

# WATER Group Exercise Schedule

Effective November 8, 2015-January 9, 2015 | Subject to change | Edited 10-24-15

TIME	CLASS	POOL	LEVEL	INSTRUCTOR
<b>SUNDAY</b>				
10:15-11:00 am	Cardio Splash	T		Joan
<b>MONDAY</b>				
8:15-9:00 am	Pool Pilates	T	■	Vanessa
9:15-10:00 am	Deep Tabata	T	▲	Jaine
10:00-10:45 am	Cardio Splash	T		Lieba
5:45-6:30 pm	Cardio Splash	T		Brian
<b>TUESDAY</b>				
9:15-10:00 am	Pool Power & Pilates	T	▲	Lieba
10:00-10:45 am	Cardio Splash	T		Bonnie
11:00-11:45 am	Water Walking*	T	■	Jaine

\*No class: Nov 26; Dec. 24, 29, 31

**All group exercise classes open to members 12 years and older.**  
**For a class recommendation, please contact Carmen Erian,**  
**860-231-6348, [cerian@mandelljcc.org](mailto:cerian@mandelljcc.org).**

## Group Exercise 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](http://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

TIME	CLASS	POOL	LEVEL	INSTRUCTOR
<b>WEDNESDAY</b>				
8:15-9:00 am	Pool Pilates	T	■	Maureen
9:15-10:00 am	Deep H2O Run	M		Jaine
10:00-10:45 am	Cardio Splash	T		Jaine
<b>THURSDAY</b>				
9:15-10:00 am	Cardio Splash	T		Phyllis
10:05-10:50 am	Yoqua	T		Phyllis
11:00-11:45 am	Water Walking*	T	■	Brian
5:45-6:30 pm	Aqua Zumba	T		Stacey
<b>FRIDAY</b>				
6:45-7:30 am	Deep H2O Run	M		Erika
9:15-10:00 am	Cardio Splash	T		Bonnie
10:00-10:45 am	Cardio Splash	T		Bonnie
<b>SATURDAY</b>				
9:00-9:45 am	Deep H2O Run	M		Jaine

**Red = New Class**

**Purple = New Instructor**

**Blue = Aquatic Exercise**

**Green = New Time**

# Mandell JCC Group Exercise Descriptions

## AQUA ZUMBA®

Aqua Zumba® brings the Zumba® fitness experience to the water by blending the Zumba® philosophy and moves with water resistance for a fun pool party. There is less impact on your joints so you can really let loose and achieve a cardio workout. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. It's perfect for those looking to add a low-impact, high-energy aquatic exercise to their fitness routine.

## BARRE

Tone, trim and transform your body with a fusion of ballet, Pilates and resistance training.

## CARDIO LITE

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. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for seated and/or standing support.

## CARDIO SPLASH

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

## CHAIR YOGA

Experience the therapeutic benefits of yoga for health and well-being without getting down on the floor. We will practice postural alignment and breathing techniques, meditation, and relaxation.

## 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.

## GENTLE MAT PILATES

A gentle approach to mat Pilates based on techniques developed by Joseph Pilates which includes concentrated work on core strength, body alignment and muscular balance. We will connect breath with movement and learn to practice self-awareness.

## GENTLE YOGA

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

## HIGH INTENSITY INTERVAL TRAINING (H.I.I.T)

Combines short high intensity bursts of cardio and strength training followed by recovery periods. 45-minutes is all you need.

## 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.

## KUNDALINI YOGA

Grateful to Yogi Bhajan for sharing this important technology for health, happiness, & wholeness. Kundalini Yoga brings awareness of the breath to every moment.

## LES MILLS BODY PUMP®

This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music & your choice of weight inspires you to get the results you came to class for.

## LES MILLS CX WORX®

Based on cutting-edge scientific research, this program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body.

## LES MILLS BODY COMBAT®

This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music, you strike, punch, kick and kata your way through calories to superior cardio fitness.

## MUAY THAI KICKBOXING

Have a blast punching and kicking pads while building muscular and cardio fitness and getting into the best shape of your life. Your coach blends traditional Muay Thai with Western kickboxing to create unique, safe, high energy classes that are super effective, focused on you and unlike any other training experience you have ever had.

## PILATES PLUS

An exciting class that incorporates a Pilates-based workout that will simultaneously stretch, strengthen, tone and align your body uniformly. Balls and tubes may be included in this program as we increase your overall core strength. Challenge yourself, or use our modifications.

## POOL PILATES

Pool Pilates is designed to use the water's natural resistance to increase the body's full range of motion while stabilizing & strengthening core muscles. The focus is building strength and flexibility while improving balance.

## POOL POWER & PILATES

With the use of bells, noodles and stretch ropes, power your way through a focused workout to develop your core, as well as your upper and lower body strength.

## 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.

## R.A.M (RANGE AND MOVE)

Today we know that physical signs of aging are a product of lifestyle choices not chronological age. This class offers a comprehensive plan for slowing down the aging process through gentle stretch and exercise that focuses on developing strong, flexible muscles and increasing your range of motion. You don't have to be flexible. You just have to be able to move!

## 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.

## SWEAT & SCULPT

Total body conditioning that will sculpt your body. This class includes cardio movement in between stretching & muscle toning with hand-held weights, stability ball & tubing.

## 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.

## T.R.A.I.N. INSANE

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!

## TRIPLE FUSION

Designed to take you through a series of 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.

## 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.

## YOGA PILATES FUSION

A flowing mind and body class integrating Yoga and Pilates for strength, power, balance and flexibility.

## YOQUA

Combines the soothing environment of the warm pool with the breathing, stretching, and meditative benefits of yoga.

## 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.

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- 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



Group Exercise Director: Carmen Erian,  
860-231-6348, [cerian@mandelljcc.org](mailto:cerian@mandelljcc.org)