

Fall Group Exercise Schedule

September 13 – November 1, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling 6:00 – 6:45 AM Doug	Cardio Sculpt 6:00 - 7:00 AM Janet		Cardio Sculpt 6:00 - 7:00 AM Janet			
			Cycling 6:00 – 6:45 AM Doug			
Cycling 8:00 - 8:45 AM Kelly	Cycling 8:00 – 8:45 AM Susan	Pedals & PushUps 8:00 – 9:00 AM Susan **bring a mat**	Cycling 8:00 – 8:45 AM Susan	Zumba 8:00 – 9:00 AM Liz	Cycling 8:00 – 8:45 AM Kelly	Cycling 8:00 - 8:45 AM Doug
Body Weight Bootcamp 8:00 – 9:00 AM Susan **bring a mat**	Yogalates 8:00 – 9:00 AM Nicki **bring a mat**			Cycling 8:00 - 8:45 AM Kelly	Zumba Toning 8:00 – 9:00 AM Jess	
Adult Active Aerobics 9:15 – 10:00 AM Donna **bring a mat**	Back in Balance 9:30 – 10:15 AM Kelly	Adult Active Strength 9:15 - 10:00 AM Donna **bring a mat**	Yogalates 9:15 - 10:00am Nicki **bring a mat**	Zumba Gold 9:30 – 10:30 AM Liz		Super Sculpt 9:00 - 10:00 AM Janet
		Fitness Infusion 9:15 – 10:00 AM Kelly **bring a mat**				
Mat Pilates 10:30 - 11:15 AM Mary			Mat Pilates 10:30 - 11:15 AM Mary			
				Class Locations: Green = Zoom Blue = Onsite Outside		
Fitness Infusion 5:30 - 6:15 PM Kelly	Zumba 5:30 – 6:30 PM Liz	Bootcamp 5:30 – 6:15 PM Sean		All outdoor classes will meet or be held on the tennis courts or the field. Zoom classes will be from the comfort of your own home. Cycling classes are located in the (Dickinson St.) employee parking lot.		
				Please note: Schedule is subject to change based on class attendance. Please wear your mask until you arrive at your exercise spot, and please be mindful that space is limited. If you cannot make your reserved spot, please be courteous and cancel.		
				Questions, comments, concerns? Please contact Kelly Perla at kperla@springfieldjcc.org		

Adult Active Strength / Aerobics: 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.

Back in Balance: *NEW* 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

Bootcamp: *NEW* Experience a high-intensity boot camp style workout in our FFR! There will be a combination of both strength and cardio intervals to work all of your muscle groups.

Cardio Sculpt / Super Sculpt: Interweaves variable-intensity cardio with total body strengthening using weights. Body sculpting exercises that are great for all levels. A variety of equipment will be used to keep things fresh.

Cycling: 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!

Fitness Infusion: *NEW* This is a multidimensional training class that integrates core strength, balance, and coordination training in a fun-filled and challenging workout.

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.

Pedals & PushUps: *NEW* Get on your bike but get ready to get on your mat and do some push-ups. This class will vary week to week...some weeks you will do intervals, some weeks you will ride straight thru then hit your mat, other weeks you will take to the hills in between doing sets of push-ups and core work.

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!

COVID GUIDELINES

- Please visit the JCC's website (springfieldjcc.org) to sign up for your class of choice via SignUpGenius
- A COVID waiver form must be completed and given to the instructor before each class. Waivers can be printed out via JCC's website or found in the center.
- A face mask is required when entering and exiting exercise area. Masks may be removed once you have arrived at your exercise area/bike.
- Masks during class are optional.
- Outdoor classes are weather permitting. If it is raining, class for that day/time(s) are cancelled.
- Please bring your own water.
- Please bring your own mat.
- For Zumba Toning, please bring your own hand weights.
- Hand sanitizing stations will be provided.
- With limited participation allowed, If you find that you are unable to attend, please be courteous and let us know so that someone can be taken off a wait list.