

group fitness schedule



revised June 4

SUNDAY

MORNING

Coach by Color Cycling®

9:00 - 10:00 AM **

Various Instructors (SS)

Kickboxing

10:30 - 11:15 AM **

Raj

CHILD CARE HOURS

Sunday - Friday
8:00 AM - 12:00 PM

Monday - Thursday
5:30 - 7:30 PM

FITNESS HOURS

Monday - Thursday
5:30 AM - 10:00 PM

Friday
5:30 AM - 6:00 PM

Saturday
1:00 - 6:45 PM

Sunday
8:00 AM - 6:45 PM

Goldring - Woldenberg
JCC - Metairie
3747 W. Esplanade Ave.
Metairie, LA 70002
504-887-5158

www.nojcc.org

Class schedules are also
available online

MONDAY

MORNING

H.O.T. Body Workout

6:00 - 6:45 AM **

Dotty

Circuit Training

9:00 - 10:00 AM **

Julian **NEW TIME!**

Yoga

9:00 - 10:00 AM *

Elaine

Staying Fit

11:00 AM - 12:00 PM *

Patricia

EVENING

Abs Express

5:45 - 6:10 PM **

Elizabeth

Water Aerobics

6:00 - 7:00 PM *

Sue

Muscle Mania Push

6:15 - 7:00 PM **

Elizabeth

TUESDAY

MORNING

Coach by Color Cycling®

6:00 - 7:00 AM **

Dotty (SS)

Quick HIIT

8:00 - 8:30 AM (\$)

Julian (PT Studio)

Ultimate Workout

8:30 - 9:30 AM ***

Julian (Gymnasium)

Zumba-N-Tone

9:00 - 10:00 AM *

Morris

Mat Pilates

10:00 - 11:00 AM *

Dana

EVENING

Mat Pilates

5:30 - 6:30 PM *

Dana

Spinsanity

6:00 - 7:00 PM **

Ernest (SS)

Yoga

6:30 - 7:30 PM *

Ann

WEDNESDAY

MORNING

Coach by Color Starter Cycling

6:00 - 7:00 AM *

Dotty (SS)

Circuit Training

9:00 - 10:00 AM **

Julian **NEW TIME!**

Staying Fit

11:00 AM - 12:00 PM *

Erin

EVENING

Intermediate Yoga

5:30 - 6:30 PM **

Rachel

Water Aerobics

6:00 - 7:00 PM *

Lorianne

Muscle Mania Ignite

6:30 - 7:15 PM **

Elizabeth

THURSDAY

MORNING

Coach by Color Cycling®

6:00 - 7:00 AM **

Dotty (SS)

Coach by Color Cycling®

9:00 - 10:00 AM **

Patricia (SS)

ZUMBA®

10:00 - 11:00 AM *

Charla

EVENING

ZUMBA®

5:30 - 6:30 PM *

Avi

Not Your Basic Boot Camp

6:00 - 7:00 PM **

Christian (Gymnasium)

Coach by Color Cycling®

6:15 - 7:00 PM **

Elizabeth (SS)

Core and More

6:30 - 7:30 PM **

Raj

FRIDAY

MORNING

TRX Sunrise Boot Camp

6:05 - 6:50 AM (\$)

Julian

Ultimate Workout

8:30 - 9:00 AM ***

Julian (PT Studio) **NEW TIME!**

Ultimate Workout

9:00 - 9:30 AM ***

Julian (PT Studio) **NEW TIME!**

Ultimate Workout

9:30 - 10:00 AM ***

Julian (PT Studio) **NEW TIME!**

Yoga

9:00 - 10:00 AM *

Elaine

Staying Fit Yoga

11:00 AM - 12:00 PM *

Patricia

KEY

* Beginner

** Intermediate

*** Advanced

(\$) Additional Fee Required

(SS) Spin Studio

Classes are free for Gold
members or \$10/class

Classes and instructors are
subject to change

Classes are held in the
group exercise studio
unless otherwise stated

group fitness class descriptions

Abs Express - In this 25 minute class, build strong, toned abs that will shape and tighten your mid-section. Learn new, fun and challenging ab exercises.

Circuit Training - This class blends cardio with extensive free weight training. There is also a focus on ab exercises.

Coach by Color® Cycling - Get your power ride on with the Matrix IC7 bike. Specially trained Coach By Color® instructors lead you on a ride like no other while your bike computer displays training zones by color based on your specifications. The IC7 makes fitness more powerful, original and colorful.

Coach by Color Starter Cycling - This class teaches the basics of a Coach by Color style of spinning. You will learn how to properly execute all of the techniques associated with a Coach by Color cycling class. Experienced riders are also welcomed to attend, as a high caloric burn is still inevitable!

Core and More - Join this one-hour class of resistance training focusing on core, glutes, thighs and calves. A guaranteed fun and energetic workout!

H.O.T. Body Workout - Wake up and get an early start with this High Octane Total (HOT) Body Workout. Each class is different. Will it be boot camp, HIIT, Strength Training, or a combination? Whichever style it is, a great workout worth waking up for is guaranteed!

Intermediate Yoga - Are you ready to take things up a notch? Join us for an intermediate yoga class that will include level 1 and 2 ananas and flows. An intermediate practice can be adjusted down, depending upon a person's level of practice and strength, so come give this class a try!

Kickboxing - Want to burn loads of calories while having fun? Then kickboxing is for you! Kick and punch your way into a sweat. This is a great cardio, strength and core workout for all.

Mat Pilates - Pilates helps build long, lean, muscles in abs, hips, back and thighs. Emphasis is placed on spinal and pelvic alignment and breathing while improving balance. Pilates exercise is performed on mat and can be modified for all fitness levels.

Muscle Mania Push - Push it for a 45 minute cardio-conditioning HIIT calorie scorcher. Use a variety of equipment including body weight, dumbbells, resistance bands and a mat.

Muscle Mania Ignite - Ignite your power within to increase your metabolism, build lean muscle tone and a stronger core in this 45 minute class. Use a variety of equipment including body weight, barbell, aerobic step and a mat.

Not Your Basic Boot Camp - End your day the right way at the Metairie JCC! This class is designed to work your entire body by using strength and agility training. We will target large muscle groups so a high calorie burn is inevitable! Leave the long day stresses at the door and come workout with us!

Quick HIIT - This high intensity class is taught as a 30 minute, non-stop, circuit. You will utilize specialized equipment such as rowers, skiers and TRX straps to get a workout like no other! Come burn calories and build strength in a small group environment.

Spinsanity - A sane and safe cadence-based, high intensity indoor cycling experience emphasizing hard fun and motivating music. Spinsanity challenges and encourages you to connect your mind, body and spirit.

Staying Fit - All fitness levels are welcome in this fun class designed to help older adults maintain the strength and energy needed for daily tasks. Watch how your flexibility, bone density and balance can improve when you take this class regularly.

Staying Fit Yoga - This is a great class designed for older adults and includes strength and cardio exercises followed by yoga poses. You'll be sure to leave this class feeling relaxed and rejuvenated! A chair is used for support.

TRX Sunrise Boot Camp - Start your day strong with TRX Sunrise Boot Camp. Burn mega calories as you challenge your muscles and strengthen your core using TRX straps to perform resistance training exercises. Additional fee and bottle of water is required.

Ultimate Workout - Work your entire body while going from one exercise to another without rest. The Ultimate Workout includes plenty of body weight exercises, but the difference lies in the intensity. You work, sweat and burn calories like crazy!!!

Water Aerobics - Take things off land and experience a different type of workout. Water Aerobics is a fun, refreshing pool workout that focuses on endurance, strength and balance. Swimming is not required. All fitness levels welcome.

Yoga - This class is a wonderful holistic way to build strength, balance and flexibility. Each class is unique and the format will be comprised of therapeutic stretch, core strength, joint rotation, balance and realignment positions. The practice of Yoga promotes vibrant health, well being and aids in stress reduction.

ZUMBA® - A fitness party that fuses international rhythms and dance moves. You choose your intensity, but FUN is guaranteed as you dance away the calories!

Zumba-N-Tone - Need a beginner's class? Try Zumba-N-Tone. This class includes easy-to-learn routines and exercises that are sure to increase your heart rate, strengthen your muscles and tone your abs.

