

GROUP EXERCISE SCHEDULE (Effective September 16 , 2024)

~ 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			
8:00 AM	TRX and FLEX- Steve	TRX and FLEX- John	TRX and FLEX- Joan	Core and More- John	Total Body Strength Sarah	Hi/Lo Cardio & Stretch Lisa	Metabolic Burn Session John * Virtual option also available
9:00 AM	Chisel and Burn Michelle	Well Fit – John Vanessa’s Vibrant Workout Indoor Pool-Vanessa	Aqua Fitness Indoor Pool Joan	Well Fit – John * Virtual option also available Vanessa’s Vibrant Workout Indoor Pool-Vaness	Aqua Fitness Indoor Pool Sarah	Well Fit – Lisa Vanessa’s Vibrant Workout Indoor Pool-Vaness	TRX and FLEX John
10:00 AM	ZUMBA® & Toning Michelle	English Country Dancing 10-10:50 Elizabeth Stehl	Stretch Yoga -Yvonne * Virtual option also available		Hatha Yoga - Sarah * Virtual option also available		Om Cloud Nine- 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	
12:00 PM	1 PM Belly Dancing *Drop in Fee*			SWS 5PM - Steve 2nd Wed of every month **			
6:00 PM		ZUMBA® Carolyn Total Body Tone Michelle	Sweat & Define Steve Indoor Cycling -Michelle	Belly Dancing *Fee Based Program* 5:30-6:30 6:30 pm Fit in a Flash -Michelle 6:45-7:45 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.

Total Body Tone: Total Body Tone is a full-body strength training with a mix of cardio to target all key areas of the body. The class will help sculpt your muscles, strengthen your bones, and burn calories with core, upper, and lower body workouts.

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 45 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.

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.

OM Cloud Nine Yoga: 55 minutes of Yoga postures and Stretching/Mobility exercises, static and dynamic, to increase strength, flexibility, range of motion, and promote feelings of well-being. Class ends with optional 20 minutes of Yoga Nidra (Deep Relaxation) at the end. Bring blankets and pillows to get comfy.

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.

Stretch Yoga: Move your whole body through a complete series of yoga poses designed to increase flexibility, balance and range of movement. Breathing exercises, stretching and a final relaxation will promote stress reduction and mental clarity

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.