



Group Exercise News and Notes

Get the latest information about your group exercise program.

Go to our website: www.jccmetrowest.org/fitness and get updates on classes.

Classes marked with * require pre-registration.

Registration opens 73 hours prior to the start of class.

To register: Please register online at www.xpiron.com/schedule/jccmw

Please arrive on time for classes with registration to ensure your spot in the class. If you cannot attend a class you have registered for, you must remove your name from the roster. Failure to remove yourself from a class you do not attend results in a strike, and after three strikes, your self-registration privileges will be suspended for a period of 90-days. Due to the limited space in our classes, please refrain from signing up for back-to-back sessions and the same type of class on repetitive days.

Please contact Fitness Reception at 973-530-3416 if you are having problems using Xpiron.

Classes marked with ** are for advanced participants only and require pre-registration.

AB ATTACK 15 minutes of concentrated abdominal work targeting all core muscles.

AQUA CARDIO & CORE STRENGTH Focus on increasing your functional strength, cardiovascular health and endurance, flexibility, and core stabilization.

AQUA CARDIO BLAST Aqua cardio blast is all about matching the music and the moves. Pump up your heart while we pump up the jam.

***AQUA CYCLE (all styles)** The water class that Europeans have been raving about for years! A unique aqua bike with adjustable resistance crafted for optimum body sculpting.

AQUA INTENSITY This is an INTENSE and invigorating cardiovascular workout in the water with an emphasis on abdominal strengthening and toning. Equipment may be used.

AQUA PILATES These new aqua exercises challenge your stability, core strength, and develop your breathing in a way that traditional Pilates cannot.

AQUA SENIOR STRENGTH This low impact class offers a variety of exercises to improve your balance, flexibility, muscular strength, and endurance.

AQUA STRENGTH Rethink your workout and include a day (or two) of cross-training in the pool! Experience resistance training and work your muscles by using the resistive properties of water. You do not need to be a swimmer, but you must be comfortable in deep water.

AQUA TABATA A high intensity interval exercise class that alternates 20 seconds of high intensity followed by 10 seconds of less intense recovery for 8 intervals. The science behind the workout supports a metabolism increase 17% over a 24 hr. period. This is a class for the conditioned participant and will provide a sustainable, energetic workout in both the deep and shallow water.

AQUA ZUMBA® Integrating the ZUMBA formula and philosophy with traditional aqua fitness disciplines. This class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

ARTHRITIS CLASS People with Arthritis can Exercise using gentle activities to help increase joint flexibility and range of motion. You will learn exercises to maintain muscle strength and increase flexibility.

ARTHRITIS WATER CLASS A water exercise program designed for people with arthritis and related conditions. Water exercise is especially good for people with arthritis, because it allows you to exercise without putting excess strain on your joints and muscles. It gives you the opportunity to do gentle activities in warm water, with the guidance of a certified instructor.

BARRE A total body workout that that is a combination of the fundamentals of Pilates, Yoga, Ballet and weight training to tone arms, abdominals, thighs and rear.

BOLLY WOOD Cardio workout that moves to the beats of Bollywood. Get ready to feel that muscle burn and unleash your inner swagger.6

BURN & FIRM Upper and lower body strength training with use of the body bars, free weights and bands

CALLANETICS/Studio C Known as Studio C in Israel, one word describes this class: UNIQUE. By isolating muscle groups and using tiny, precise (yet powerful) movements, Callanetics exercises tighten and reshape your body while increasing strength, flexibility and body alignment.

CARDIO CIRCUIT An intense high impact workout that incorporates jumping rope, cardio drills and whole body toning and core conditioning

CARDIO KICKBOXING This intense class combines traditional kickboxing moves to develop, strength, power and cardiovascular fitness. Get all your aggressions out in this calorie burning workout!

CIZE® LIVE is professional dance for everyday people. Created by Shaun T, world-famous choreographer and fitness trainer, this class breaks down professionally choreographed dance routines, step-by-step, so that anyone can dance! It's so fun, so thrilling, you'll forget you're actually working out!

CONDITIONING CAMP Get back to basics with this rigorous workout program! Raise your metabolism& lower body fat with the use of sandbags!

CORE CUTS 30 minutes of Core: Back/Abdominal work....OUCH! NOW GET YOUR CORE IN THERE!

CORE POWER YOGA Take your power yoga practice up a notch and really work your core at the same time. This class is best for those with prior yoga experience.

***CYCLE TRX** Combination of high intensity express cycling with TRX training in Studio 3

DEFINE & SCULPT This resistance class is an upper and lower body workout with a strong focus on defining the core muscles by challenging both strength and stability. We will use equipment like bars and hand weights to help you define your body from head to toe. Perfect for all levels

GENTLE YOGA A Yoga class for beginners or for people with injuries to gain flexibility in this no nonsense, basic Hatha Yoga.

HATHA YOGA A traditional Hatha (meaning physical) Yoga class based on an ancient form of movement that promotes balance, flexibility, strength and relaxation through various asanas (postures) and breathing techniques. Yoga clears the mind, improves concentration, develops inner peace & enhances your well-being.

HEALTHY BONES Designed for members who have been diagnosed with osteoporosis & osteopenia. This class will provide you with the correct weight-bearing, resistance, flexibility and abdominal exercises.

HIIT (High Intensity Interval Training) A total body, heart pumping, aerobic and strength conditioning workout. This interval based class combines full body strength training with high intensity cardio bursts designed to tone your body and improve your

endurance!

HIIT AQUATIC BOOT CAMP (HIGH INTENSITY INTERVAL TRAINING)

This class combines interval/circuit training with cardiovascular and core conditioning as well as strength training. Great for cross training. Knowledge of basic swimming with comfort in deep water required.

HIP HOP FITNESS Join in for a fun and funky dance experience set to hip hop music. If you love to dance and love a good beat, this is your class.

***INDOOR CYCLING** A vigorous cardio class without comparison. Start pedaling and let go as your Group Instructor takes you on the ride of your life. This class uses stationary bikes-perfect for any fitness enthusiast, recreational cyclist or serious racer (advanced registration is required)

****JKO BOXING** Get out all your anger and frustrations while hitting and kicking the heavy bag.

****KETTLEBELL** This class promotes weight loss & builds strength & endurance

****KETTLE FUSION** Get lean and strong with this killer fusion workout.

KICK BUTT COMBO Kickboxing combinations that will leave you dripping with sweat by the end. You'll develop new skills and strengthen your core while combining upper body and lower body moves.

LOW Impact w/weights Low impact cardio with movements designed to provide options for students to easily modify. Light weights are incorporated to prevent loss of muscle and bone density.

LOW IMPACT Dance along to your favorite hits of yesterday. You'll have such a good time you won't even realize you're getting a workout.

MEDITATION CLASS Meditation is a practice of letting go of stress and stilling the mind. It also helps us find peace and a deeper sense of spirituality. This class is for everyone who wants a healthier outlook in life.

PILATES Based on the teachings of Joseph Pilates, Pilates is a balanced blend of strength and flexibility training. It improves posture, strengthens and stabilizes the core, reduces stress and creates long, lean muscles without bulking up.

POWER YOGA A vigorous form of Yoga also known as Vinyasa Ashtanga. Participants move through a series of powerful moves and practice postures that focus on strength, flexibility, and muscular stamina. This class is best for those with some yoga experience.

PUMP UP THE JAZZ! A low impact cardio workout with strength training

***RIP & RIDE Express intensity cycling combined with upper body weight training all in the cycling studio**

****ROPES GONE WILD** Express workout using the battling ropes and jump ropes (with or without) in 30 minutes; core included

Senior Fitness This dynamic combo of strength development and cardio conditioning for the active older adult focuses on simple choreography and basic functional exercises using balls and bands while improving their ability to complete daily activities with ease. Balance and coordination is also worked on.

STEP Creative choreography on an adjustable platform with movements on and around the bench; core work included

STRETCH Combines traditional stretching with a touch of yoga and Pilates

to increase flexibility and range of motion. As a guided session, it promotes relaxation and focus. Step into class after a vigorous workout or as a stand-alone session. We guarantee you will walk out feeling great!

STRETCH, CORE & MORE Increase flexibility through gentle stretching while strengthening your core and abdominal muscles using pilates.

TAI CHI CHIH is a set of movements completely focused on the development of an intrinsic energy called Chi. It's easy to learn.

****TRX** Increase total-body Flexibility ,promote mobility and stability and develop core strength.

****TRX BOOTCAMP** Do it all with the TRX suspension during 45-minutes of a heart pumping cardio and strength workout for all major muscle groups.

****TRX FUSION** Get lean and fit with this intense 45-minute fusion workout of TRX, kettlebell speed.

VINYASA FLOW YOGA This class links postures together in a dynamic rhythm with the breath. It is important to know the basics as the class flows at a moderate pace. Focus is on deepening our awareness and alignment in postures.

WORLD DANCE Combination of dance styles from around the world including Bangra, Bollywood, and Zumba.

ZUMBA ® Using a fusion of Latin and International music, ZUMBA is a Latin inspired dance program which includes Merenge, Salsa, Cumbia, Samba and Calypso just to name a few. Let yourself go to the Latin rhythms from around the world.

ZUMBA Toning ® Strength training added to Zumba using weighted Moroccans.

New to Group Exercise? Here are some tips to help you enjoy your workout!

- All of the equipment for any class is provided for you; please return it to its home at the end of class.
- For safety reasons, we ask that you are always conscious of the members around you and that you save conversation for after class time.
- Please arrive on time for all classes.

And most of all, HAVE FUN!!!