







Winter Group Exercise Schedule

Feb 23rd – April 4th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yogalates 6:00 - 7:00 AM Nicki	Cardio Sculpt 6:00 - 7:00 AM Janet		Cardio Sculpt 6:00 - 7:00 AM Janet			
	Cycling 6:00 - 6:45 AM Doug		Cycling 6:00 - 6:45 AM Doug	Cycling 6:00 - 6:45 AM Doug		
Yogalates 8:00 - 9:00 AM Nicki	Cycling 8:00 - 8:50 AM Nicki	Yogalates 8:00 - 8:50 AM Nicki	Cycling 8:00 - 8:50 AM Nicki		 8:15 - 9:15 AM Jessica	Intermediate Step 8:15 - 9:15 AM Janet
Cycle Surprise 9:15 - 10:15 AM Kelly	Bosu Blast 9:15 - 10:00 AM Kelly	Cycle & Sculpt 9:15 - 10:15 AM Nicki	Strength & Sculpt 9:15 - 10:15 AM Susan	Cycling 9:10 - 9:55 AM Doug	Cycling 8:15 - 9:15 AM Cari/Kelly	Cycling 8:15 - 9:15 AM Doug
 9:15 - 10:15 AM Sara		Vinyasa Flow Yoga 9:15 - 10:15 AM Liza (Mezz.)		 9:15 - 10:15 AM Liz W	Rock, Roll & Release 9:15 - 10:00 AM Cari	Super Sculpt 9:15 - 10:15 AM Janet
Mat Pilates 10:15 - 11:00 AM Mary (Mezz.)		Mindful Meditation 10:15 - 10:45 AM Liza (Mezz.)				
 10:30 - 11:30 AM Sarah		Active Adult Strength 10:30 - 11:15 AM Francesca	Mat Pilates 10:15 - 11:00 AM Mary (Mezz.)	Back in Balance 10:30 - 11:15 AM Kelly (FFR)		
Active Adult Strength 10:30 - 11:15 AM Francesca (FFR)	Back in Balance 11:30AM - 12:15PM Kelly (FFR)			 10:30 - 11:15 AM Liz W		
All Levels Yoga 5:30 - 6:30 PM Cheryl (Mezz.)	Bosu Blast 5:00 - 5:25 PM Nicki	 5:30 - 6:30 PM Sara		<p>Class Locations: Yoga/Pilates classes are held upstairs in the Mezzanine. Water classes are in the pool. All other classes are in the downstairs studio unless otherwise noted (FFR).</p> <p>Please note: Schedule is subject to change based on class attendance . Refrain from cell phone use in class. Notify the instructor before class begins if you need to leave early. You will not be permitted to enter a class beyond 5 minutes of that class starting.</p> <p>Questions, comments, concerns? Please contact Kelly Perla at kperla@springfieldjcc.org</p>		
Cycling 5:30 - 6:15 PM Susan	Cycling 5:30 - 6:15 PM Nicki	Cycling * 5:30 - 6:15 PM Cari *1 st Wednesday of every month is 90 minute ride	Cycling 5:30 - 6:15 PM Cari			
Vinyasa Flow 6:30 - 7:30 PM Cheryl (Mezz.)		All Levels Yoga 6:00 - 7:15 PM Cheryl (Mezz.)				
Barbell Blast 6:30 - 7:30 PM Donna			Barbell Blast 6:30 - 7:30 PM Donna			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00 - 9:00 AM Masters Swim	8:00 - 9:30 AM Masters Swim
9:00 - 9:50 AM Swimnastics	9:00 - 9:50 AM Aqua Jogging	9:00 - 9:50 AM Swimnastics	9:00 - 9:50 AM Aqua Jogging	9:00 - 9:50 AM Swimnastics	9:00 - 10:00 AM Water Aerobics	
5:30 - 6:30 PM Water Aerobics		5:30 - 6:30 PM Water Aerobics	5:30 - 6:30 PM Water Aerobics			

Adult Active Strength: Have fun while getting in shape! This class welcomes participants of all ages who want a low impact workout, while improving flexibility, toning muscles, and building endurance.

All Levels Yoga: Appropriate for all ages, yoga is still considered one of the best activities for your mind and body. Flexibility is not a necessary element to a peaceful and enjoyable yoga practice.

Barbell Blast: Strength training to the beat of the music! This class will challenge your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls.

Back in Balance: This class focuses on training the body to build and maintain its' ability to balance. You will train muscles that prevent falling and encourage stability

BOSU Blast: This is a multidimensional training class that integrates core strength, balance, and coordination training in a fun-filled and challenging workout.

Cardio Sculpt/Cardio: Interweaves variable-intensity cardio with total body strengthening using weights.

Cycling/Cycle & Sculpt/Cycle : Experience a high-intensity indoor cardio class on stationary bikes. Hit the hills, power the sprints, and chase the competition. Cycle & Sculpt will also incorporate strength exercises while on the bike. All levels welcome! (limit 28)

Intermediate Step: A low impact, high intensity cardiovascular workout using a platform called the "step". Intensity can be modified by changing the height of the step, sometimes integrating weights.

Mat Pilates: Controlled movements to improve flexibility and build total body strength. The flow of movements in this class will focus on alignment, breathing, balance, and core strength.

Mindful Meditation: Experience mindfulness in the outdoors to promote concentration, peace, and joy. In inclement weather class will be held in mezzanine.

Rock, Roll & Release: Foam rolling is a simple self-manual therapy technique often used to improve flexibility, recovery, and athletic performance.

Strength & Sculpt/Super Sculpt: Body sculpting exercises that are great for all levels. A variety of equipment will be used to keep things fresh.

Swimnastics/Aqua Jogging/Water Aerobics: High intensity water exercises performed at interval times with short periods of rest. Swimnastics & Aqua Freestyle are held in the shallow end of the pool using various equipment. Aqua Jogging travels to the deep end of the pool.

Vinyasa Flow: In this yoga class you will synchronize breath with movement. Participants will focus on linking conscious breath with a mindful flow. In a Vinyasa class, participants awaken their strength, energy, and flexibility in a fun atmosphere.

Yogalates: A blend of Yoga and Pilates that focuses on strength, flexibility, breath and mindfulness.

ZUMBA® & ZUMBA Toning®: Ditch the workout, join the party! Zumba is a fusion of Latin and International music - dance themes that create an exciting, dynamic and effective fitness system. No dance experience is necessary! Toning includes toning dance sections with small hand weights.

ZUMBA® GOLD is a lower intensity, lower impact dance fitness class. Choreography is easy to follow and FUN! Great for beginners!