

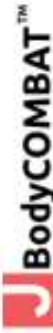


GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TRX™ 6:15AM - 6:45AM	BodyPUMP™ 6:15AM - 7:15AM	Sun-Rise Spin 6:15AM - 7:15AM	BodyPUMP™ 6:15AM - 7:15AM	Energy Zones Ride 6:15AM - 7:15AM	High Fitness™ 8:45AM - 9:45AM	Adult Swim Workout 8:00AM - 9:00AM
Kettlebell 6:45AM - 7:15AM	Rhythm Ride 9:15AM - 10:15AM	Strength Circuit 6:15AM - 6:45AM	BodyCOMBAT™ 9:15AM - 10:15AM	C-Fusion 7:45AM - 8:45AM	BodyPUMP™ 10:00AM - 11:00AM	Energy Zones Ride 8:45AM - 9:45AM
Step-Challenge 9:15AM - 10:15AM	C-Fusion 9:15AM - 10:15AM	Cardio Circuit 6:45AM - 7:15AM	Lo-Dance+ 1:30PM - 2:30PM	Werq 9:15AM - 10:15AM	FB-Flow Yoga 11:15AM - 12:15PM	Adult Swim Workout 9:00AM - 10:00AM
H2-Moves 10:00AM - 11:00AM	CORE™ -30 10:15AM - 10:45AM	Werq 9:15AM - 10:15AM	Burn-Tone 5:15PM - 6:15PM	H2-Moves 10:00AM - 11:00AM		BodyPUMP™ 10:00AM - 11:00AM
BodyPUMP™ 10:30AM - 11:30AM	FB-Flow Yoga 11:45AM - 12:45PM	H2-Moves 10:00AM - 11:00AM	Yin-Yang Yoga 6:30PM - 7:30PM	CORE™ -30 10:15AM - 10:45AM		CORE™ -30 11:00AM - 11:30AM
CORE™ -30 11:30AM - 12:00PM	Lo-Moves 1:30PM - 2:30PM	BodyPUMP™ 10:30AM - 11:30AM	Cardio Circuit 6:30PM - 7:00PM	BodyPUMP™ 11:00AM - 12:00PM		Yin-Yang Yoga 11:45AM - 12:45PM
Cardio Circuit 12:15PM - 12:45PM	BodyPUMP™ 5:15PM - 6:15PM	CORE™ -30 11:30AM - 12:00PM	Strength Circuit 7:00PM - 7:30PM			
Strength Circuit 12:45PM - 1:15PM	Sunset Yoga 6:30PM - 7:30PM	BodyCOMBAT™ 5:30PM - 6:30PM				
Pilates-Mat 4:15PM - 5:15PM		Kettlebell 5:30PM - 6:00PM				
Werq 5:15PM - 6:15PM		TRX™ 6:00PM - 6:30PM				
High Fitness™ 5:30PM - 6:30PM						
Sun-Set Spin 5:45PM - 6:45PM						
CORE™ -30 6:30PM - 7:00PM						

Group Fitness Location Key

- Strength Studio
- Stretch Studio
- Functional Training Studio
- Cycle Studio
- Outdoor Pool
- Indoor Pool



BodyCOMBAT™

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.



BodyPUMP™

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.



CORE™ -30

LES MILLS CORE provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do - it's the glue that holds everything together.



Energy Zones Ride

Personalize your ride with a coach in the saddle to drive you further, faster with our m3i power-based spin bike... cardiovascular and muscular gains to be made! All levels welcome



Adult Swim Workout

If you can swim the length of our 25-meter pool, join this adult workout, including a coach on deck, and take advantage of structure and technique tips for the pool and open-water swimmer, as well as the multi-sport athlete. Recreational and competitive levels welcome in this fun setting!



Burn-Tone

Raise your heart rate, jump start your metabolism and warm from the inside out for muscular strength and endurance focus using props in a structured workout with safety, technique and progression in mind! Fab-freeestyle format!



C-Fusion

C= Cardio/Core! From cardiovascular output to muscular endurance, core activation to biomechanics efficiency, cover the bases of this full-body workout crossing energy zones. Safety first and progression always with a coach's eye guiding and various props for challenge! Be prepared to sweat ...



Cardio Circuit

Let your JCC Professional Fitness Trainer guide you through a safe and effective cardio-based format integrating cardio equipment that works for you whether treadmill, spin bike or rowing machine in a structured format for time, intensity and durations to build cardiovascular and muscular output. Open to all levels



FB-Flow Yoga

Flow Full-Body (FB) from earth energy up and heart center out as attention is brought to the mind and body through fluid movements aligning postures, correcting asymmetries and enhancing wellbeing. Welcome all levels to this beautiful flow!



H2-Moves

Every movement in the water is met with resistance from the water, which builds muscle, increases flexibility, and allows greater range of motion and circulation. Water supports the body, putting less stress on joints and muscles, while still building strength... with a certified instructor on deck, all levels welcome in this shallow pool workout!



High Fitness™

A combined low and high-intensity format pre-choreographed for optimal safety, structure, instruction and variation incorporating aerobic interval training to music. You will love to move with rhythm and a certified instructor as your guides!



Kettlebell

Can this "cast-iron cannonball with a handle" really drive a burn of 20-calories per minute? Sure thing, in this structured setting, as you also improve endurance, balance, and core strength. All levels are welcome in this small group setting as you safely master technique & biomechanics using a range of weights, applying towards functional movement.



Lo-Dance+

Get your groove on in a range of genres and styles, while moderating impact on joints and overload on muscles. Safe and supported movement, healthy for mind and body, and you might even get a good laugh together on the Dance Floor! The perfect environment for the active older adult, pre/post-natal mom, and injury rehabilitation

members!



Lo-Moves

Explore your strength in mind and body as this environment is sure to be safe, stable and without high impact to moderate stress on joints and overload on muscles. Using props like balls, bands and free-weights, healthy stress is good for your brain, your heart and your muscles. The perfect environment for the active older adult, pre/post-natal mom, and injury rehabilitation members!



Pilates-Mat

From the foundation of Joseph Pilates, movement starts with core cues from the shoulder girdle through the hip joints, the deep to surface layers between and around on a mat. Learn 5 Pilates principles to develop innate core recruitment, to take into all fitness practices for active length and strength, muscle toning, postural alignment and heightened body awareness. A key modality for all levels—



Step-Challenge

From the basics of group fitness, this foundational power based workout using a step increases cardio and muscular endurance, intensity through footwork and long lever movement and overall coordination for optimal balance. Jump in for the jumpstart or seasoned stepper!



Strength Circuit

Let your JCC Professional Fitness Trainer guide you through a safe and effective strength-based format integrating a range of functional training props including Kettlebells, TRX, Bosu, free-weights and more. Progress through structure of reps, sets and motivation to reach beyond your goals. Open to all level



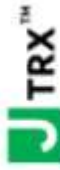
Sun-Set Spin

Close out the day with a peloton of strength, endurance, power and smiles as the sun sets around you..... welcome one and all to this beautiful setting!



Sunset Yoga

Strive for deep movement and relaxation as the sun sets behind you across your fluid movement through postures for enhanced flexibility, alignment, intuition and restoration. A safe and supportive environment to close out your day...for all levels looking to Restore!



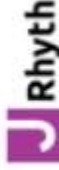
Optimize strength, flexibility, balance and core stability in this safe and effective setting led by a JCC Professional Fitness Trainer, using the TRX(tm) suspension strapping system and a range of props to enhance activation and progression. Open to all levels



A fiercely fun dance-fitness format choreographed to pop, rock and hip hop music. Movement is repetitive for easy learning and intensities vary for heart rate training. Instructor moves and you follow, at your own pace, so you can let loose in this outdoor dance party!



Enjoy this balance of complimentary opposing movements of high power-based to low-restorative, short breath patterns to long fluid holds. Your instructor will lead based on the energy of the space, the environment and your needs overlaying the passivity of yin and activity of yang energies as you move into your day... for all levels!



Let the music carry you as we ride to the beat, from real road/ trail reference to an occasional dance move or weight set ... anything goes for strength, endurance and power in and out of the saddle for all levels!