

SMALL GROUP TRAINING SCHEDULE

Starting November 5, 2018

Register and pay through the MINDBODY or NOJCC app. First time registering through the app for these classes? Please go to nojcc.org/mindbody in order to receive JCC Gold Member pricing.

All classes are 50 minutes unless otherwise noted.

ROOM/STUDIO KEY	
SGT	Personal Training/Small Group Training Studio (Floor 2)

SUNDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
9:00 AM	Rock & Row	SGT	Josh
MONDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
9:00 AM	Rep Out & Row	SGT	Winnie
TUESDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
8:30 AM	TRX (30 minutes)	SGT	Jane
9:15 AM	TRX HIIT	SGT	Caroline
WEDNESDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
6:30 AM	TRX Circuit	SGT	Jane
9:30 AM	Wave 20 (30 minutes)	SGT	Sammye
5:30 PM	TRX RIP and Ropes	SGT	Josh
7:00 PM	Boxing + HIIT	SGT	Santiago
THURSDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
8:15 AM	TRX Circuit	SGT	Rachel
12:00 PM	Wave 20 (30 minutes)	SGT	Katie
FRIDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
9:00 AM	Beast & Bells	SGT	Josh
SATURDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
9:00 AM	XRow	SGT	Caroline
11:30 AM	Boxing + HIIT	SGT	Santiago

*Fees and descriptions located on back.

New Orleans JCC
 Goldring Woldenberg Sports and Wellness Complex
 Monday - Thursday, 5:30 AM -10:00 PM | Friday, 5:30 AM -5:00 PM
 Saturday -Sunday, 8:00 AM -6:45 PM



MEMBER FEES

Platinum SGT: 8 classes per month | \$96 member (\$12/class)

***MUST** use all classes in **30 days**

OR

10 class package (must be used within 90 days of purchase) | \$150 member (\$15/class)

OR

Member or Non-Member Drop-in | \$20 per class

CLASS DESCRIPTIONS

BEAST & BELLS (POWERWAVE™) A workout using the Powerwave™ Crosstrainer and kettle bells that is designed for muscular strength, endurance, and hypertrophy. This workout is designed to produce results in a horizontally loaded circuit by maintaining the cadence of each round marked by a metronome “beep”.

BOXING+HIIT Class focused on implementing your physical fitness by performing advanced boxing combinations & techniques, plus a strong focus on conditioning using HIIT drills applied to boxing to optimize your power and endurance.

REP OUT & ROW (POWERWAVE™) Get in as many reps as possible of each exercise using the Powerwave™ Crosstrainer, while torching calories, gaining muscle, and rowing to your hearts limit.

ROCK & ROW Heart racing rowing intervals on water rowers, while you rock out to the beat of the music. This is a cardiovascular heavy workout, heart rate monitors recommended to be sure you remain in your individual target heart rate zone.

TRX CIRCUIT TRX/RIP bodyweight exercises.

TRX HIIT Longer rounds on TRX, followed by high intensity cardio and plyo drills.

TRX RIP AND ROPES Full body workout using the TRX RIP trainers and battle ropes.

WAVE 20 (POWERWAVE™) A total body workout using the Powerwave™ Crosstrainer taught as a circuit and includes 4 sets of 5 exercises in intervals of 50 seconds followed by 10 seconds of recovery/transition.

XROW This is your total body workout! We will alternate sprint and/or endurance intervals on the water rower with power, strength, and core exercises on the floor using a variety of equipment.