

# GROUP FITNESS SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
8:30-9:30am <b>Cardio Blast</b> Vanessa (DS)	6:10-7:15am <b>Stretch, Strengthen &amp; Tone</b> Kristen (AS)	6:15-7:15am <b>Spin</b> Sylvia (MPR)	6:10-7:15am <b>Stretch, Strengthen &amp; Tone</b> Kristen (AS)	6:15-7:15am <b>Spin</b> Jim (MPR)	6:15-7:15am <b>Spin</b> Tim (MPR)	8-9am <b>Spin</b> Allyssa (MPR)
8:30-9:30am <b>Spin</b> Jim (MPR)	6:15-7:15am <b>Spinning</b> Tim (MPR)	8:30-9:30am <b>Body Sculpting</b> Jill (DS)	8:30-9:30am <b>NIA</b> Elisa (AS)	7-8am <b>Sunrise Yoga</b> Sandi (DS)	8:30-9:30am <b>Zumba</b> Cori (AS)	8:45-10am <b>Zumba</b> Andria (AS)
9-10am <b>20-20-20</b> Lori (AS)	8:30-9:30am <b>NIA</b> Elisa (AS)	8:30-9:30am <b>Hour of Power</b> Joan (AS)	8:30-9:30am <b>Power Low</b> Lori (DS)	8:30-9:30am <b>Cardio Sculpt</b> Cindy (DS)	8:30-9:30am <b>Yoga</b> Jessica (DS)	10-11am <b>Yogalates</b> Judi (AS)
9:30-10:30am <b>Kickboxing</b> Kristen, (EAS)	8:30-9:30am <b>Pilates</b> Bonnie (DS)	9:30-10:30am <b>Pilates</b> Michelle (DS)	9:30-10:15am <b>Aqua Aerobics</b> (Indoor Pool)	8:30-9:30am <b>Dancercize</b> Pamela (AS)	9:30-10:15am <b>Aqua Aerobics</b> (Indoor Pool)	
9:45-10:45am <b>Yogalates</b> Helene, (DS)	9:30-10:15am <b>Aqua Aerobics</b> (Indoor Pool)	9:30-10:45am <b>Step 'n Sculpt</b> Rhea (AS)	9:30-10:30am <b>Power Low</b> Lori (DS)	9:30-10:30am <b>Yoga</b> Helene (DS)	9:30-10:30 <b>Power Low</b> Lori (DS)	
10-11am <b>Spin</b> Janice, (MPR)	9:30-10:30am <b>Hour of Power</b> Jenn (AS)	12-12:45pm <b>Express Spin</b> Holly (MPR)	9:30-10:30am <b>Yogalates</b> Judi (AS)	9:30-10:45am <b>Zumba</b> Andria (AS)	9:30-10:45am <b>Total Body Blast</b> Rhea (AS)	
10-11am <b>Chisel</b> Lori, (AS)	9:30-10:30am <b>Spin</b> Carolyn (MPR)	6-7:15pm <b>20-20-20</b> Lori (DS)	11-11:45am <b>Forever Fit</b> Jill (AS)	9:45-10:45am <b>Spin</b> Cindy (MPR)	10:30-11:30am <b>Body Sculpt</b> Lori (DS)	
10:30-11am <b>Muscle Conditioning</b> Kristen, (EAS)	10:30-10:45am <b>Ab Explosion</b> Jenn (AS)	6:30-7:30pm <b>Hi-Lo</b> Nancy (AS)	12-1pm <b>Yoga</b> Helene (DS)	10:45-11am <b>Ab Explosion</b> Cindy (MPR)	11-11:45am <b>Forever Fit</b> Carolyn (AS)	
	12-1pm <b>Yoga</b> Helene (DS)		6-6:30pm <b>Muscle</b> Kristen (AS)	5:45-6:45pm <b>Zumba</b> Cori (AS)	12-12:45pm <b>Express Spin</b> Andy (MPR)	
	6-7:15pm <b>Boot Camp</b> Kristen (AS)		6:30-7:30pm <b>Turbo Kick</b> Kristen (AS)	6:30-7:30pm <b>Pilates</b> Michelle (DS)		
	7-8pm <b>Spin</b> Rebecca (MPR)		7-8pm <b>Spin</b> Janis (MPR)	6:45-8pm <b>20-20-20</b> Lori (AS)		
	7:15-8:15pm <b>Vinyasa Yoga</b> Jessica (DS)		7:30-8:30pm <b>NIA</b> Sarah (AS)			

Jewish Community Centers  
of Greater Boston



Classes, times, teachers subject to change. If you have any questions, please call 617-558-6462 or 617-558-6451. Updated schedules also at [www.lsjcc.org](http://www.lsjcc.org)

AS: Aerobics Studio  
DS: Dance Studio  
MPR: Multipurpose Room  
EAS: Energy Arts Studio

See reverse side

# GROUP FITNESS CLASS DESCRIPTIONS

- **Ab Explosion:** An intense class that is designed to strengthen your abs.
- **Body Sculpting:** A total body workout using free weights for the upper body and a combination of free weights and the step for the lower body.
- **Boot Camp/Cardio Circuit:** Enhance your strength and aerobics capacity in this new cardio circuit class. This class will challenge everyone...from the beginner to the most athletic individual.
- **Cardio Combo:** A high intensity cardio workout incorporating choreography, cardio and weight intervals.
- **Cardio Explosion:** A mixture of dance and traditional hi-lo moves. You will get an unbelievable cardio workout!
- **Chisel:** A total workout strengthening all muscles of the body. Class utilizes dumbbells.
- **Forever Fit:** This class is designed for the older adult and combines low impact aerobics with stretching, weight training and balance work.
- **Hour of Power:** This high intensity workout is sure to leave no muscle untouched! Class will include cardiovascular training, weight training and stretching. This class will improve muscle tone, endurance and overall strength.
- **Kickboxing:** Kick, punch and jump for an incredible full-body workout. Learn lots of different martial arts moves.
- **N.I.A.** (Neuromuscular Integrated Action): Dance, punch and kick your way to a stronger more agile body. N.I.A. is a fun cardiovascular workout based on dance and martial arts, fueled by inspiring music, drums and rhythms. Great for all fitness levels.
- **Pilates:** A holistic approach to total body conditioning emphasizing the use of the mind and the breath for the execution of controlled and concentrated movements. Pilates is for those who want a firm, yet flexible body, whether you're out-of-shape or a trained athlete and can be easily modified to individual body needs.
- **Power Low:** Low Impact, but lots of fun. An aerobics class designed to minimize stress to the joints.
- **Spinning:** Spinning is a stationary cycling workout that simulates the riding positions used on real road racing bikes. Participants follow the beat of music, and transform the energy from the music into powerful pedal strokes.
- **Step n' Sculpt:** A combination of an intense step workout with muscle conditioning utilizing free weights.
- **Stretch, Strengthen & Tone:** A combination of weight training, stretching and abdominal work geared towards people of all fitness levels.
- **Total Body Blast:** A high-energy class that combines a fun and "do-able" multi-impact hi/lo segment, topped off with a powerful step segment, followed by an explosive sculpting portion.
- **20/20/20:** 20 minutes of low impact aerobics/20 minutes of muscle strengthening/ 20 minutes of stretching.
- **Yoga:** Tones the whole body and will bring you greater strength, stamina, flexibility, structural alignment, balance and most importantly, will help you to stay relaxed.
- **Yogalates:** Combines the flexibility, meditative and weight loss elements of yoga with the muscle strengthening and toning of pilates.
- **Zumba:** A fusion of Latin and International music dance themes creating a dynamic, exciting, effective fitness system! The routines feature interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. Zumba is a hip swingin,' body pumpin,' booty skakin,' fun way to get a total body workout!

## Spinning Class Reminders

- All Spinning classes are free.
- Minimum age for spinning is 16. Minimum age for all other classes is 13 at the discretion of the group fitness director.
- Reservations can be made by phone 24 hours in advance. One sign-up per phone call ONLY. Call 617-558-6417.
- You may sign-up for Sunday 8:30 class on Friday at 8:30am and at 10am Friday for the Sunday 10am class. NO sign-ups allowed on Saturdays because of Shabbat. Sign-ups take place at the Member Relations Desk in the Front Lobby, beginning June 1. Water bottles and towels are required. No exceptions.
- Participants MUST arrive 5 minutes prior to class or their seat will be forfeited. Set your watch to JCC time. NO exceptions.
- New spinners must arrive 10 minutes prior to class to get set up on the bikes.
- Please call 617-558-6417 to cancel your reservation if you can not make it.