

NEW ORLEANS JCC - UPTOWN GROUP EXERCISE SCHEDULE

Revised 8/1/2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
CYCLING MADNESS ☺ 9:00 - 10:00 AM DALIAH	<u>INDOOR CYCLING**</u> <u>7:00 - 8:00 AM</u> <u>MICHELE</u>	ROCK-N-RIDE (Cycling)** 7:00 - 7:45 AM RAE	SUNRISE RIDE ☺ 6:00 - 7:00 AM LILLI	SUNRISE STROLL 6:00-7:00 AM LESLIE	<u>CYCLING CRUNCH**</u> <u>7:00 - 8:00 AM</u> <u>WINNIE</u>	
INTERVAL TRAINING*** 10:00 - 11:00 AM CAROLINE	STEP-N-SCULPT** 8:00 - 9:00 AM RHONDA	AQUA FIT☺ 8:00-9:00 AM LESLIE	CORE POWER & CARDIO** 7:00 - 8:00 AM KRISTIN	INDOOR CYCLING702G** 7:00 - 8:00 AM MICHELE	CARDIO-N-SCULPT** 8:00 - 9:00 AM KELLY B.	
<u>VINYASA FLOW ☺</u> <u>1:00 - 2:00 PM</u> <u>TBA</u>	LOW IMPACT* 9:00 - 10:00 AM KELLY	<u>CARDIO-N-SCULPT☺</u> <u>8:00 - 9:00 AM</u> <u>TIM</u>	INTERVAL TRAINING** 8:00 - 9:00 AM RHONDA	AQUA FIT☺ 8:00-9:00 AM LESLIE	LOW IMPACT* 9:00 - 10:00 AM LESLIE	
MAT PILATES ☺ 3:00 - 4:00 PM APRIL	RELAX-N-STRETCH* 10:00 - 10:30 AM KELLY	CIRCUIT @ YOUR PACE* (DS) 8:45 - 9:30 AM MONICA	LOW IMPACT* 9:00 - 10:00 AM MONICA	CARDIO-N-SCULPT☺ 8:00 - 9:00 AM JANE	RELAX-N-STRETCH* 10:00 - 10:30 AM LESLIE	
	ROCK-N-RIDE (Cycling) ☺ 10:30 - 11:30 AM DOTTY	CIRCUIT @ YOUR PACE* (DS) 9:30 - 10:15 AM MONICA	POWER YOGA** (DS) 9:30 - 10:30 AM KELLY	<u>CIRCUIT @ YOUR PACE* (DS)</u> <u>8:45 - 9:30 AM</u> <u>KELLY</u>	<u>CYCLE BEATS**</u> <u>10:30 - 11:30 AM</u> <u>WINNIE</u>	
	POWER HOUR*** 12:00 - 1:00 PM JOSH M.	"YES, DRILL SERGEANT!"*** 9:15 - 10:15 AM CAROLINE	RELAX-N-STRETCH* 10:00 - 10:30 AM MONICA	<u>CIRCUIT @ YOUR PACE* (DS)</u> <u>9:30 - 10:15 AM</u> <u>KELLY</u>	POWER CIRCUIT*** 12:00 - 1:00 PM JOSH M.	
All classes must have a minimum of 3 people in order to take place. Please tell your friends!		ZUMBA ☺ 10:30 - 11:30 AM BECCA	ROCK-N-RIDE (Cycling) ☺ 10:30 - 11:30 AM SAMMYE	"YES, DRILL SERGEANT!"*** 9:15 - 10:15 AM CAROLINE	HAPPY HOUR** 5:30-6:30 PM JOSH M.	
		MAT PILATES ** 12:00 - 1:00 PM KRISTIN	POWER HOUR*** 12:00 - 1:00 PM JOSH M.	ZUMBA☺ 10:30 - 11:30 AM SHAYRA		
All classes are held in the group exercise room unless otherwise stated and start promptly, so please arrive on time. If it is your first time in an Indoor Cycling Class, please arrive 10 minutes early for bike set up.				MAT PILATES*** 12:00 - 1:00 PM KRISTIN	<u>CLASS KEY</u> * = BEGINNER ** = INTERMEDIATE *** = ADVANCED ☺ = ALL LEVELS DS = DANCE STUDIO = POOL	
		OPEN YOGA ☺ (DS) 5:15 - 6:15 PM CLAIBORNE	PAIN-N-GAIN*** 5:30 - 6:30 PM JOSH M.	INDOOR CYCLING ☺ 5:30 - 6:30 PM J. MORGAN		PAIN-N-GAIN*** 5:30 - 6:30 PM JOSH M.
		BOOT CAMP STYLE** 5:30 - 6:30 PM J. MORGAN	OPEN YOGA ☺ (DS) 5:30 - 6:30 PM CLAIBORNE	WEDNESDAY WARRIORS*** 6:30 - 7:30 PM JOSH M.		MAT PILATES** (DS) 5:30 - 6:30 PM ERIC
		<u>INDOOR CYCLING ☺</u> <u>6:30 - 7:30 PM</u> <u>EVE</u>	MAT PILATES ☺ 6:30 - 7:30 PM GRETCHEN	ZUMBA ☺ 7:30 - 8:30 PM MORRIS		OPEN YOGA ☺ 6:30 - 7:30 PM CLAIBORNE

☆ NEW CLASSES/CHANGES ARE BOLD AND UNDERLINED ☆ UPDATED SCHEDULE CAN BE FOUND ON www.nojcc.org

New Orleans JCC | 5342 St. Charles Avenue | New Orleans, LA 70115 | 504.897.0143

GOLDRING FITNESS CENTER HOURS

SUNDAY, 8:00 AM - 6:45 PM | MON - THURS, 5:30 AM - 10:00 PM | FRIDAY, 5:30 AM - 5:00 PM | SATURDAY, 8:00 AM - 6:45 PM



CLASS DESCRIPTIONS

AQUA FIT A fun deep water workout in the pool. Consists of cardio endurance training, shaping and strengthening all muscle groups, increasing flexibility, using state of the art equipment. All levels welcome. NO swimming skills needed.

BOOT CAMP STYLE High-energy work out that combines cardio, resistance training, and core strengthening for total body conditioning. This fast-paced class incorporates dumbbells, resistance bands, jump ropes, and body weight exercises for maximum results.

CARDIO-N-SCULPT Using steps, Bosu balls, cardio drills, resistance training, or kickboxing, this class is guaranteed to increase your heart rate. Use your own intensity to get the results you want.

CIRCUIT @ YOUR PACE A specialized circuit training class utilizing the Hydra Fit Pace equipment. Move from station to station and strengthen every muscle.

CORE POWER & CARDIO This class is designed to target every muscle by building strength, adding definition, improving balance, increasing flexibility and burning calories. Routines will change each week but will include body weight exercises, plyometrics & cardio bursts, as well as the use of weights, Pilates equipment, and other fitness tools

CYCLING CRUNCH An intense cardiovascular cycling class combined with an abdominal strength class. Driven by the beat of the music, come experience 40 minutes of endurance, strength, and intervals on the bike followed by a creative and effective ab routine that will result in achieving your goals and leaving you sweaty!

CYCLING MADNESS Variety of rides designed to challenge and improve cardio, health, and energy. All levels are invited to ride towards a better health.

CYCLE BEATS In this 55 minute ride, experience athletic training, endurance sprints, drills in and out of the saddle, and team riding that will push you to your limits. You can lose yourself in the dark and tune out the day's frustrations all while riding to the beat of the music, and being pushed and inspired by your inner warrior.

HAPPY HOUR End the week strong with Happy Hour! Trainer Josh Murray will take you through fun and innovative high intensity workouts that feature TRX, Kettle bells, Battle Ropes, and Slam Balls. Prepare to sweat and have fun with your fellow classmates as you go into the weekend guilt free.

INDOOR CYCLING Using the Schwinn indoor cycles, you will work at your heart rate max to achieve cardio fitness. A heart rate monitor is highly recommended for this class.

INTERVAL TRAINING This class uses Bosus, step, medicine balls, dumb bells and more. Short intervals of weights and cardio that help you burn more calories, ending with exercises that concentrate on the core.

LOW IMPACT A cardio class that will get your heart rate up. This low impact aerobic class is designed to keep one foot on the ground at all times, giving you all of the benefits of moderate aerobic exercise without the wear and tear on your joints. *MUST BE ABLE TO GET UP AND DOWN OFF THE GROUND WITHOUT ASSISTANCE.

MAT PILATES Pilates is one of the most popular, effective, and balanced workouts in fitness clubs across the country. Mat exercises help improve posture, increase flexibility, and improve core stability.

OPEN YOGA Dynamic and static exercises facilitate the creation of new awareness in your body, breath and mind.

PAIN-N-GAIN An intense boot camp style class, incorporating high and low movements, plyometrics, and elements from Navy Seal, MMA, and combat training. Perfect for intermediate to advanced fitness levels. Prepare to dig deeply and sweat to push yourself to the next level! Are you up for the challenge?

POWER HOUR/CIRCUIT A full body workout designed to sculpt your body, improve balance, and increase core strength.

POWER YOGA This class incorporates asanas that are geared to stretch and strengthen your body. Each asana is moved through with power and intensity.

RELAX-N-STRETCH De-stress and refresh yourself with this class, which includes a combination of static stretches and techniques to increase your flexibility.

ROCK-N-RIDE A vigorous ride to your favorite Rock-N-Roll music to keep you motivated through the entire class!

STEP-N-SCULPT A full-body workout which incorporates weights and the step. Get your heart rate up and tone your body at the same time.

SUNRISE RIDE High energy bringing the form of outside riding to music. Imagery ride takes you from flat roads into the hills as we simulate different types of wind.

SUNRISE STROLL This low-impact, water walking workout uses the natural resistance of the water to strengthen core muscles and increase balance, coordination and flexibility. Class will incorporate dumbbells and noodles. All levels welcome.

VINYASA FLOW Smooth poses that run together, one of the most popular contemporary styles of yoga. Each movement in the series is cued by an inhalation or an exhalation of the breath. Gain balance, flexibility, and strength while relaxing the mind and body.

WEDNESDAY WARRIORS Time to get over the hump put your mind, body, and spirit to the ultimate test with this new innovative class. You will perform strength and high intensity cardio exercises that will reveal your inner warrior.

"YES, DRILL SERGEANT!" The unique format of this class uses step with plyometric and high-intensity drills. Fresh full body exercise will tone and strengthen all major muscle groups, followed by a relaxing stretch.

ZUMBA This cardio movement is a great way to lose weight and is specifically choreographed to tighten your stomach and core to the tune of Latin music.