

GROUP EXERCISE CLASS DESCRIPTIONS

All JCC classes are taught by certified, experienced instructors concerned with your safety and motivation!

SCULPT / MUSCLE PUMP / MUSCLE MANIA: A total body muscle conditioning workout using a variety of props such as light weights, bars, tubing, stability balls, etc. Designed to sculpt and define the body, appropriate for all levels.

POWER CIRCUIT: Resistance training & cardio circuits for total body conditioning working multiple muscles at one time and push your heart rate

POWER CIRCUIT EXPRESS: 45 minutes

ZUMBA: Fun and easy to follow Latin / International style Dance!

ZUMBA TONING: Zumba dance routines using light weights for cardio and muscle conditioning.

ZUMBA KIDS: Fun Zumba routines, kid friendly!

SILVER SNEAKERS™: Cardio Circuit – cardiovascular endurance and muscular strength. Classic – a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills.

FUNCTIONAL FIT: Strengthen, stretch and balance-with a focus on stability training and functional movements using BOSU, Balls, etc.

YOGA BASICS: Hatha Yoga combines physical postures with breath awareness for complete wellness.

YOGAFIT™: A fitness style of Hatha Yoga!

PAIN FREE YOGA: A series of stretches and functionally based exercises for postural alignment, designed to keep the body pain free!

PILATES: An acclaimed exercise and conditioning program that focuses on the core, which connects strength, flexibility and breath.

PILATES SCULPT: Combination of Pilates method training with total body muscle conditioning.

PILOXING™: Blending the power, speed and agility of boxing, with basic dance moves, the targeted sculpting and flexibility of pilates for a great fat burning and muscle toning workout.

PILOXING™ BARRE: Piloxing at the Ballet Barre.

MELT™ ON PILATES: Using a MELT™ Foam Roller and a Mat, enhance core strength while improving posture and decreasing risk of injury

BARRE SCULPT: Total body conditioning class at the ballet barre and the mat - designed to empower the smaller muscle groups for a muscular endurance workout – a longer, leaner body is the result.

BOX & SCULPT: Martial Arts, style cardio workout using boxing drills with muscle conditioning work.

NIA CARDIO DANCE: A blend of martial arts, healing arts and dance arts, using whole body, expressive and grounded movement to deliver a beautiful movement class with cardiovascular conditioning.

MOBILITY IMPAIRED CLASSES: Designed to give mobility-impaired people of all ages (including those in wheelchairs) the opportunity to engage in muscle conditioning and strength exercises in a safe environment.

SPINNING™: The best indoor cycling program available with state of the art stadium design Spin Studio! 45 and 60 minute classes taught by certified Spinning Instructors.

*Sign up 30 minutes prior at Fitness Desk.
Limit: 20 bikes.*