### Virtual & Outdoor Group Fitness Schedule | AUGUST 2020

Effective: August 1 - August 31, 2020 | Subject to change | Edited 8-4-20

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td><strong>8-9am</strong>&lt;br&gt;Yoga&lt;br&gt;(MB, M) Joe&lt;br&gt;Outdoors</td>
<td><strong>6:30am</strong>&lt;br&gt;P90X&lt;br&gt;(C, S) Dave&lt;br&gt;Facebook Friends</td>
<td><strong>6-6:45am</strong>&lt;br&gt;Yoga&lt;br&gt;(MB, M) Liz&lt;br&gt;Facebook Friends</td>
<td><strong>6:45am</strong>&lt;br&gt;Strengthening&lt;br&gt;(S, D, T, M) Farrah&lt;br&gt;Outdoors</td>
<td><strong>6:45am</strong>&lt;br&gt;Strengthening&lt;br&gt;(S, D, T, M) Farrah&lt;br&gt;Outdoors</td>
<td><strong>7:30-8:05am</strong>&lt;br&gt;Insanity&lt;br&gt;(S, C, M) Liz&lt;br&gt;Facebook Friends</td>
<td><strong>8:05am</strong>&lt;br&gt;Insanity&lt;br&gt;(S, C, M) Carmen&lt;br&gt;Outdoors &amp; Facebook Friends</td>
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<td><strong>9-10am</strong>&lt;br&gt;Zumba&lt;br&gt;(C) Jenni&lt;br&gt;ZOOM ID: 295-620-753&lt;br&gt;Password: 067159</td>
<td><strong>7:30-8:05am</strong>&lt;br&gt;Silver Strength&lt;br&gt;(A, D) Joan&lt;br&gt;ZOOM - ID: 343-218-359, Password: 123456</td>
<td><strong>7:30-8:05am</strong>&lt;br&gt;Silver Strength&lt;br&gt;(S, D) Joan&lt;br&gt;ZOOM - ID: 343-218-359, Password: 123456</td>
<td><strong>8-9am</strong>&lt;br&gt;Yoga&lt;br&gt;(MB, M) Rachel&lt;br&gt;Outdoors</td>
<td><strong>8:45am</strong>&lt;br&gt;Bodycombat&lt;br&gt;(MB, S, M) Daniel&lt;br&gt;Outdoors</td>
<td><strong>8-8:45am</strong>&lt;br&gt;Bodycombat&lt;br&gt;(MB, S, M) Carmen&lt;br&gt;Facebook Friends</td>
<td><strong>8:45am</strong>&lt;br&gt;Insanity&lt;br&gt;(S, C, M) Farrah&lt;br&gt;Outdoors &amp; Facebook Friends</td>
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<td><strong>9:15-10:15am</strong>&lt;br&gt;Zumba&lt;br&gt;(C) Laurie&lt;br&gt;Outdoors (No class Aug 30)</td>
<td><strong>8-9am</strong>&lt;br&gt;Gentle Yoga&lt;br&gt;(MB, M) Ellen&lt;br&gt;Outdoors</td>
<td><strong>9:15-10am</strong>&lt;br&gt;HIIT&lt;br&gt;(S, C, D, M) Ahmad&lt;br&gt;Outdoors</td>
<td><strong>9:35am</strong>&lt;br&gt;Silver Strength&lt;br&gt;(A) Joan&lt;br&gt;ZOOM - ID: 343-218-359, Password: 123456</td>
<td><strong>9-9:30am</strong>&lt;br&gt;Power Hour&lt;br&gt;(S, D) Carmen&lt;br&gt;Facebook Friends</td>
<td><strong>9-9:35am</strong>&lt;br&gt;Latin Light&lt;br&gt;(S, C, M) Carmen&lt;br&gt;Outdoors</td>
<td><strong>8:45am</strong>&lt;br&gt;Insanity&lt;br&gt;(S, C, M) Carmen&lt;br&gt;Facebook Friends</td>
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<td><strong>10:30-11:15am</strong>&lt;br&gt;Yoga&lt;br&gt;(MB, M) Sara&lt;br&gt;Facebook Friends</td>
<td><strong>9:30-9:45am</strong>&lt;br&gt;Morning Boost&lt;br&gt;(A) Sara&lt;br&gt;Facebook Friends</td>
<td><strong>9:30-10:15am</strong>&lt;br&gt;Power Yoga&lt;br&gt;(MB, M, S) Dana&lt;br&gt;Outdoors</td>
<td><strong>9:30-10:20am</strong>&lt;br&gt;HIIT&lt;br&gt;(S, C, S, M) Laura&lt;br&gt;Facebook Friends</td>
<td><strong>9:10-10:20am</strong>&lt;br&gt;Bodycombat&lt;br&gt;(S, D, T, M) Farrah&lt;br&gt;Outdoors</td>
<td><strong>9-9:30am</strong>&lt;br&gt;Power Half Hour&lt;br&gt;(S, D, M) Carmen&lt;br&gt;Outdoors</td>
<td><strong>9-9:35am</strong>&lt;br&gt;Bodycombat&lt;br&gt;(MB, S, M) Carmen&lt;br&gt;Outdoors</td>
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<td><strong>10:30-11:15am</strong>&lt;br&gt;Mat Pilates&lt;br&gt;(MB, S, M) Carmen&lt;br&gt;Facebook Friends</td>
<td><strong>10:30-11:15pm</strong>&lt;br&gt;Bodycombat&lt;br&gt;(C, S) Carmen&lt;br&gt;Facebook Friends</td>
<td><strong>10:30-10:20am</strong>&lt;br&gt;Bodycombat&lt;br&gt;(MB, S, M) Carmen&lt;br&gt;Facebook Friends</td>
<td><strong>10:15-11am</strong>&lt;br&gt;Tai Chi&lt;br&gt;(MB) Pete&lt;br&gt;Outdoors</td>
<td><strong>10:15am</strong>&lt;br&gt;Butts and Gutts&lt;br&gt;(S, M) Andy&lt;br&gt;Outdoors</td>
<td><strong>9:15-10am</strong>&lt;br&gt;Bodycombat&lt;br&gt;(MB, S, M) Carmen&lt;br&gt;Outdoors</td>
<td><strong>9-9:35am</strong>&lt;br&gt;Bodycombat&lt;br&gt;(MB, S, M) Carmen&lt;br&gt;Outdoors</td>
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<td><strong>6-7pm</strong>&lt;br&gt;Zumba&lt;br&gt;(C) Jenni&lt;br&gt;ZOOM ID: 295-620-753&lt;br&gt;Password: 067159</td>
<td><strong>10:45-11:15am</strong>&lt;br&gt;Barre&lt;br&gt;(MB, S) Melissa&lt;br&gt;Facebook Friends</td>
<td><strong>10:30-10:45pm</strong>&lt;br&gt;Pilates&lt;br&gt;(MB, S, M) Sol&lt;br&gt;Facebook Friends</td>
<td><strong>10:15-11am</strong>&lt;br&gt;Barre&lt;br&gt;(MB, M) Melissa&lt;br&gt;Facebook Friends</td>
<td><strong>10:45-11:15pm</strong>&lt;br&gt;Pilates&lt;br&gt;(MB, S, M) Sol&lt;br&gt;Facebook Friends</td>
<td><strong>9:30-10:30am</strong>&lt;br&gt;Yoga&lt;br&gt;(MB) Kim&lt;br&gt;Facebook Friends</td>
<td><strong>9-9:35am</strong>&lt;br&gt;Bodycombat&lt;br&gt;(MB, S, M) Carmen&lt;br&gt;Outdoors</td>
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**Virtual Classes**<br>Held on Mandell JCC Facebook Friends or Zoom

**Outdoor Classes**<br>Held in the Jonathan's Dream playground (JCC parking lot in back)<br>No masks are required during class as long as members stay at least 6 feet apart.<br>Outdoor classes are subject to cancellation last minute due to inclement weather. Cancellations will be posted on the Mandell JCC Facebook Friends group.<br>Online registration for outdoor classes is required and is for JCC members only. Max capacity is 25 participants. Members are to bring their own equipment including mats. Please plan ahead and arrive at least 10 minutes prior to the beginning of class for check in and screening.

**Class Type Key:**<br>MB - Mind Body<br>C - Cardio<br>S - Strength<br>A - Active Adults

**Equipment Key:**<br>D - Dumbbells<br>T - Tube<br>M - Mat

Held in the Jonathan's Dream playground (JCC parking lot in back)
Mandell JCC Group Fitness Descriptions

BOOTCAMP
Back to basics training! Learn to move strong, determined and effective. This class will fatigue your muscles and teach you how to get the BEST out of You!! Bodyweight only class, just bring your mat!

BUTTS AND GUTS
This class is a combination of squat and lunge variations along with some old school mat exercises designed to target and tone those problem areas like the tummy, hips, butt, inner thighs and outer thighs. All levels are welcome and all the exercises can be modified. All you’ll need is a mat and a desire to feel the burn!

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.

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

BODY PUMP
BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You’ll leave the workout feeling challenged and motivated, ready to come back for more.

CORE FUSION
Train your core with stability, strength and dynamic movement making you strong and SWEATY from the inside out!

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

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

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.

LATIN LIGHT
Light aerobic exercise done to Latin music. Think Mambo, ChaCha, and Samba at a moderate pace.

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

MORNING BOOST WORKOUT
In this 30 minute class, we will take you through a workout consisting of cardiovascular training to hit your target heart rate zone, weight training to get you in your fat burning zone, and will end with stretching and relaxation!

POWER HALF HOUR
This class is designed to shed fat and build strength and endurance in a half hour using dumbbells. This class includes circuit training and ends on the mat for a complete workout.

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!

RPM
RPM™ is a group indoor cycling workout where you control the intensity. It’s fun, low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

STRENGTH
Hit every muscle in your body with this circuit based strength workout. Your muscles will fatigue, your heart rate will rise and you will feel incredible!

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.

TAI CHI
Tai Chi is a traditional Chinese form of exercise that uses graceful movement for resistance; a chair is used for seated and/or standing support.

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.

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

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.

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