GROUP EXERCISE SCHEDULE (Effective October 11, 2026)

~ 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		7 am HIIT to be Fit Lisa	6am Spin Terry	6am- TRX & FLEX- Steve	6 am Rise & Shine Yoga- Lara		
8:00 AM	TRX and FLEX- Steve	Total Body Sculpt Lisa Galvez	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-Vanesa	Aqua Fitness Indoor Pool Sarah	Well Fit – Lisa Aqua Fitness- Indoor Pool Vanessa	TRX and FLEX Terry
10:00 AM	ZUMBA® & Toning Michelle	Aqua Burn Indoor Pool Vanessa	Kripalu Yoga -Yvonne * Virtual option also available		Hatha Yoga - Sarah * Virtual option also available		Gentle Hatha Yoga - Kolleen * Virtual option also available! ZUMBA® Carolyn (Auditorium)
11:00 AM	11:00 AM Hatha Yoga 75 Michelle * Virtual option also available	Silver Sneakers Classic Joan		Silver Sneakers Classic Joan		Silver Sneakers Classic Sarah	
						English Set Dancing 1-2:15	
6:00 PM		5:45 PM Zumba Carolyn 6:00 PM Total Body Strength Michelle	5:45 pm Sweat & Define Steve	5:45 pm Mat Pilates Michelle 6:15 pm HIIT to be Fit Michelle	5:45 PM Zumba Carolyn 6 pm TRX & Flex - Michelle		
7:00 PM			6:30 pm Stretch w/ Steve	7:00 pm Stretch, Relax & Rejuvenate Yoga Shama *Virtual option also available	7:00 Aqua Zumba 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 & Stretching

Mat Pilates : Reawaken your Powerhouse, move with precision through a classical system that builds strength from the inside out. We will be focused on the complete coordination of body, mind and breath as we strengthen the core and increase flexibility. Perfect for all levels.

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.

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

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.

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.

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 weights and equipment for a total body, cardio and strength workout. Suitable for all levels.

Yoga Classes: You must bring your own mat

Gentle *Hatha Yoga*: Slow paced, accessible emphasizing mindful movements and restoring the body designed to promote relaxation and well-being.

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.

Stretch, ***Relax & Rejuvenate***: In this class, you will experience a blend of asanas, sun salutations, pranayama or breathing techniques, a blissful guided meditation or Yoga Nidra (a guided practice for resting deeply between the awake and sleeping states of mind) blended in with some yogic wisdom. Together, this brings both strength and rest to the body and mind.

Morning Vinyasa Yoga : This 45-minute vinyasa yoga class will include yoga poses flowing together in a dynamic, fluid way. This class is sequenced to energize, strengthen and stretch the body and mind and wake you up for the day ahead. Please bring your own yoga mat.

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.

Aqua *ZUMBA®*: Fun and effective workout that blends dance movements with the resistance of water to work every muscle in your body. Held in the shallow end only.

Aqua *Burn*: Get ready to turn up the intensity without the impact. *Aqua Burn i*s a high-energy water workout designed to boost cardio endurance, build strength, and keep you moving from start to finish. Using the natural resistance of the water, you'll power through intervals of aerobic drills, toning exercises, and core work that challenge your whole body while staying joint-friendly. All levels are welcome. Just bring your energy and be ready to make a splash