

JCC Group Fitness Class Schedule

Effective March 1-31 2017

Hours: Mon – Thur 5:00 am – 9:30 pm Fri 5:00 am – 5:30 pm Sat & Sun 8:00 am - 8:00 pm
Group Fitness and Wellness Director Val Redmond (585) 461-2000 x271 or vredmond@jccrochester.org



LOVE OUR GROUP XIII

MONDAY		
5:45 AM	BodyPump™ (60 min) DGX Studio	Marcy B
9:00 AM	BodyStep™ (60 min) DGX Studio	Joween O
9:00 AM	Power Vibrant Yoga (75 min) Yoga Studio	Jen Z
9:15 AM	Cardio Fit (60 min) UGX Studio	Kathy M
10:00 AM	Zumba® (45 min) Dance Studio	Val R
10:15 AM	BodyPump™ (60 min) DGX Studio	Joween O
10:30 AM	Mixed Levels Yoga (75 min) Yoga Studio	Carrie B
10:45 AM	Barre (45 min) Dance Studio	Val R
10:45 AM	*TRX Level 1 (45 min) NEW TRX Studio	Becky S
11:00 AM	SilverSneakers® Classic (45 min) UGX Studio	Bev H
12:00 PM	Gentle Yoga (75 min) Yoga Studio	Carrie B
12:00 PM	Group Cycling (45 min) Cycling Studio	Becky S
4:30 PM	Yoga Basics (75 min) Yoga Studio	Dylan M
4:45 PM	Barre (45 min) Dance Studio	Shara C
5:45 PM	BodyPump™ (60 min) DGX Studio	Diane R & Steve R
5:45 PM	Zumba® (60 min) UGX Studio	Mahalie
6:00 PM	Mixed Levels Yoga (75 min) Yoga Studio	Dylan M
6:00 PM	Zone Cycling (90 min) Cycling Studio	Kim L
7:00 PM	Kitchen Sink (60 min) UGX Studio	Dennis S

TUESDAY		
5:45 AM	Group Cycling (60 min) Cycling Studio	Ursula B
5:45 AM	Zumba® (60 min) Dance Studio	Steve C
8:30 AM	Mixed Levels Pilates (60 min) Yoga Studio	Lynda S
9:00 AM	Core & More (45 min) UGX Studio	Kathy M
9:00 AM	BodyAttack™ (60 min) DGX Studio	Rhonda G
9:30 AM	Swing (30 min) Dance Studio	Meghana L
9:45 AM	Energy Flow (60 min) Yoga Studio	Eileen H
10:00 AM	Group Cycling (60 in) Cycling Studio	Lynda S
10:00 AM	Line Dance (30 min) Dance Studio	Kathy M
10:00 AM	Healthy Back (45 min) UGX Studio	Joween O
11:00 AM	SilverSneaker® Circuit (45 min) UGX Studio	Kathy M
11:15 AM	Mixed Levels Yoga (75 min) Yoga Studio	Wendy B
12:00 PM	SilverSneakers™ Yoga (60 min) UGX Studio	Joween O
12:15 PM	Stations (45 min) DGX Studio	Bev H
5:00 PM	Pilates Basics (60 min) Yoga Studio	Bev H
5:15 PM	Cardio Kick & Step (60 min) UGX Studio	Dennis S
5:45 PM	Kettlebells (60 min) DGX Studio	Michael G
6:00 PM	Group Cycling (60 min) Cycling Studio	Karyn V
6:15 PM	PIYo® Live (60 min) Yoga Studio	Betsy L
6:45 PM	Zumba® (60 min) Dance Studio	Steve C
7:00 PM	BodyPump™ (45 min) DGX Studio	Carly T

WEDNESDAY		
5:45 AM	BodyPump™ (60 min) DGX Studio	Marcy B
8:00 AM	Mixed Levels Pilates (60 min) Yoga Studio	Melissa D
9:00 AM	BodyPump™ (60 min) DGX Studio	Rhonda G
9:15 AM	Cardio Fit (60 min) UGX Studio	Kathy M
9:15 AM	Balance Fusion (45 min) Yoga Studio	Bev H
10:00 AM	STRONG by Zumba® (45 min) Dance Studio	Val R
10:30 AM	Power Vibrant Yoga (75 min) Yoga Studio	Becky S
10:45 AM	Barre (45 min) Dance Studio	Val R
11:00 AM	Zumba® Gold (45 min) UGX Studio	Dylan M
12:00 PM	Group Cycling (45 min) Cycling Studio	Diane R
12:00 PM	Barefoot Bootcamp (45 min) Yoga Studio	Betsy L
4:30 PM	Mixed Levels Yoga (75 min) Yoga Studio	Jen Z
4:45 PM	Barre (45 min) Dance Studio	Diane R
4:45 PM	Stations (45 min) DGX Studio	Bev H
5:45 PM	BodyPump™ (60 min) DGX Studio	Joween O
5:45 pm	WerQ® Dance Fitness (60 min) UGX Studio	Monique B
6:00 PM	Mixed Levels Pilates (60 min) Yoga Studio	Bev H
7:15 PM	Power Vibrant Yoga (75 min) Yoga Studio	Veel I

*TRX: must complete 6 classes of Level 1 prior to taking intermediate classes



THURSDAY		
5:45 AM	Group Cycling (60 min) Cycling Studio	Nancy P
8:30 AM	Mixed Levels Pilates (60 min) Yoga Studio	Lynda S
9:00 AM	Core & More (45 min) UGX Studio	Janet P
9:30 AM	NIA Dance (60 min) Dance Studio	Netta Z
9:45 AM	Mixed levels Yoga (75 min) Yoga Studio	Wendy B
10:00 AM	Healthy Back (45 min) UGX Studio	Joween O
10:00 AM	Group Cycling (60 min) Cycling Studio	Lynda S
10:15 AM	BodyPump™ (60 min) DGX Studio	Rhonda G
11:00 AM	SilverSneakers® Classic (45 min) UGX Studio	Joween O
11:15 AM	Gentle Yoga (75 min) Yoga Studio	Carrie B
12:00 PM	SilverSneakers™ Yoga (60 min) UGX Studio	Diane R
5:00 PM	Pilates Basics (60 min) Yoga Studio	Lisa B
5:15 PM	Cardio Kick & Step (45 min) UGX Studio	Dennis S
5:45 PM	H.I.I.T. (60 min) Gym	Michael G
6:00 PM	Group Cycling (60 min) Cycling Studio	Bev H
6:15 PM	PIYo™ Live (60 min) Yoga Studio	Betsy L
6:30 PM	*TRX Level 1 (45 min) NEW TRX Studio	Ursula D
6:45 PM	Zumba® (60 min) Dance Studio	Steve C
7:00 PM	BodyPump™ (45 min) DGX Studio	Carly T

FRIDAY		
5:45 AM	BodyPump™ (60 min) DGX Studio	Marcy B
8:30 AM	Tai Chi (60 min) Yoga Studio	Jean S
9:00 AM	BodyAttack™ (60 min) DGX Studio	Shara C
9:15 AM	Cardio Fit (60 min) UGX Studio	Kathy M
9:45 AM	Mixed Levels Yoga (75 min) Yoga Studio	Wendy B
10:00 AM	Zumba® (45 min) Dance Studio	Val R
10:00 AM	*TRX Intermediate (45 min) NEW TRX Studio	Michael G
10:15 AM	BodyPump™ (60 min) DGX Studio	Diane R
11:00 AM	SilverSneakers® Circuit (45 min) UGX Studio	Kathy M
11:15 AM	Shabbat Yoga (60 min) (1st Friday of the month)	Wendy B
11:15 AM	Body In Motion (60 min) Dance Studio	Christopher M
12:00 PM	Group Cycling (45 min) Cycling Studio	Becky S

SATURDAY		
8:30 AM	H.I.I.T. (60 min) Gym	Michael G
8:45 AM	BodyStep™ (60 min) DGX Studio	Suzy E
9:00 AM	Mixed Levels Pilates (60 min) Yoga Studio	Melissa D
9:00 AM	Group Cycling (60 min) Cycling Studio	Dana P
10:00 AM	BodyPump™ (60 in) DGX Studio	Carly T
10:15 AM	Barre (45 min) Dance Studio	Melissa D
10:15 AM	Mixed Levels Yoga (75 min) Yoga Studio	Becky S
11:00 AM	Zumba® (60 min) UGX Studio	Mandi G
12:00 PM	Power Vibrant Yoga (60 min) Yoga Studio	Liza S
12:30 PM	BodyPump™ (60 min) DGX Studio	Diane R & Chris R
1:15 PM	Yin Yoga (60 min) Yoga Studio	Liza S
1:45 PM	Body In Motion (60 min) Dance Studio	Christopher M
3:00 PM	Zone Cycling (90 min) Cycling Studio	Kim L

SUNDAY		
8:30 AM	Group Cycling (60 min) Cycling Studio	Lisa B
9:15 AM	Zumba® (60 min) UGX Studio	Kaydian H
9:30 AM	Cardio Kick & Pump (60 min) DGX Studio	Karyn V
9:30 AM	Mixed Levels Pilates (60 min) Yoga Studio	Bev H
10:00 AM	Group Cycling (60 min) Cycling Studio	Diane R
10:00 AM	*TRX Intermediate (45 min) NEW TRX Studio	Carolyn W
11:00 AM	Silver&Fit® Experience (45 min) UGX Studio	Andrea K
11:00 AM	BodyPump™ (60 min) DGX Studio	Steve R
11:15 AM	Power Vibrant Yoga (75 min) Yoga Studio	Veel I
12:45 PM	Yoga Basics (75 min) Yoga Studio	Krista K
2:15 PM	Kundalini Yoga (90 min) Yoga Studio	Sat Dharm S
6:30 PM	Beginner Israeli Dance (30 min) Dance Studio	Max S
7:00 PM	Open Israeli Dance Instruction (2 hr) Dance Studio	Max S

A minimum of 10 regular participants are required to keep classes on the schedule. Schedules are updated about every 2 months. Children must be 14 or older to attend Group Fitness Classes. Classes are subject to change. Red indicates change



UGX Studio – Upstairs Group X Studio
DGX Studio – Downstairs Group X Studio
NEW TRX Studio – located across from DGX Studio

Class Descriptions: ALL NEW March 2017

***BALANCE FUSION:** this class helps improve overall fitness, focusing on mind-centering types of exercise, including various stances and equipment. Focus on the functional muscles to strengthen your core and improve your balance making you strong for everyday activities. This class ends with an extended stretch segment and is suitable for all.

BAREFOOT BOOTCAMP: a high energy, low impact class designed to improve flexibility, coordination and balance using your body weight and small equipment. Improve flexibility, coordination, and balance with an amazing core training. Suitable for all.

***BARRE:** a unique, high energy, no impact exercise class that combines aspects of Yoga, Pilates, Dance and Functional Training with the Barre to burn fat. Central to the workout are toning and resistance exercises for the butt, legs, torso and arms to sculpt muscles and elongate 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.

BODYSTEP™: using a height adjustable step and simple movements on, over and around the step, this energizing workout will make you feel liberated and alive. This class is suitable for all.

BODY IN MOTION: uses world music from classical to hip hop. Fun movement combinations that are drawn from many exercise and dance forms – jazz, ballet, modern, Caribbean & African dance forms. Simple combinations to improve coordination strengthen muscles and realign spine to facilitate posture and balance. Suitable for all.

CARDIO FIT: a cardiovascular aerobic class designed to fit high or low impact needs. Choose your intensity level and train and improving your cardiovascular system. 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.

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: develop your cardiovascular strength and endurance like no other class. Your instructor will lead you through an amazing ride with motivational music and instruction. Suitable for all.

ENERGY FLOW: experience gentle, rhythmic movements to reduce stress, build stamina, increase vitality, and enhance wellbeing. Improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions. Suitable for all levels

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

GROUP CYCLING: burn lots of calories in this cardiovascular, butt-kicking workout that takes you on a stationary but sweaty ride of your life. Bring the road inside to you! Suitable for all.

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

H.I.I.T.: High Intensity Interval Training using techniques like ladder work, resistance partner running, and even hitting a tractor tire with a sledge hammer! Functional training designed to wake up all your muscles!

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.

KITCHEN SINK: this high energy class will include everything but the kitchen sink, strength training and cardio combined to work all the muscle groups and get you toned and fit fast!

KUNDALINI YOGA: work every aspect of your body, mind, and being with this dynamic blend of breath, movement, stretching, mantra, meditation, relaxation, and more. Kundalini yoga is a relaxing way to promote flexibility, cardiovascular capacity, weight control, and stress management. Suitable for all levels

LINE DANCE: a great class to learn popular steps and dances you can take out on the town with you after class. Get a great workout and learn some great choreography at the same time. Suitable for all.

MIXED LEVELS 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

NIA DANCE: 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. Ideal for all ages and fitness 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.

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-sculpting, 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 VIBRANT 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. Previous yoga experience recommended

SHABBAT YOGA: 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

SILVERSNEAKERS@ CIRCUIT: increase cardiovascular development in level two. This standing 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 held 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

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

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

STRONG by Zumba@: introducing, brand new format by Zumba@; a music-led interval training class. This is a body weight, high intensity, interval training class. With most workouts, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. (This is not a dance class) Modifications make this suitable for all.

***SWING:** enjoy the music from roaring 20's, 30's & 40's, a style of jazz music which inspired the evolution of dance. Come jitterbug, Charleston and Shimmy your way to your fitness goals! This class is suitable for all.

***TAI CHI:** an ancient Chinese tradition that has evolved over centuries to become a means of alleviating stress and anxiety, a form of "meditation in motion." Advocates claim that it promotes serenity and inner peace and is one of the most effective exercises for health of mind and body. Suitable for all.

TRX: suspension workout; bodyweight exercise to develop strength, balance, flexibility and core stability simultaneously. *New participants must complete 6 classes of level 1 before gaining access to the intermediate classes. Suitable for all.

***WERQ@:** a fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses. This class is suitable for all.

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 beat and get moving! This class is for you!

ZUMBA@ GOLD: based on the same dance moves 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.