	DANCE	Eva M
5:45pm-6:45pm	BodyPump™	DGX	Steve R
5:45pm-6:30pm	Zumba®	UGX	Barbara K
6:00pm-7:15pm	Mixed Lvl Alignment Yoga	YOGA	Dylan M
6:00pm-7:00pm	Endurance Cycle	CYCLING	Kim L
7:00pm-7:45pm	Boxing Class	TRX	Michael C

## TUESDAY

5:45am-6:30am	Zumba®	DANCE	Steve C
5:45am-6:30am	Cycling	CYCLING	Ursula B
8:30am-9:30am	Mixed Lvl Pilates	YOGA	Melissa D
9:00am-10:00am	BodyAttack™	UGX	Rhonda G
9:00am-9:45am	Core & More	DGX	Kathy M
10:00am-11:00am	Gentle Yoga	YOGA	Sarah L
10:00am-10:45am	Healthy Back	UGX	Joween O
10:00am-10:30am	Line Dance	DANCE	Kathy M
10:00am-10:45am	Cycling	CYCLING	Melinda A
11:00am-11:45am	SilverSneakers® Circuit	UGX	Kathy M
11:15am-12:30pm	Mixed Lvl Alignment Yoga	YOGA	Wendy B
12:00pm-12:45pm	SilverSneakers® Yoga	UGX	Joween O
12:15pm-1:00pm	Stations	DGX	Bev H
5:00pm-6:00pm	Pilates Basics	YOGA	Bev H
5:30pm-6:30pm	Cardio Kick & Step	UGX	Dennis S
5:45pm-6:45pm	Kettlebells	DGX	Michael G
6:15pm-7:15pm	PiYo™ Live	DANCE	Angelina S
6:45pm-7:30pm	Zumba®	UGX	Steve C
7:00pm-7:45pm	BodyPump™	DGX	Carly T

## WEDNESDAY

5:45am-6:45am	BodyPump™	DGX	Marcy B
8:00am-9:00am	Mixed Lvl Pilates	YOGA	Melissa D
9:00am-10:00am	BodyPump™	DGX	Rhonda G
9:15am-10:15am	Cardio Fit	GYM	Kathy M
9:15am-10:00am	Balance Fusion	YOGA	Bev H
9:45am-10:30am	Zumba®	UGX	Eva M
10:30am-11:45am	Power Vinyasa Yoga	YOGA	Jen Z
10:45am-11:30am	Barre	DANCE	Eva M
11:00am-11:45am	Zumba® Gold	UGX	Dylan M
4:30pm-5:45pm	Mixed Lvl Vinyasa Yoga	YOGA	Tisah B
4:45pm-5:30pm	Barre	DANCE	Eva M
5:45pm-6:45pm	BodyPump™	DGX	Joween O
5:45pm-6:30pm	Zumba®	UGX	Shirah C
6:00pm-7:00pm	Mixed Lvl Pilates	YOGA	Bev H
6:00pm-6:45pm	H.I.I.T. Cycle	CYCLING	Carly B
7:00pm-7:45pm	Boxing Class	TRX	Michael C
7:15pm-8:30pm	Power Vinyasa Yoga	YOGA	Veel I

## THURSDAY

5:45am-6:30am	Barre	DANCE	Ashley A
5:45am-6:30am	Cycling	CYCLING	Nancy P
8:30am-9:30am	Mixed Lvl Pilates	YOGA	Melissa D
9:00am-10:00am	Core & More	UGX	Angeline T
9:30am-10:30am	Nia®	DANCE	Netta Z
9:45am-11:00am	Mixed Lvl Alignment Yoga	YOGA	Wendy B
10:00am-10:45am	Healthy Back	UGX	Joween O
10:00am-10:45am	Cycling	CYCLING	Kim L
10:15am-11:15am	BodyPump™	DGX	Rhonda G
11:00am-11:45am	SilverSneakers® Classic	UGX	Joween O
11:15am-12:15pm	Gentle Yoga	YOGA	Carrie B
12:00pm-12:45pm	SilverSneakers® Yoga	UGX	Joween O
5:30pm-6:30pm	STRONG by Zumba®	UGX	Shalom S
5:45pm-6:30pm	H.I.I.T.	GYM	Carly B
6:00pm-6:45pm	Cycling	CYCLING	Bev H
6:15pm-7:15pm	PiYo™ Live	DANCE	Angelina S
7:00pm-7:45pm	BodyPump™	DGX	Carly T

## FRIDAY

5:45am-6:45am	BodyPump™	DGX	Marcy B
9:00am-9:45am	Burn Zone	UGX	Eva M
9:15am-10:15am	Cardio Fit	GYM	Kathy M
9:45am-11:00am	Mixed Lvl Alignment Yoga	YOGA	Wendy B
9:45am-10:45am	Zumba®	UGX	Eva M
10:00am-10:45am	Total Strength	DGX	Michelle L
11:00am-11:45am	SilverSneakers® Circuit	UGX	Kathy M
11:15am-12:15pm	Shabbat Yoga (1st Fri)	YOGA	Wendy B
12:30pm-1:30pm	Mixed Lvl Vinyasa Yoga	YOGA	Rod C

## SATURDAY

8:30am-9:15am	H.I.I.T.	TRX	Michael C
8:45am-9:45am	20/20/20	UGX	Suzy E
9:00am-10:00am	Mixed Lvl Pilates	YOGA	Melissa D
9:00am-10:00am	Cycling	CYCLING	Dana P
10:00am-11:00am	BodyPump™	DGX	Carly T
10:15am-11:00am	Barre	DANCE	Angelina S
10:15am-11:30am	Power Vinyasa Yoga	YOGA	Becky S
11:15am-12:15pm	Zumba®	UGX	Crisanta T
12:00pm-1:00pm	BodyPump™	DGX	Diane R
1:15pm-2:15pm	Yin Yoga	YOGA	Liza S

## SUNDAY

9:00am-9:45am	TRX	TRX	Ursula B/Omari H
9:00am-10:00am	Cycling	CYCLING	Shawna S
9:30am-10:30am	Mixed Lvl Pilates	YOGA	Bev H
9:30am-10:30am	Cardio Kick & Pump	UGX	Karyn V
10:00am-11:00am	WerQ®	DANCE	Gabie H
10:15-10:45am	STRONG by Zumba® Demo	DGX	Eva M
11:00am-12:00pm	BodyPump™	DGX	Steve R
11:00am-11:45am	Silver&Fit® Experience	UGX	Andrea K
11:15am-12:30pm	Power Vinyasa Yoga	YOGA	Veel I
12:45pm-2:00pm	Yoga Basics	YOGA	Krista K



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## GROUP X CLASSES

**20/20/20:** The ultimate challenge - 3 workouts in one! This class is 20 minutes of Cardio, 20 minutes of Step and 20 minutes of Strength. Burn fat and build muscle in one fun class! This class is suitable for all.

**BALANCE FUSION:** Improve overall fitness, focusing on mind-centering exercises, including various stances and equipment. Strengthen your core and improve your balance. Get strong for everyday activities.

**BARRE:** A unique, high-energy class that combines elements of yoga, Pilates, dance, and functional training with barre to burn fat. Central to the workout are toning and resistance exercises for the butt, legs, torso and arms to sculpt and elongate muscles to deliver the appearance of longer, leaner muscles. Suitable for all.

**BODYATTACK™:** Jump, kick, and move your body to a group training session for a better total body. Train your body through cardiovascular and strength developing athletic movements: push yourself to new limits. Reshape your body!

**BODYPUMP™:** The original barbell and weight class. Squat, press, curl and lift your way to a new you. This class will change the way you look and feel, and will improve your physical ability. Suitable for all.

**BOXING CLASS:** A high-intensity interval training workout that burns calories like nothing you've experienced before. You will be lead through explosive boxing and conditioning rounds using the heavy bag and other equipment. Boxing gloves are required. If you do not have your own, you can purchase them from the front desk for \$23.

**BURN ZONE:** Cardio and strength segments alternate for a total body workout. Burn calories, improve strength and endurance, and maximize your exercise potential. This class is suitable for all fitness levels.

**CARDIO FIT:** An aerobics class designed to fit high or low impact needs. Choose your intensity level and train and improve your cardiovascular system. Suitable for all.

**CARDIO KICK & PUMP:** Fun movements designed to increase cardio endurance using kick boxing moves that end with a weight segment. Suitable for all.

**CARDIO KICK & STEP:** Choreographed movements designed to increase cardio endurance using patterns incorporating the step benches and kick boxing moves. Suitable for all.

**CARDIO STEP:** Using a step bench with adjustable heights and choreographed movements on, over and around the step, this cardio class will leave you energized and wanting more. This class is suitable for all.

**CORE & MORE:** Work muscles mainly responsible for the core and include upper and lower body muscles, with an extended flexibility/stretching segment. Suitable for all.

**CYCLING:** This challenging class guides participants to control speed, resistance, and use of power, through guided cycling drills. Develop your cardiovascular strength and endurance, against a soundtrack of amazing music and motivating guidance! Suitable for all.

**ENDURANCE CYCLE:** Develop your cardiovascular strength & endurance fast! Your instructor will lead you through an amazing ride with motivational music and instruction. Suitable for all.

**GENTLE YOGA:** Experience deep relaxation and pain free movement using basic yoga postures to build strength and flexibility. This class moves at a slower pace to encourage gentle stretching and the use of props for support. Suitable for all levels.

**H.I.I.T.:** High Intensity Interval Training incorporates tough, quick bursts of activity, followed by periods of recovery, delivering maximum results in less time! Your instructors will guide you through ladders, tabatas, partner work, circuits and more. Strength, cardio, core work, and agility focused movements provide a dynamic, challenging, full body workout. Get ready to up your workout game and add an element of fun with tires, sledgehammers, kettle bells, battle ropes, and other functional training equipment! This class is recommended for experienced exercisers. Modifications will be shown.

**H.I.I.T. CYCLE:** Add High Intensity Interval Training to your ride! Your instructor guided ride will take you through ladders, tabatas, pyramids, and more! Get the intensity you are looking for and get your workout done in less time with repeated bouts of short duration, high-intensity exercise intervals, intermingled with periods of lower intensity intervals of active recovery. Modifications are provided for those looking for a less intense workout.

**HEALTHY BACK:** Learn techniques to strengthen your core, proper stretching and relaxation for pain management

**KETTLEBELLS:** Dynamic training that delivers an intense workout in half the time of a traditional workout. It uses strength training movements incorporating the kettlebells. Different weight options and kettlebell styles are available.

**KICK & ABS:** The fat-blasting, ab-defining cardio workout! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout! This is a high energy class that is suitable for most.

**LINE DANCE:** Learn popular steps and dances you can take out on the town. Workout and learn at the same time. Suitable for all.

**MIXED LEVELS ALIGNMENT YOGA:** This class is perfect for the yoga student looking to advance their practice or a newcomer looking for a more challenging option. More challenging postures are introduced, poses are held longer, and refinements in alignment are taught. A great way to experience the mind/body connection. Suitable for all levels.

**MIXED LEVELS PILATES:** A system of physical conditioning exercises involving low-impact moves and stretches designed to strengthen muscles of the torso. Get strong from the inside out! Suitable for all.

**MIXED LEVELS VINYASA YOGA:** This class is perfect for the yoga student looking to advance their practice or a newcomer looking for a more challenging option. More challenging postures are introduced, poses are held for longer, and refinements in alignment are taught, as well as an emphasis on linking breath with movement. A great way to experience the mind/body connection. Suitable for all levels.

**NIA®:** An inspired barefoot dance-workout for body and soul. Danced to original world music, the class uses simple steps and expressive free-dance to create a fun and uplifting workout. No dance experience is required. Ideal for all fitness levels.

**PILATES BASICS:** Ease into learning the basic principles of Pilates. Enjoy low-impact moves and stretches designed to strengthen muscles of the torso. Great for beginners.

**PIYO™ LIVE:** Combines the muscle-shaping, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low impact workout that leaves your body looking long, lean, and incredibly defined. Modifications will make this suitable for all.

**POWER VINYASA YOGA:** This challenging class offers a sequence of poses flowing together to maximize strength and flexibility. Get a great workout and leave feeling refreshed and relaxed.

**SHABBAT YOGA (1ST FRI):** Welcome a peaceful Shabbat into your body, mind and spirit. Gentle yoga movements and restorative yoga poses are infused with Jewish teachings as a way to deepen your entry into Shabbat. Shalom. (First Friday of the month.) Suitable for all levels.

**SILVER&FIT® EXPERIENCE:** For moderately active older adults who regularly exercise 1-2 days per week. This class is designed to increase and challenge flexibility, joint stability, dynamic balance, coordination, muscular strength and cardiovascular endurance.

**SILVERSNEAKERS® CIRCUIT:** Increase cardiovascular development in level two. This standard circuit workout will build upper body strength using a variety of equipment and challenge the lower body with choreographed non-impact aerobics.

**SILVERSNEAKERS® CLASSIC:** A variety of exercises designed for the senior adult-increase muscular strength, range of movement, and activity for daily living. Use hand weights, resistance bands, and a ball. The class remains seated for the majority of the class.

**SILVERSNEAKERS® YOGA:** Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Suitable for all levels.

**STATIONS:** A workout using circuit-training principles. Combines compound strength with unique drills that target aerobic fitness and muscular endurance simultaneously. Work through a series of exercises for a set time or number of repetitions. Some stations use equipment, some use body weight and others combine both. Suitable for all.

**STRONG BY ZUMBA®** is a fun and effective workout that combines body weight, muscle conditioning, cardio and plyometric training. This workout is synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

**TOTAL STRENGTH:** Build strength and decrease body fat by increasing your lean muscle which will speed up your metabolism and burn more calories all day. Use a variety of weight training equipment to change the shape of your body. No muscle gets neglected! Suitable for all.

**TRX TRAINING:** Developed as a way to keep Navy SEALs fit and strong with minimal equipment, the TRX strap leverages body weight exercises using suspension. This full body workout maximizes core benefit. Other training modalities are introduced to keep class fun and fresh.

**WERQ®:** A wildly addictive cardio dance workout based on the hottest pop and hip hop music. Suitable for everyone!

**YIN YOGA:** A restorative class designed to release tension, calm the nervous system, and teach the body to sit still. With the gentle support of props, students passively stretch and energize the deep connective tissues of the body, open the joints, and restore alignment. Suitable for all levels.

**YOGA BASICS:** Perfect for the new student working on building an active yoga practice. Learn the basic principles of alignment and introductory poses. Experience the benefits of yoga to transform the body and the mind. Suitable for all levels.

**ZUMBA®:** Dance your way through a good sweat. Infused with Latin, hip hop and international influences, you won't even know that you are exercising! Feel the music and let it move you! This class is for you! Ven a bailar con nosotros!!!

**ZUMBA® GOLD:** Based on the same dance used in the original Zumba class, the Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movement.