

# NEW ORLEANS JCC - UPTOWN GROUP EXERCISE SCHEDULE

Revised 9/11/2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLING MADNESS ☺ 9:00 - 10:00 AM DALIAH	INDOOR CYCLING** 7:00 - 8:00 AM MICHELE	ROCK-N-RIDE (Cycling)** 7:00 - 7:45 AM RAE	SUNRISE RIDE ☺ 6:00 - 7:00 AM LILLI	INDOOR CYCLING** 7:00 - 8:00 AM MICHELE	CYCLING CRUNCH** 7:00 - 8:00 AM WINNIE
INTERVAL TRAINING*** 10:00 - 11:00 AM CAROLINE	STEP-N-SCULPT** 8:00 - 9:00 AM RHONDA	CARDIO-N-SCULPT☺ 8:00 - 9:00 AM TIM	CORE POWER & CARDIO** 7:00 - 8:00 AM KRISTIN	CARDIO-N-SCULPT☺ 8:00 - 9:00 AM JANE	CARDIO-N-SCULPT** 8:00 - 9:00 AM KELLY B.
<b><u>VINYASA FLOW ☺</u></b> <b><u>1:00 - 2:00 PM</u></b> <b><u>ELIZA/ANNA</u></b>	LOW IMPACT* 9:00 - 10:00 AM KELLY	CIRCUIT @ YOUR PACE* (DS) 8:45 - 9:30 AM MONICA	INTERVAL TRAINING** 8:00 - 9:00 AM RHONDA	<b><u>CIRCUIT @ YOUR PACE* (DS)</u></b> <b><u>8:45 - 9:30 AM</u></b> <b><u>KELLY</u></b>	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) 9:30 - 10:15 AM MONICA	LOW IMPACT* 9:00 - 10:00 AM MONICA	<b><u>CIRCUIT @ YOUR PACE* (DS)</u></b> <b><u>9:30 - 10:15 AM</u></b> <b><u>KELLY</u></b>	RELAX-N-STRETCH* 10:00 - 10:30 AM LESLIE
	ROCK-N-RIDE (Cycling) ☺ 10:30 - 11:30 AM DOTTY	"YES, DRILL SERGEANT!"*** 9:15 - 10:15 AM CAROLINE	POWER YOGA** (DS) 9:30 - 10:30 AM KELLY	"YES, DRILL SERGEANT!"*** 9:15 - 10:15 AM CAROLINE	CYCLE BEATS** 10:30 - 11:30 AM WINNIE
	POWER HOUR*** 12:00 - 1:00 PM JOSH M.	ZUMBA ☺ 10:30 - 11:30 AM BECCA	RELAX-N-STRETCH* 10:00 - 10:30 AM MONICA	<b><u>ZUMBA☺</u></b> <b><u>10:30 - 11:30 AM</u></b> <b><u>MORRIS</u></b>	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!		MAT PILATES ** 12:00 - 1:00 PM KRISTIN	ROCK-N-RIDE (Cycling) ☺ 10:30 - 11:30 AM SAMMYE	MAT PILATES*** 12:00 - 1:00 PM KRISTIN	HAPPY HOUR** 5:30-6:30 PM JOSH M.
			POWER HOUR*** 12:00 - 1:00 PM JOSH M.		
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.					<b><u>CLASS KEY</u></b>  * = 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
		<b><u>INDOOR CYCLING ☺</u></b> <b><u>6:30 - 7:30 PM</u></b> <b><u>EVE</u></b>	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](http://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

**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 improves 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.

**702HAPPY 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.