

Group Fitness Schedule

Updated February 1

Class	Instructor	Location
Monday		
8:30 AM (50 min)	Circuit Training	Julian
9:00 AM (50 min)	Yoga	Elaine
11:00 AM (45 min)	Silver Sneakers Circuit	Diana
5:30 PM (45 min)	Yoga	Ann
6:20 PM (45 min)	Boot Camp	Vanessa
Tuesday		
8:15 AM (45 min)	Intermediate Yoga	Stacey
9:30 AM (45 min)	Mat Pilates	Denise
10:30 AM (45 min)	SilverSneakers Yoga	Ann
11:30 AM (45 min)	SilverSneakers Yoga	Ann
5:15 PM (30 min)	CIRCL Mobility	Diana
6:00 PM (45 min)	Zumba	Fhran
Wednesday		
8:30 AM (50 min)	Circuit Training	Julian
9:30 AM (30 min)	CIRCL Mobility	Diana
11:00 AM (45 min)	Staying Fit	Patricia
6:00 PM (45 min)	Boot Camp	Stedman
Thursday		
8:15 AM (45 min)	Intermediate Yoga	Stacey
9:30 AM (45 min)	Mat Pilates	Patricia
10:30 AM (45 min)	SilverSneakers Yoga	Allyson
5:15 PM (30 min)	CIRCL Mobility	Diana
Friday		
6:15 AM (45 min)	TRX® Group Training	Julian
8:30 AM (50 min)	Ultimate Workout	Julian
9:00 AM (50 min)	Yoga	Elaine
10:15 AM (45 min)	SilverSneakers Classic	Celinda
11:05 AM (45 min)	Better Balance	Denise
Saturday		
10:00 AM (45 min)	Zumba	Fhran & Marlen
11:00 AM (45 min)	Yoga (<i>begins Feb. 21</i>)	Sharon
Sunday		
10:00 AM (45 min)	Cardio Kickbox	Margie & Bruce

Participants are encouraged to bring their own water bottle. All other equipment is provided.

Participants must be age 16 or older, or have completed Teen Fit.

Classes are one hour, unless otherwise noted.

Location Key

G - Gymnasium

GE - Group Exercise Room

PT - Personal Training Studio

SS - Spin Studio

P - Pool

nojcc.org



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Fitness Questions:

Denise Thornton
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Membership Questions:

Laura Queyrouze
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Better Balance - Want to improve your balance or prevent a future fall? In this class, learn specially designed exercises to improve balance, physical condition, posture and core strength. You will be amazed by how much taller and stronger you feel.

Boot Camp - Need a push to improve your fitness level? Join us for Boot Camp! Combining interval cardio and strength training drills, this class is packed with fun and energizing activities designed to help you reach your fitness goals.

Cardio Kickbox - Punch and kick your way to a great workout! Shadow boxing and kickboxing moves will train your body and mind. This full-body workout also uses dynamic exercises such as lunges, squats and plyometric work to increase your endurance level, core strength and overall muscular strength.

CIRCL Mobility - It's designed to help release physical restrictions, restore range of motion, and renew core movement capacity. It's very much about functional movement — how your body is meant to move accompanied by healing music.

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

Intermediate Spin - A group cycling class on stationary bikes led by an inspiring coach and set to exciting music. Challenging for both beginners to experienced exercisers.

Intermediate 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.

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.

SilverSneakers Circuit - Seated or standing strength work alternated with low-impact cardio using a chair for support.

SilverSneakers Classic - Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

SilverSneakers Yoga - Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

Staying Fit - This class is designed to help older adults maintain their cardiovascular health, strength, and flexibility. All fitness levels are welcomed. Come and enjoy the benefits of working out in a group setting.

TRX Group Training - TRX suspension training uses your own body weight for resistance. TRX certified trainers teach you to engage your core and work all muscle groups during each class. All levels welcome.

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!!

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!