

Group Exercise Schedule January 8 - March 17, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 – 7:00am Group Power Mike	5:45 – 6:30am Spinning David		5:45 – 6:30am Spinning Jodi		
7:45 – 8:15am NEW Quick Spin Andy	6:30 - 7:15am Spinning Elizabeth	5:45am –6:45am Yoga Mlta	6:30 - 7:15am Spinning Kathy	6:00 – 7:00am Group Power Jeff	6:30 - 7:15am Spinning Lisa	7:45 – 8:15am NEW Quick Spin Carmen R.
	8:30 - 9:00am Hard Core Abs Carmen R.	8:00 - 8:45am Spinning Phyllis	8:00 – 9:00am Group Power Sue	8:00 - 8:45am Spinning Sue	8:00 – 9:00am Yoga with a Jewish Twist Nancy	8:00 - 9:15am Yoga Courtney/Sara
8:30 – 9:15am Spinning Jaime	9:00 - 10:15am Power Yoga Bethany		9:00 - 10:15am Kundalini Yoga Viviana		9:15 - 10:25am Kickin' Cardio Crunch Carmen E.	8:30-9:15am Spinning Kelly
9:20 - 10:20am Group Power Jeff	9:15 - 10:25am Step + Margot	9:20 - 10:20am Group Power Kathy	9:15 - 10:20am Zumba Plus Leah	9:20 - 10:20am Group Power Kathy	9:15 – 10:30am Power Yoga Diana	9:30 - 10:30am Group Power Sue
9:30 – 10:15am Spinning Mike	9:30 - 10:15am Spinning Phyllis	9:30 - 10:30am "60" Spinning Ari	9:30 - 10:15am Spinning Val	9:30 - 10:15am Spinning Becca	9:30 - 10:30am "60" Spinning Sue	9:30 - 10:30am "60" Spinning Ari
		9:30 - 10:25am Cardio Challenge Brenda		9:30 - 10:25am Kick Boxing Interval Carmen E.		
10:30 - 11:45am Yoga Deb C.	10:30 - 11:15am Tai Chi Beth	10:30 - 11:15am Mat Pilates Marie		10:30 - 11:30am Gentle Yoga Sara		
10:30 - 11:30am Zumba Laurie/Leah	10:30 - 11:25am Stretch & Tone + Margot	10:30 – 11:15am Chair Yoga Nancy	10:30 – 11:30am Stretch & Tone Carmen R.		10:30 - 11:25am Stretch & Tone + Marie	
	11:30 - 12:15pm Zumba Gold Amy	11:30 - 12:15pm Silver Strength Lieba	11:30 - 12:15pm Lite Cardio + Marie	11:30 - 12:15pm Silver Strength Marie	11:30 - 12:15pm Silver Circuit Amy	
1:00 – 1:45pm Family Group Exercise	5:30 – 6:00pm Quick Spin Jeff	6:15 - 7:15pm Group Power Mike		5:15 – 6:00pm Zumba"45" Laurie		
	6:00 - 7:15pm Zumba Plus Karin	6:15 - 7:30pm Yoga Sara	6:00 - 7:00pm Group Groove Sara L.	5:30 – 6:00pm Quick Spin Jaime	6:00 - 7:00pm Group Groove Sara L.	
	6:15 - 7:15pm "60" Spinning Ari	6:15 - 7:00pm Intro Class Studio #3	6:15 - 7:00pm Spinning Lisa	6:15 - 7:00pm Skill & Drill Spinning Val		
	6:30 – 7:15pm NEW Mat Pilates Leah	7:30 – 8:15pm Spinning Jeff	6:30 – 7:30pm Yoga For Women Sara	6:15 - 7:15pm Group Power Mike		
		7:30 – 8:15pm Flirty Girl Fitness Leah/ Danielle	7:10 - 7:40pm Hard Core Abs Beth	6:15 - 7:30pm Yoga Deb		

- White areas in Studio #1 on 1st floor
- Shaded areas in Studio #2 on 2nd floor
- Spinning classes in Spinning Studio on 2nd floor

"+" Indicates free weights used in class

Group Exercise Policies: Arrive on time to prevent injuries. For Group Power or Spinning, please arrive 10 minutes early to set-up your equipment. Please turn off cell phones. Wear proper footwear. During inclement weather, please check our website at www.mandelljcc.org or call 860-236-4571.

If you have questions or concerns, please contact Sara M. Billings (Group Exercise Director) at 231-6331 or sbillings@mandelljcc.org.

Cardio Challenge - this challenging workout will give you your cardio workout along with weights and tubing in an interval drill design to challenge yourself.

Cardio Kickin' Crunch - doing hi-low impact with kick boxing moves as you move through your cardio workout. Weights for strength, work abs and back to make it your total workout, before your cool-down.

Chair Yoga - a chair based gentle yoga class for members recovering from an injury or interested in learning yoga. This class helps increase flexibility, improves balance, and reduces stress through relaxation techniques.

Family Group Exercise - this class is designed for your family to have a fun time dancing with Zumba the 1st Sunday, Hoop Fitness on the 2nd Sunday, Yoga on the 3rd Sunday and Boot Camp on the 4th Sunday of the month.

Flirty Girl Fitness - a women's only class that has easy to learn dance routines that provides the perfect combination of cardio and strength training with sassy moves and booty shaking beats.

Gentle Yoga - a beginning yoga class to help with releasing, calming, and restorative postures.

Group Groove - Experience a fusion of club, urban and Latin dance styles and motivating chart topping hits and retro classic tunes.

Group Power - a choreographed 60-minute barbell program that strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels.

Hard Core Abs - is just a workout for the core. Strengthening your abdominal sides and back of torso using a variety of equipment.

Intro Class - 1st Tues. is Spinning, 2nd Tues. is Yoga, 3rd Tues. is Group Power, 4th Tues. is Pilates - **sign up required** at the Membership Services Center.

Kick Boxing Interval - this challenging workout gives you the kickboxing component using kick boxing pads and a standing free bag with intervals of a weight workout.

Kundalini Yoga - grateful to Yogi Bhasan for sharing with us this important technology for health, happiness, and wholeness. Kundalini Yoga brings awareness of the breath to every moment.

Lite Cardio - a low-impact workout for the member who is looking to start a cardio workout. Appropriate for persons with joint problems, recovering from injuries, or other health considerations. Some resistance training with weights and tubing are included.

Mat Pilates - an exciting class that incorporates a Pilates-based workout with yoga postures and breathing techniques that are guaranteed to increase your overall core strength, flexibility and well being.

Power Yoga - Challenge your inner strength through a yoga flow of power.

Step + - The classic Step class with weights at the end of your cardio workout.

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. This Tai Chi class is geared towards the older adult and can be taught in chairs.

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; and a chair is used for seated and/or standing support.

Silver Circuit - More active than Muscular Strength, because of the cardiovascular component.

Skill & Drill Spinning® - this Spinning class has a focus on practical cycling drills and skill development. This class is geared towards improving, developing and maintaining those skills used on the road.

Spinning® - a group experience on specifically designed stationary bikes. An instructor guides you through your ride, describing hills and simulating the terrain. Spinning has a group exercise format; you have the freedom to make your workout as challenging as you want.

"60" Spinning® - this class is a 60 minute spin ride.

Quick Spin® - this class is 30 minutes long. A quick workout fix to accommodate a busy day!

Stretch & Tone - total body conditioning that includes cardio movement in between stretching and muscle toning with hand-held weights, stability ball and tubing.

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

Yoga with a Jewish Twist - Infuse your yoga practice by incorporating spirituality and mysticism of ancient Judaism. This class is geared to the beginner and those with yoga experience.

Zumba - is a fusion of Latin and International music - dance themes creating a dynamic, exciting, and fun sassy salsa cardio based workout.

Zumba Plus - same as the regular Zumba class but the "Plus" means we added weights and stretching at the end of class to make you workout 75 minutes.