

GROUP EXERCISE SCHEDULE (Effective January 12 , 2025)

~ Live Classes Held **Indoors** at the JCC, **Indoor Pool**, and **Virtual**
Registration Required Each Week to Attend
Virtual Classes are used through Zoom [Registration Required](#)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM				TRX and FLEX- Steve		7 am HIIT to be Fit Lisa	
8:00 AM	TRX and FLEX- Steve		TRX and FLEX- Joan	Core and More- Lisa	Total Body Strength Sarah	Hi/Lo Cardio & Stretch Lisa	Metabolic Burn Session Terry
9:00 AM	Chisel and Burn Michelle	Well Fit – Joan Vanessa's Vibrant Workout Indoor Pool-Vanessa	Aqua Fitness Indoor Pool Joan	Well Fit – Lisa Vanessa's Vibrant Workout Indoor Pool-Vanessa	Aqua Fitness Indoor Pool Sarah	Well Fit – Lisa Aqua Fitness- Indoor Pool Vanessa	TRX and FLEX Terry
10:00 AM	ZUMBA® & Toning Michelle		Kripalu Yoga -Yvonne * Virtual option also available		Hatha Yoga - Sarah * Virtual option also available		Hatha Yoga - Michelle * Virtual option also available! ZUMBA® Carolyn (Auditorium)
11:00 AM	11:15 AM Start Relax & Rejuvenate Shama * Virtual option also available	Silver Sneakers Classic Joan		Silver Sneakers Classic Joan		Silver Sneakers Classic Sarah	
			Tai Chi 5 - 5:50 pm Matthew Frank	SWS 5PM - Steve 2nd Wed of every month **		English Country Dancing 1:30-2:45 Elizabeth Stehl	
6:00 PM		ZUMBA® Carolyn Total Body Strength Michelle	Sweat & Define Steve Indoor Cycling -Michelle	6:30 pm Fit in a Flash Michelle <u>6:30-7:30</u> Mindful Yoga - Miki * Virtual option also available	ZUMBA® - Carolyn Indoor Cycling- Michelle		
7:00 PM			YO-BILITY Michelle				

*****Classes with less than two participants will be canceled an hour before the start of a class*****

Registration for classes can be made on your Daxko Mobile APP, Schenectady JCC Website, or by contacting the Sports and Wellness Desk

CLASS DESCRIPTIONS

Many classes have limited space. Registration is required.

LAND CLASSES

Core and More: This class focuses on abs, low back, legs, balance and stability

Chisel and Burn: Build strength and endurance by using free weights, kettlebells, resistance bands, body bands, barre, and bodyweight and cardio exercises for a full body workout.

Hi/Lo Cardio & Stretch: Rev up the metabolism with 35 minutes of heart pumping, high energy, low impact cardiovascular activity ending with 10 minutes of cool down and stretching.

Silver Sneakers® Classic: A variety of exercises to increase strength and range of motion. Weights, elastic tubing, and a ball are offered for resistance. A chair is provided for support.

Indoor Cycling: Our instructors guide you on a variety of "journeys" designed to improve your fitness and push it to new levels. Meet the challenge and have fun. New participants are encouraged to arrive at least 5 minutes in advance for bike set-up.

Sweat & Define: In this cardio class, we will be working with only our body weight. No machines, no added weights. Just a full body cardiovascular and strength workout! Class by class we will switch it up between interval training and circuit training. All ages and fitness levels are welcome as alternative exercises are always given to best suit your needs. Join us to have fun, burn calories, and relieve stress. Please come prepared with sneakers and water. Jump ropes will be provided when appropriate.

SWS (Stretch w/Steve) This stretch and mobility class is designed to help you improve flexibility and increase your range of motion (mobility). We will start with a very light warm-up exercise routine and then we will work through a series of stretches going from head to toe as well as range of motion movements. This class should give you a better understanding of how stretching and mobility can affect your posture, health and daily functions.

Total Body Strength: Targets your whole body as you build strength, flexibility, and coordination. We will incorporate free weights, resistance bands, bosu balls and more.

Well Fit: This Lower impact workout will help you to stay well and fit! Well Fit combines low impact aerobics and strength training segments.

YO-BILITY: This 30 minute barefoot workout combines Yoga Poses, Pilates movements, and Mobility exercises to increase flexibility, stability and range of motion. **Bring a yoga mat.**

ZUMBA®: This fusion of Latin and international music and dance forms create a dynamic, exciting, effective fitness system.

ZUMBA®Toning Combo : This class combines lightweight maraca like sticks to target key muscle groups with the fusion of Latin and international music and dance forms to create a dynamic, exciting, effective fitness system.

High Intensity Interval Training - TRX Classes:

Metabolic Burn Session: High Intensity cardio and calorie crushing resistance workout utilizing multiple joint strength exercise with minimal rest breaks.

TRX and Flex: This class will combine a variety of strength training techniques to help you improve strength, endurance and increase lean muscle.

HIIT to be FIT: This class uses a combination of TRX, Kettlebells and weights for a total body, cardio and strength workout. Suitable for all levels.

Fit in a Flash: This is a 30 minute High Intensity Interval Training (HIIT) Workout alternating between bursts of intense cardio and/or strength exercises followed by short periods of lower intensity, active recovery movements. All levels welcome. Bring a mat and water, and Let's get Fit in a Flash!

Yoga Classes: You must bring your own mat

Hatha Yoga: Hatha Yoga practice is for all levels of fitness and experience. The class focuses on Yoga postures, both static and dynamic, breathing practices and guided meditations.

Kripalu Yoga: Kripalu yoga is a type of yoga that combines meditation, breathing and stretching. Gentle for all abilities.

Mindful Yoga: We will explore ways to stay present and cultivate deep inner listening through the flow of breath and poses. Our body's energy flow will be enhanced by incorporating mudras and the meridians of the five elements (water, fire, wood, metal, earth).

Relax & Rejuvenate Yoga: This class will incorporate a gentle flow, stretches, and deep breathing techniques to help you unwind and feel relaxed and rejuvenated.

Water Classes: Shallow or Deep end option selection required when making reservation

Aqua Fitness: This aerobic water class will improve core strength, stability, flexibility and overall cardiovascular fitness. All ability levels are welcome.

Silver Sneakers Splash: This aerobic water class will improve core strength, stability, flexibility and overall cardiovascular fitness. All ability levels are welcome.