

HEALTH & WELLNESS SCHEDULE



MARCH 3 - JUNE 8, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rhythm & Reps 8:15-9:00 AM	Tight Tuchus & Tummy 8:00-8:45 AM	Hard Core 6:15-7:00 AM	Cycling 6:00-6:45 AM	Hard Core 6:15-7:00 AM	Cycling 6:00-6:45 AM	Cycling 8:30-9:05 AM
Aqua Zumba 9:15-10:00 AM	TRX & Cycle 8:30-9:15 AM	Guided Meditation 8:15-8:45 AM	Pop Pilates 8:00-8:45 AM	Core-focused Yoga 8:00-8:45 AM	Raise the Barre 7:30-8:15 AM	Sculpt 9:15-9:50 AM
Gentle Flow Yoga 9:15-10:15 AM	Pump & Powerflow 9:15-10:00 AM	Mindful Movement 9:00-9:45 AM	Lo-HIIT Circuit 9:00-9:45 AM	Rhythm & Reps 9:00-10:00 AM	POUND® 9:15-10:15 AM	Zumba® 9:15-10:15 AM
POUND® 10:30-11:30 AM	Aqua HIIT 10:00-10:45 AM	Basic Strength 9:00-10:00 AM	POUND® 9:15-10:15 AM	Strength and Stretch 9:15-10:00AM	Gentle Flow Yoga 10:30-11:30 AM	Nia 10:30-11:30 AM
	Hatha Yoga 10:15-11:30 AM	Qigong 10:15-11:15 AM	Aqua Nia 10:00-10:45 AM	Toddler & Me Yoga 10:00-10:45 AM		
	Zumba 5:30-6:30 PM	Water Aerobics 10:15-10:45 AM	Mindful Movement 11:00-11:45 AM	Water Aerobics 10:15-10:45 AM	TRX Circuit 11:30 AM-12:00 PM	
		Kickboxing & Kettlebell AMPD 12:00-12:30 PM	Pump & Powerflow 12:00-12:30 PM	Baby & Me Yoga 11:00-11:45 AM		
		Mindful Movement 4:15-5:00 PM	Meet me at the Barre 5:30-6:15 PM	POUND Unplugged 12:00-12:30 PM		
		Gentle Flow & Restore Yoga 5:15-6:15 PM	Cycle & Sculpt 5:30-6:15 PM	POP Pilates 5:30-6:30 PM		

Please RSVP for your classes at jewishforgood.org/fitness or scan this QR code!



Massage, Personal Training, Pilates, Reiki and more! Check out jewishforgood.org/personal-services

In person 
Hybrid 
Class held in person and livestreamed on Zoom

HEALTH & WELLNESS CLASS DESCRIPTIONS

CARDIO AND STRENGTH

ADVANCED PILATES High-intensity low-impact class that moves quicker than a traditional Mat Pilates class and incorporates intermediate and advanced Pilates exercises. Whole-body focus will increase core strength.

BASIC STRENGTH - Using free weights and weighted bars, we will focus on increasing your core stability, building upper and lower-body strength, challenging your endurance and flexibility.

CYCLE & SCULPT The perfect combination of cardio and muscle-sculpting, this class is 25 minutes of cycling and 25 minutes of strength training, utilizing various equipment. Suitable for all fitness levels.

CYCLING Improve your cardiovascular endurance while an instructor leads you through a series of flat roads, hills, jumps, and sprints. Sneakers or cycle shoes required.

HARD CORE Get a great cardio and strength workout with a variety of challenging interval training exercises, using full body movements.

KICKBOXING & KETTLEBELL AMPD A pre-choreographed exercise format that combines kickboxing, boxing, and mixed martial arts movements with great music. Each song targets a body area for a total body workout. With easy to learn patterning, it's safe and effective for all fitness levels.

LO HIIT CIRCUIT - Moderate-intensity intervals using various pieces of equipment and bodyweight to provide a full-body strength-building and cardio workout.

MEET ME AT THE BARRE - Meet your friends at the J for this happy-hour workout at the ballet barre! A music-driven full-body workout, focusing on form and technique found in ballet.

POUND A full-body drumming workout that uniquely combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements using lightly weighted exercise drumsticks.

POUND UNPLUGGED - a 30-minute class that balances focused, high-intensity exercises with restorative movements, rhythmic breathing and meditation. Quick, efficient and challenging.

POP PILATES® Using just your body weight and a mat, strengthen and tone your muscles while also increasing your flexibility and mobility, all the beat of the music. It's a dance on the mat.

PUMP AND POWER FLOW Move to the beat of the music with a fun pre-choreographed workout that combines fast-paced yoga-inspired flows, cardio work, and strength-training. This class often incorporates optional dumbbells, resistance bands, and kettlebells and may be done barefoot or in shoes. Options are given for varying levels and abilities.

RAISE THE BARRE Combine high-energy, music-driven fun with the precision, alignment, and emphasis on high-quality movement found in Pilates.

RHYTHM & REPS - Strength training to the beat of the music! Get lost in the rhythm, instead of counting reps and get a full-body resistance training workout. This class is open to all levels and abilities. Options are given to level-up or modify exercises.

SCULPT Strength-training using various equipment, with a focus on increasing core stability, building upper and lower-body strength, challenging endurance and flexibility. There will be options to accommodate all levels.

STRENGTH AND STRETCH This class will incorporate various types of equipment, exercises, and formats to ensure increased strength and muscle tone.

TIGHT TUCHUS & TUMMY This class is designed to build muscle using the principals of strength and stability training. With a concentration on core and glutes, we time the reps to motivating music. Tailored to accommodate different fitness levels, we can adjust the intensity, duration and complexity of the exercises.

TRX CIRCUIT This is a suspension training bodyweight exercise class that builds total body strength, flexibility mobility, and core stabilization, All fitness levels welcome!

TRX & CYCLE - Moderate-intensity intervals that use TRX suspension straps, and alternating cycling to provide a strength-building and cardio workout. Work your hardest for 40 seconds, recover for 20 seconds for 3 rounds and a minute break in between.

AQUATICS

AQUA HIIT A low-impact, high-intensity interval training class that includes strength-training and core work, showing modifications for all levels.

AQUA ZUMBA Make a splash with this low-impact, high-energy aquatic exercise class. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

AQUA NIA - Nia in the pool! A holistic, sensory-based movement practice that combines the spirited energy of jazz, modern dance, and improvisational movement with the power and precision of the martial arts, along with the flexibility, balance, and sensory awareness of yoga.

WATER AEROBICS - An ultra-low impact combination of cardio, strength, and stretching exercises that will reduce stress on joints and muscles.

MIND AND BODY

BABY & ME YOGA (0-11 months + caregiver) is most appropriate for infants who are not yet mobile. Infants who can roll over and/or sit up on their own or who have just started crawling are a great fit!

CORE-FOCUSED YOGA A Vinyasa-style class that focuses on coordinating breath, movement and your intrinsic core power! Practice the foundations of yoga asana (poses) to strengthen and nurture your body and mind while moving through flowing sequences and core stabilizers. This class aims to provide an accessible and sustainable movement practice that builds strength and focus from within.

GENTLE FLOW YOGA A one-hour slow-paced gentle yoga class that incorporates mindfulness and restorative postures. Supports a healthy nervous system and is accessible to all levels.

GUIDED MEDITATION Learn to quiet your mind through guided meditations and breathing exercises that will calm your mind and body. No prior meditation experience needed.

HATHA YOGA A modern style of yoga that includes a sequence of physical postures, accompanied by breathing exercises and relaxation. Can be practiced by people of all age groups and fitness levels.

MINDFUL MOVEMENT Class focus is on controlled, precise exercises with an emphasis on posture, balance, core strength, and flexibility. All levels welcome and are encouraged to progress at their own pace.

POP PILATES® Using just your body weight and a mat, strengthen and tone your muscles while also increasing your flexibility and mobility, all the beat of the music. It's a dance on the mat.

QIGONG A mind-body exercise format that includes sets of easily-learned movements that promote mindful cultivation of strength, flexibility, and energy.

DANCE

NIA A holistic, sensory-based movement practice that combines the spirited energy of jazz, modern dance, and improvisational movement with the power and precision of the martial arts, along with the flexibility, balance, and sensory awareness of yoga.

ZUMBA This total-body dance workout is set to Latin and international music. Get ready for a serious workout - as well as a seriously fun dance party!