

# GROUP FITNESS & AQUATICS SCHEDULE

Effective July 9, 2021

All classes require the **Group Fitness Add-On** membership.

Registration is required, register online or at front desk.

Classes in **red** denote a new class, time change, or instructor.

Schedule is subject to change. Check website and registration page for cancellations or substitute notices.

**STUDIO LOCATIONS** UGX: Upstairs Group Fitness Studio // DANCE: Dance Studio // TRX: TRX & Boxing Room

POOL: Family Pool // COURT: Memorial Courtyard // OFC: Outdoor Fitness Court // FRONT: Meet outside front entrance

MONDAY				THURSDAY			
6-6:45am	Kettlebell	OFC	Bruce H	6-6:45am	Beat based Cycling	OFC	Marcy B
8:30-9:30am	Fusion	UGX	Eva M	8:45-9:15am	Line Dance	DANCE	Kathy M
9-9:45am	Aqua Aerobics	POOL	Christy S	9-9:45am	Aqua Balance & Flow	POOL	Beth H
9-10am	Social Walking Club	FRONT	Sanjay S	9:30-10:30am	BodyPump	UGX	Joween O
10-10:45am	Barre	DANCE	Eva M	9:30-10:30am	Mixed Levels Pilates	DANCE	Kathy M
11:15am-12pm	Silver Sneakers Classic	UGX	Peggy M	11am-12pm	Mixed Lvl Alignment Yoga	DANCE	Beth H
5-5:45pm	Zumba	DANCE	Stephanie B	11am-12pm	Qi Gong	UGX	Joe L
5:30-6:30pm	BodyPump	UGX	Joween O	5:15-6:15pm	Fusion	OFC	Karyn V
6-7pm	Hatha Yoga	DANCE	Patricia D	5:30-6:15pm	Aqua Body Strong Board	POOL	Christy S
6-7pm	TRX Sculpt & Stretch	TRX	Andrea K	6-6:45pm	Barre	DANCE	Stephanie B
TUESDAY				6-7pm	TRX Sculpt & Stretch	TRX	Andrea K
8:45-9:30am	Core & More	UGX	Kathy M	FRIDAY			
9-9:45am	Aqua Body Strong Board	POOL	Christy S	6-7am	Sunrise Vinyasa Yoga	COURT	Colleen B
9:45-10:45am	Cardio Fit	UGX	Kathy M	6-7am	BodyPump	UGX	Marcy B
9:45-10:45am	Mixed Lvl Vinyasa Yoga	DANCE	Josh A	8:30-9:15am	Boot(y)camp	UGX	Eva M
12-12:45pm	Nia Dance	UGX	Netta Z	9-9:45am	Aqua Aerobics	POOL	Sanjay S
4:45-5:45pm	Mixed Lvl Pilates	DANCE	Kathy M	9:30-10:30am	Zumba	UGX	Eva M
5-5:45pm	TRX	TRX	Bruce H	10:30-11:30am	Mixed Lvl Vinyasa Yoga	DANCE	Jessica P
5:15-6:15pm	Fusion	OFC	Eva M	10:45-11:30am	Zumba Gold	UGX	Melanie J
6-7pm	WerQ	DANCE	Gabie H	SATURDAY			
6:30-7:15pm	Aqua Zumba	POOL	Steve C	8:30-9:15am	Guided Stretching	DANCE	Sanjay S
WEDNESDAY				9:30-10:15am	LIT	TRX	Sanjay S
6-7am	BodyPump	UGX	Marcy B	9:30-10:30am	HyroRider	POOL	Andrea K
9-9:45am	Aqua Aerobics	POOL	Christy S	10-10:45am	Power Based Cycling	OFC	Kim L
9:30-10:30am	Zumba	UGX	Carlos C	10-10:45am	HIIT	UGX	Omari H
9:45-10:45am	Mixed Lvl Vinyasa Yoga	DANCE	Jessica P	11-12pm	Zumba	DANCE	Crisanta T
11:15am-12pm	Active Agers Body Conditioning	UGX	Sanjay S	11:15am-12pm	Active Agers Body Conditioning	UGX	Sanjay S
4:30-5:30pm	TRX + KB Combo	OFC	Bruce H	SUNDAY			
5-5:45pm	Zumba	DANCE	Eva M	8:30-9:30am	Cardio Kick & Sculpt	UGX	Karyn V
6-7pm	Gentle Yoga	DANCE	Beth H	9:30-10:15am	Aqua Aerobics	POOL	Andrea K
6:30-7:30pm	HydroRider	POOL	Andrea K	9:30-10:30am	Power Core Flow	COURT	Jessica P
				10-11am	WerQ	UGX	Gabie H
				11:15am-12pm	Silver&Fit Experience	UGX	Andrea K

## CLASS DESCRIPTIONS

### AQUATICS

**Aqua Aerobics** *Moderate intensity:* This class will help provide muscle strength and flexibility while simultaneously working on your cardiovascular system.

**Aqua Body Strong – Water Fitness Board** *Moderate Intensity:* Come lay, sit, kneel or stand up in this Pilates based stand-up paddle board class! Your balance on the board will activate core strength, stability and fire up your major muscle groups.

**Aqua Balance & Flow** *Low to moderate intensity:* Let the water and movements alike flow in this class! You will develop core stabilization, cardio, and range of motion, all while using the different planes of the body and resistance against the water.

**Aqua Zumba** *Moderate intensity:* Latin dance beats follow exercisers into the pool in this unique blend of water aerobics and dance.

**HydroRider** *Moderate intensity:* Spin your wheels in the water in this unique indoor cycling class in the pool. Class will be held in the Family Pool. \*Aqua shoes required.

### STUDIO

**Active Agers Body Conditioning** *Low to moderate intensity:* This class is geared towards moderately active older adults and is designed to increase muscular strength and cardiovascular endurance, while working on flexibility, joint stability, dynamic balance and coordination. Various equipment and a chair will be utilized.

**Barre** *Moderate intensity:* A unique, high energy class that combines elements of Ballet, Pilates, and strength training to give you a full body workout. This class focuses on alignment, flexibility, strength training, balance, and core conditioning to develop and sculpt long and lean muscles.

**Beat Based Cycling** *Moderate to high intensity:* This upbeat and intense class will take you through guided cycling drills, all while being driven by the beat of the music. Learn how to control speed, resistance, and use of power to develop your cardio strength!

**BodyPump** *Moderate to high intensity:* The original barbell and weight class. Squat, press, curl, and lift your way to a new you. This class not only improve your physical abilities, but also how you look and feel!

**Boot(y)camp** *Moderate to high intensity:* Shape, sculpt, and strengthen in this format that will keep you wanting more. Combining the use of bodyweight, resistance bands and dumbbells, this class will focus on toning your glutes and abdominals, while also working other muscle groups for a full-body burn.

**Cardio Fit** *Moderate intensity:* An aerobics class designed to fit high or low impact needs. Choose your intensity level and train and improve your cardiovascular system.

**Cardio Kick & Sculpt** *Moderate to high intensity:* A high energy class combining the blast of cardio kickboxing mixed with body sculpting using not only bodyweight, but various hand weights and bands.

**Core & More** *Low to moderate intensity:* Work muscles mainly responsible for the core and include upper and lower body muscles, with an extended flexibility/stretching segment.

**Fusion** *Moderate to high intensity:* This interval style class will challenge your cardiovascular endurance with 30 minutes of cycling, followed by 30 minutes of load-based work to intensify your strength training. If you are new to the bike, please arrive early for bike set up.

**Gentle Yoga** *Low intensity:* Experience deep relaxation and pain free movement using basic yoga postures to build strength and flexibility. This class moves at a slower pace to encourage gentle stretching and the use of props for support. This class is a good option for those with mobility restrictions or recovering from injury.

**Guided Stretching** *Low intensity:* This full body stretching class will take you through movements focused primarily on tighter muscles. Foam rollers, and other various props will be utilized.

**Hatha Yoga** *Low intensity:* This class is an all-levels practice incorporating breath, body, and mind. Attention to foundational and alignment principles with poses that offer an engaging yet mindful full-body challenge, all with a sense of playfulness and creativity. There will be dedicated time for stillness, reflection, and meditation.

**HIIT** *High intensity:* Interval training incorporates short periods of intense anaerobic exercises, followed by short periods of recovery, delivering maximum results in less time. This class is recommended for experienced exercisers. Modifications will be shown.

**Kettlebells** *Moderate to high intensity:* Kettlebells is ballistic, high intensity method of strength training to optimize your workout! This class combines functional and compound exercises that will work multiple muscle groups. Bodyweight and medicine ball exercises will also be incorporated. Different kettlebell weights are available.

**LIT** *Low to moderate intensity:* This Low Impact Circuit Training class will give you a full body strength workout, in an invigorating, circuit style class. Variety of equipment used such as a rower, TRX straps, dumbbells, battle ropes, resistance bands, a step, and more!

**Line Dance** *Low to moderate intensity:* Learn popular steps and dances you can take out on the town. Workout and learn at the same time.

**Mixed Levels Alignment Yoga** *Low intensity:* Give your mind and body time to pause, relax and recharge with a mixed level integrated yoga class. Gentle sequences will focus on proper body alignment, strength, flexibility, and mobility. This class is a good option for those with mobility restrictions or recovering from injury.

**Mixed Levels Mat Pilates** *Low to moderate intensity:* A system of physical conditioning exercises involving low-impact moves and stretches designed to strengthen muscles of the torso.

**Mixed Levels Vinyasa Yoga** *Low to moderate intensity:* A class that challenges both beginners and advanced students alike, with a thoughtful arrangement of poses. This class offers proper modifications for beginners and options for advanced students. A great way to experience the mind/body connection

**Nia Dance** *Low intensity:* Inspired barefoot dance-workout for body and soul. Danced to original world music, this class uses simple steps and expressing free-dance to create a fun and uplifting workout.

**Power Based Cycling** *Moderate to high intensity:* This class uses the data available on our Matrix bikes to create growth and power in your cycling workout.

**Power Core Flow Yoga** *Moderate intensity:* This class focuses on deep core and upper body work. It will also bring you to a deeper experience, increasing flexibility, strength and mental clarity through a challenging and mindful yoga practice. Modifications will be shown.

**Qi gong** *Low intensity:* Qi Gong is a system of coordinated movements, breathing techniques, and meditation, working with a continuous flow of energy throughout the body. This class is designed to promote health, spirituality, and physical fitness. Regular practice of qigong can reduce stress and improve health and vitality for a wide range of age groups.

**Social Walking Club** *Low intensity:* An active walk utilizing various pathways surrounding the JCC, Erie Canal included! Enjoy a guided balance & stretching section at the end for a cool down.

**TRX + Kettlebell Combo** *Moderate to high intensity:* Challenge yourself in this rewarding, NEW offering! This fun, dynamic workout will alternate between circuits of TRX and kettlebell exercises. TRX + KB will help improve your functional fitness and develop total body flexibility, power, strength and endurance. All exercises can be modified.

**TRX / TRX Sculpt & Stretch** *Moderate to high intensity:* This class is a TRX suspension workout using body weight to develop strength, balance, flexibility, and core stability simultaneously. Sculpt & Stretch classes will end with guided stretching section. Modifications will be shown.

**SilverSneakers Classic** *Low intensity:* A variety of exercises designed for the senior adult-increase muscular strength, range of movement, and activity for daily living. Use hand weights, resistance bands, and a ball. The class remains seated for the majority of the class.

**Silver&Fit Experience** *Low to moderate intensity:* For moderately active older adults who regularly exercise 1-2 days per week. Designed to increase and challenge flexibility, joint stability, dynamic balance, coordination, muscular strength and cardiovascular endurance. This class is done standing.

**WerQ** *Moderate to high intensity:* This fitness class is a wildly addictive cardio dance workout based on the hottest pop and hip-hop music.

**Zumba** *Moderate to high intensity:* Dance your way through a good sweat! Infused with Latin, hip hop and international influences, you won't even know that you are exercising. Feel the music and let it move you. Ven a bailar con nosotros!

**Zumba Gold** *Low to moderate intensity:* Based on the same dance used in the original Zumba class, the Gold class is less intense with dance routines designed for beginners and older adults using modified movement.