

LAND AND VIRTUAL Group Fitness Schedule

Effective: January 2nd, 2019 – March 31st, 2019 | Subject to change | Edited 12-26-18

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 9:00 am BODYSTEP EXPRESS/ CXWORX 1 (SC) Michael NEW!	5:45 - 6:30 am P90X ▲ 1 (SC) Jeff	5:45 - 6:45 am BODYFLOW 2 (MB) Michael	5:45 - 6:35 am INSANITY ▲ 1 (SC) Liz	5:45 - 6:45 am BODYPUMP 1 (S) Ahmad	5:45 - 6:30 am HIIT 1 (SC) Kim F.	7:45 - 8:30 am INSANITY ▲ 1 (SC) Farrah
9:15 - 10:15 am BODYPUMP 1 (S) Mike	7:15 - 7:55 am SILVER STRENGTH ■ 2 (A) Joan	5:45 - 6:45 am BODYPUMP 1 (S) Jeff	7:15 - 7:55 am SILVER STRENGTH ■ 2 (A) Joan	8:00 - 9:00 am YOGA ▲ 2 (MB) Bethany	7:00 - 8:00 am BODYFLOW 1 (MB) Virtual	8:00 - 9:15 am YOGA 2 (MB) Bethany/Ellen/Diana
10:30 - 11:30 am ZUMBA 1 (C) Laurie/Sara S.	8:30 - 9:00 am CX WORX 1 (S) Virtual	9:20 - 10:20 am BODYPUMP 1 (S) Kathy	7:30 - 8:00 am CXWORX 1 (S) Kathy	9:20 - 10:20 am HIIT 2 (SC) Laura	8:00 - 9:10 am GENTLE YOGA ■ 2 (MB) Kim P.	8:30 - 9:25 am BODYCOMBAT 1 (C) Carmen E.
10:30 - 11:45 am YOGA ■ 2 (MB) Sara B.	9:00 - 10:15 am YOGA ▲ 2 (MB) Deb	9:20 - 10:15 am HIIT 2 (SC) Ahmad	8:00 - 9:10 am YOGA 2 (MB) Diana	9:20 - 10:20 am BODYPUMP 1 (S) Kathy	8:30 - 9:00 am CX WORX 1 (S) Farrah	9:35 - 10:35 am BODYPUMP 1 (S) Farrah/Ahmad
11:35 am - 12:05 pm CX WORX 1 (S) Paul WINTER ONLY!	9:20 - 10:20 am BODYCOMBAT 1 (SC) Carmen E.	10:30 - 11:25 am BARRE 1 (MB) Karin	8:30 - 9:00 am CX WORX 1 (S) Paul	10:30 - 11:15 am TAI CHI ■ 1 (A) Pete	9:15 - 10:15 am POWER YOGA ▲ 2 (MB) Kim P.	9:30 - 10:30 am ZUMBA 2 (C) Cindi/Helene L.
12:15 - 1:15 pm BODYFLOW 1 (MB) Virtual	10:30 - 11:25 am TOTAL BODY CONDITIONING 1 (SC) Laura	10:30 - 11:45 am GENTLE YOGA ■ 2 (MB) Ellen	9:20 - 10:20 am BODYCOMBAT 1 (SC) Carmen E.	10:30 - 11:45 am GENTLE YOGA ■ 2 (MB) Veronica	9:20 - 10:20 am HIIT 1 (SC) Carmen E.	10:45 - 11:45 am BODYFLOW 1 (MB) Farrah/Julie
1:30 - 2:30 pm BODYCOMBAT 1 (SC) Virtual	10:30 - 11:15 am TAI CHI ■ 2 (A) Pete	11:30 am - 12:15 pm SILVER STRENGTH ■ 1 (A) Lieba	9:20 - 10:20 am POWER YOGA* ▲ 2 (MB) Bethany	11:30 am - 12:15 pm SILVER STRENGTH ■ 1 (A) Dave/Lieba	10:30 - 11:25 am TOTAL BODY CONDITIONING 1 (SC) Stacey	12:00 - 12:30 pm CXWORX 1 (S) Virtual
2:30 - 3:00 pm CXWORX 1 (S) Virtual	11:30 am - 12:15 pm ZUMBA GOLD ■ 1 (A) Helene B.	4:15 - 5:15 pm BODYPUMP 1 (S) Virtual NEW!	10:30 - 11:15 am PILATES PLUS 2 (MB) Carmen E.	1:00 - 3:00 pm ECC PROGRAM 1	11:30 - 12:15 pm SILVER STRENGTH ■ 1 (A) Stacey	1:00 - 1:30 pm SHARKS SWIM TEAM 1
3:15 - 4:15 pm BODYPUMP 1 (S) Virtual	11:30am - 12:15pm CHAIR EXERCISE CR (A) Lieba	5:30 - 6:20 pm ZUMBA 1 (C) Lena	10:30 - 11:25 am ZUMBA 1 (C) Stacey	4:15 - 5:15 pm BODYPUMP 1 (S) Virtual NEW!	4:15 - 5:15 pm BODYPUMP 1 (S) Virtual	1:45 - 2:30 pm SH'BAM 1 (C) Virtual
	4:15 - 5:15 pm BODYSTEP 1 (SC) Lauren L. NEW!	6:30 - 7:45 pm YOGA 2 (MB) Deb	11:30 am - 12:15 pm FIT FOR LIFE ■ 1 (A) Carmen E.	5:30 - 6:20 pm ZUMBA 1 (C) Laurie	5:30 - 6:15 pm SH'BAM 1 (C) Virtual	2:45 - 3:45 pm BODYCOMBAT 1 (SC) Virtual
	5:30 - 6:00 pm CX WORX 1 (S) Paul	6:30 - 7:30 pm BODYPUMP 1 (S) Mike	3:00 - 4:00 pm KIDS KORNER PROGRAM 1	6:30 - 7:30 pm BODYPUMP 1 (S) Meredith	6:30 - 7:00 pm GRIT CARDIO 1 (SC) Virtual	4:00 - 5:00 pm BODYPUMP 1 (S) Virtual
	6:05 - 7:05 pm ZUMBA 2 (C) Karin	7:30 - 9:30 pm ISRAELI DANCE (Fee) 1	4:15 - 5:15 pm BODYSTEP 1 (SC) Michael S. NEW!	6:30 - 7:30 pm POWER YOGA* ▲ 2 (MB) Rosalyn		
	6:15 - 7:00 pm BODYZ CONŠTRUK 1 (SC) Paul		4:15 - 5:30 pm YOGA 2 (MB) Ellen			
			5:30 - 6:00 pm CXWORX* 1 (S) Michael S. NEW!			
			6:05 - 7:00 pm BODYCOMBAT 1 (SC) Virtual			
			6:30 - 7:15 pm BARRE 2 (MB/S) Nikki			
			7:00 - 8:00 pm BODYFLOW 1 (MB) Virtual			

Classes are for all levels, unless otherwise noted:

- - Entry Level
- ▲ - Challenging

Studio Key:

- 1 - Studio #1 - First floor
- 2 - (shaded box) Studio #2 - Second floor
- CR - Community Room

Class Type:

- (S) - Strength
- (C) - Cardio
- (A) - Active Adults
- (MB) - Mind & Body

*New Class

 Zachs Campus
335 Bloomfield Ave
West Hartford, CT 06117
860-236-4571
www.mandelljcc.org

**For water and spinning,
turn to
back of schedule**

SPINNING Group Fitness Schedule

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 9:00 am SPIN POWER (C) Jen K.	5:45 - 6:30 am SPINNING (C) Kim	5:45 - 6:30 am SPIN POWER (C) Ari	6:30 - 7:15 am SPIN POWER (C) Kathy	5:45 - 6:30 am SPIN POWER (C) Ari	8:00 - 8:45 am SPIN POWER (C) Holly	8:15 - 9:15 am SPIN POWER (C) Ari
	9:30 - 10:15 am SPINNING (C) Kim	8:00 - 8:45 am SPIN POWER (C) Tim	9:30 - 10:15 am SPIN POWER (C) Farrah	8:30 - 9:15 am SPINNING* (C) Sue/Lauren E.		
	6:15 - 7:15 pm SPINNING (C) Holly	5:30 - 6:15 pm SPINNING (C) Jamie				

WATER Group Fitness Schedule

Effective: January 2nd, 2019 – March 31st, 2019 | Subject to change | Edited 12-26-18

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:10 - 10:55 am CARDIO SPLASH T (C) Liz	9:10 - 9:55 am DEEP TABATA ▲ T (CS) Jaine	10:00 - 10:45 am CARDIO SPLASH T (C) Bonnie	9:10 - 9:55 am DEEP H2O RUN M (CS) Jaine	9:10 - 9:55 am CARDIO SPLASH T (C) Phyllis	6:45 - 7:30 am DEEP H2O RUN M (SC) Penny	9:00 - 9:45 am DEEP H2O RUN M (SC) Jaine
	10:00 - 10:45 am CARDIO SPLASH T (C) Lieba	11:00 - 11:45 am WATER WALKING** ■ T (A) Jaine	10:00 - 10:45 am CARDIO SPLASH T (C) Jaine	10:00 - 10:45 am YOQUA-LATES ■ T (MB) Phyllis	9:10 - 9:55 am CARDIO SPLASH T (C) Bonnie	
	6:30 - 7:15 pm CARDIO SPLASH T (C) Julie	5:45 - 6:30 pm CARDIO SPLASH T (C) Brian/Penny		11:00 - 11:45 am WATER WALKING** ■ T (A) Brian	10:00 - 10:45 am CARDIO SPLASH T (C) Bonnie	
				5:45 - 6:30 pm CARDIO SPLASH T (C) Liz		

All our group fitness instructors are certified

All group fitness classes open to members 12 years and older. For an introductory class, class recommendation, or for questions and concerns, please contact Carmen Erian, Group Fitness Director, 860-231-6348, Cerian@mandelljcc.org

Group Fitness Policies:

Arrive on time to prevent injuries. For BodyPump, Spinning, or Yoga, arrive 10 minutes early to set up. Wear proper footwear. During inclement weather please check website at www.mandelljcc.org or call 860-236-4571.

Classes are for all levels, unless otherwise noted:

■ - Entry Level
▲ - Challenging

Pool Key:

T - Training Pool
M - Main Pool

*New Class

Class Type:

(S) - Strength
(C) - Cardio
(A) - Active Adults
(MB) - Mind & Body

Mandell JCC Group Fitness Descriptions

BARRE

Tone, trim and transform your body with a fusion of ballet, Pilates and resistance training. This class is suitable for all fitness levels, with many modifications and challenges.

BODYZ CONŠTRUK

BODYZ ConŠtruk features a team approach to total body strength and conditioning in 3 phases: range of motion exercises, strength building movements using Interval Training and building a lean, toned and strong mid-section for your total body construction.

BODY COMBAT

The Les Mills high-energy, martial arts inspired, non-contact workout. Punch, kick, and strike your way to fitness.

BODY FLOW

Les Mills BODYFLOW is the yoga-based class that will improve your mind, your body, and your life. An inspired soundtrack plays as you improve flexibility and strength through a series of simple yoga moves mixed with elements of Tai Chi and Pilates.

BODY PUMP

The full-body weights workout, Les Mills BODYPUMP is for anyone looking to get lean, toned, and fit-fast.

BODY STEP

The Les Mills full-body cardio workout to really tone your butt and thighs. Burn calories and leave buzzing with satisfaction.

CARDIO SPLASH

An energetic water workout with lots of jumping, strengthening, stretching and fun.

CHAIR EXERCISE

This gentle chair exercise class is for people who need to work from the chair and is led by a qualified and experienced Chair-Based Exercise Instructor. A total body workout using bands and dumbbells is designed to develop strength and flexibility.

CX WORX

Exercising muscles around the core of your body, Les Mills CXWORX provides the vital ingredient for a stronger, leaner core.

DEEP H2O RUN

An advanced class at the deeper end of the main pool. Feet are off the pool bottom and the body is suspended with the aid of an aqua jogger.

DEEP TABATA TRAINING

An advanced class in the water and includes an intense form of interval training alternating periods of short intense anaerobic exercise with less intense recovery periods.

FIT FOR LIFE

This class is geared towards active senior adults looking for loads of fun and a little extra vigor in their workout. Cardio, strength, balance and flexibility training will leave you feeling powerful and energized. Modifications will be given during class.

GENTLE YOGA

A beginning yoga class to help with releasing, calming, and restorative postures.

GRIT CARDIO

A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This Les Mills workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

GRIT STRENGTH

A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This Les Mills workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

GRIT PLYO

LES MILLS GRIT™ Plyo is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body.

HIIT

Designed to take you through a series of High Intensity cardio drills, strength training, & core focused exercises with relatively brief rest periods. This workout will include the usage of tubing, weights, and your own body weight to ensure fast dramatic fitness results.

INSANITY

Your Insanity instructor will push you past your limits through plyometric drills with non-stop intervals of strength, power, resistance, and core training moves.

PILATES PLUS

An exciting class that incorporates a Pilates-based workout that will simultaneously stretch, strengthen, tone and align your body uniformly.

POWER YOGA

A vigorous, dynamic class with a stimulating flow. Classes will build strength, flexibility, and endurance. Familiarity with yoga is recommended, classes are easily modified for any experience level. Be willing to meet your edge as you integrate movement and breath in a warm room; you will leave feeling refreshed and energized.

P90X

P90X is a group-focused, total-body strength and cardio class that incorporates proven principles from functional strength coaching. We will push you through personal plateaus, rock out to hardcore music together, and get in the best shape of our lives!

SH'BAM

The fun-loving, insanely addictive Les Mills dance workout-no dance experience required.

SILVER STRENGTH

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for seated and/or standing support.

SPINNING®

A group experience on a SPINNER® BLADE ION™ bike. An instructor guides you through your ride, describing hills and simulating the terrain. You have the freedom to make your workout as challenging as you want.

SPINPOWER®

A group experience on a SPINNER® BLADE ION™ bike featuring technology which accurately measures your actual power output. The SPINPOWER® program is unique because it tells riders how hard they are working, allows them to measure progress, and tells them what fitness variables they need to change.

TAI CHI

Tai Chi is a traditional Chinese form of exercise that uses graceful movement and breathing techniques to improve posture, coordination, circulation, and restore a sense of well-being. Everyday professionals to runners, athletes and all levels of fitness are welcome to explore the practice of Tai Chi.

TOTAL BODY CONDITIONING

This class is designed to improve cardiovascular fitness and muscular strength. Core, flexibility and balance exercises are included for total body conditioning.

T.R.A.I.N. INNSANE

Total-body Resistance and Interval Non-stop training. This class consists of high intensity training for the intermediate to advanced athlete and incorporates a variety of equipment as well as the use of your own body weight. Challenge yourself, be prepared to sweat, and we will motivate you to the next level!

WATER WALKING

Designed to reduce joint stress and inflammation. It is sure to enhance your flexibility, circulation and relaxation.

YOGA

Relax and quiet your mind, body and spirit with ancient yoga postures and controlled breathing techniques while you improve your flexibility and balance.

YOQUA-LATES

Combine the soothing environment of the warm pool with the principles of Yoga, Pilates and Tai Chi, which includes stretching, balance, core strengthening and stability. A flowing mind-body class that will leave you refreshed.

ZUMBA

Using a fusion of Latin and International music, this class will get you dancing with dynamic, exciting, and high-energy steps and rhythms, creating a fun cardio based workout.

ZUMBA GOLD

This Zumba class is a great option for beginners, the active older adult, or anyone looking for a lighter/modified Latin dance cardio class.

All group fitness classes open to members 12 years and older. For an introductory class, class recommendation, or for questions and concerns, please contact Carmen Erian, Group Fitness Director, 860-231-6348, Cerian@mandelljcc.org

- Please help keep our studios clean and safe by not wearing "outdoor" shoes to class
- Place all coats, boots, and purses in the locker rooms or hooks outside the studio
- Please return all equipment to storage areas
- Please refrain from wearing colognes & perfumes
- Turn off cell phones
- No gum chewing
- Be courteous – no talking during class
- Please wait for previous class participants to return their equipment and exit the room before entering the room for the next class



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