

## SUNDAY

- 9-9:40am 450 Cycling with Susan (Cycling Studio)
- 10-10:40am 450 Cycling with Tracy (Cycling Studio)
- 10-10:40am Yoga with Stephanie (Mind Body Studio)
- 11-11:40am Zumba with Beatriz (Aerobics Studio)

## MONDAY

- 8-8:40am 450 HIIT Camp with Sarah (Courtyard Studio)
- 9-9:40am Circuit Training with Sarah (Aerobics Studio)
- 10-10:40am 450 Cycling with Lauren (Cycling Studio)
- 10-10:40am Tai Chi with Barrie (Backyard Studio)
- 10:15-10:55am Seated Circuit with Lisa (Aerobics Studio )
- 10:15-10:55am Barre Groove with Theresa (Mind Body)
- 5:30-6:10pm Yoga with Stephanie (Mind Body Studio)
- 6-6:40pm Body Conditioning with Christine (Aerobics Studio)

## TUESDAY

- 6:30-7:10am Circuit Training with Lisa (Aerobics Studio)
- 9-9:40am 450 Cycling with Susan (Cycling Studio)
- 9-9:40am Body Conditioning with Stephanie (Aerobics Studio)
- 9-9:40am Row Fit with Chris N. (Rowing Studio)
- 10-10:40am Mat Pilates with Alisa (Aerobics Studio)
- 11-11:40am Zumba with Jen (Aerobics Studio)
- 4:45-5:25pm Cycle and Strength with Lisa (Cycling Studio)
- 5:30-6:10pm 450 HIIT Camp with Chris N. (Courtyard Studio)

## WEDNESDAY

- 7-7:40am 450 HIIT Camp with Sarah (Courtyard Studio)
- 9-9:40am 450 Cycling with Christine (Cycling Studio)
- 9-9:40am Active Body Conditioning with Stephanie (Aerobics Studio)
- 9-9:40am Yoga Blend with Anjali (Mind Body Studio)
- 10-10:40am Core and Upper Body with Christine (Aerobics Studio)
- 11-11:40am Chair Yoga with Marina (Aerobics Studio)
- 10-10:40am Yoga Flexibility with Terry (Mind Body Studio)
- 11-11:40am Chair Yoga with Marina (Aerobics Studio)
- 5:30-6:10pm Body Conditioning with Liz (Aerobics Studio)

## THURSDAY

- 8:15-8:55am Barre-Balance with Diva (Mind Body Studio)
- 9-9:40am 450 Cycle with Christine (Cycling Studio)
- 9-9:40am Body Conditioning with Sarah (Aerobics Studio)
- 9:30-10:10am Cardio Boxing with Chris S. (Mind Body Studio)
- 10-10:40am Functional Fitness with Chris N. (Aerobics Studio)
- 11-11:40am Row Fit with Lynn (Rowing Studio)
- 11-11:40am Zumba with Beatriz (Aerobics Studio)
- 4:45-5:25pm Strength and Mobility with Lauren (Aerobics Studio)
- 5:45-6:25pm 450 Cycle with Kathy (Cycling Studio)

## FRIDAY

- 6:30-7:10am Cycle and Strength with Lisa (Cycling Studio)
- 9-9:40am 450 Cycling with Liz (Cycling Studio)
- 9:15-9:55am Barre Camp with Theresa (Mind Body Studio)
- 10-10:40am Core and Lower Body with Liz (Aerobics Studio)
- 10-10:40am Tai Chi with Barrie (Backyard Studio)
- 10:15-10:55pm Mat Pilates with Theresa. (Mind Body Studio)
- 11-11:40am Chair Zumba with Theresa/Jen (Aerobics Studio)
- 12-12:40pm Zumba with Jen (Aerobics Studio)

## SATURDAY

- 8-8:40am 450 HIIT Camp with Sarah (Courtyard Studio)
- 9-9:40am 450 Cycle with Lynn (Cycling Studio)
- 10:30-11:10am Yoga/Pilates with Stephanie Hand (Mind Body Studio)



**JCC Rockland  
Fitness & Wellness**

# CLASS DESCRIPTIONS

## 450 CYCLE

Intense, easy on the joints workout designed to get results by incorporating specific training drills on a bike designed to challenge and invigorate you. All fitness levels.

## 450 HIIT CAMP

The ultimate mash-up between bootcamp and high-intensity interval training. All fitness levels welcome. All classes will be held outside. Fresh air+exercise with friends is just what we all need.

## ACTIVE BODY CONDITIONING

Train your muscles to help you with daily activity, reduce risk of injury, and improve your quality of life. Beginner, intermediate levels.

## BARRE-BALANCE

Stay stable and strong. A barre class designed to improve balance, define and tone your body while using small weights, and props. Not your traditional routine. All levels welcome.

## BARRE CAMP

A blend of cardio, strength, flexibility, balance and core conditioning that targets hips, glutes, abs, and arms. All fitness levels welcome.

## BARRE GROOVE

Exhilarating! A fusion of Ballet Elements and Soulful Dance that will keep your body toned and energized for days! All levels.

## BODY CONDITIONING

A total body workout designed to tone, sculpt, and improve strength and cardiovascular endurance. All levels welcome

## BOXING FUNDAMENTALS

Yes, boxing can be fun! This invigorating class features instruction on proper stance, basic punches, defensive moves and much more. You are sure to break a sweat without breaking your spirit! All levels.

## CARDIO BOXING

Channel your inner Rocky. This circuit-style class t uses shadow boxing techniques and other traditional moves to build upon overall endurance and strength. Gloves are optional. All fitness levels welcome.

## CHAIR YOGA

Create a happy mental state. This class is a gentle form of yoga that uses breathing techniques to help improve strength, flexibility, and mental health.

## CHAIR ZUMBA

This is a gentle form classic Zumba, which is a fusion of Latin and international rhythms creates an intoxicating environment to dance your calories away in this highly energetic dance class. Moves are done seated or standing. Everyone is welcome!

## CIRCUIT TRAINING

Total body workout that combines strength, agility, cardio, and stability.

## CORE AND LOWER BODY

This hits the entire lower body, while really focusing on the strength & stability of the hips. While the workout is predominantly lower-body, you'll get a great core workout.

## CORE AND UPPER BODY

Build back strength and lean muscle, while reinforce proper posture. While the workout is predominantly upper -body, you'll get a great core workout.

## CYCLE AND STRENGTH

Indoor cycling with off-the-bike intervals of body weight exercises and boxing techniques. This total body workout is designed to improve strength and power. No cycling shoes or boxing gloves required. Just bring a towel and water... we got the rest covered!

## FUNCTIONAL FITNESS

Get fit for daily activities! This calorie-burning workout will increase cardiovascular and muscular endurance as well as balance, agility and coordination. All fitness levels welcome.

## PILATES

Think "long lean body". This class is based on the traditional studies of Joseph Pilates. The exercises combine core activities and breathing and relaxation to increase flexibility and help with postural alignments. All fitness levels.

## ROW FIT

An intense and effective low impact, total body workout on the Concept2 Indoor Rower. Row Fit focuses on the arms, legs and core making it a compliment to your current cardiovascular and strength routine. Intermediate-advanced levels.

## ROWING

Rowing is one of the few non-weight bearing sports that exercises all the major muscle groups, including quads, biceps, triceps, lats, glutes and abdominal muscles. Rowing improves cardiovascular endurance and muscular strength.

## SEATED CIRCUIT

This is a safe and effective workout designed to elevate your heart rate, while improving balance, strength and cardiovascular health. Everyone is welcome!

## STRENGTH AND MOBILITY

Mobility is where flexibility and strength training intersect. Build strength through a full range of motion. Class incorporates lots of core and balance exercises. All levels welcome.

## TAI CHI

Taught in the traditional method of Chinese Martial Arts, this class generates power through exercises that focus on flexibility, body alignment, relaxation and breathing.

## YOGA

Ever feel you need a jump start to your day? Yoga is a soothing experience designed to encourage better circulation, flexibility, reduce stress, improve balance and mental clarity. All fitness levels.

## YOGA BLEND

Class combines yoga poses with breathing techniques, mindfulness, and meditation. All fitness levels welcome.

## YOGA FLEXIBILITY

If you think you are too inflexible to begin a yoga practice, think again. This full body movement class will improve your flexibility, strength and help you to decrease stress. Beginner, intermediate levels.

## YOGA/PILATES

Perfect fusion of energizing yoga poses and with the core powerhouse that Pilates provides.

## ZUMBA

A fusion of Latin and international rhythms creates an intoxicating environment to dance your calories away in this highly energetic dance class. All fitness levels.