



# CLASS DESCRIPTIONS

FOREVER YOUNG	SPINNING	SCULPTING	BODY&MIND	CHOREOGRAPHY	ATHLETIC TRAINING
<b>EZ ENERGY 55 MIN</b> Improve <b>mobility &amp; stability and cardiovascular health</b> in this soft impact class We finish this fun class with core work and stretching	<b>MORNING SPIN 45 MIN</b> <b>Start your day off right!</b> Spin your way to a stronger heart and better health!	<b>PUMPED PLUS 55 MIN</b> Get strong and defined as we <b>WORK</b> all major muscle groups! improve your muscular <b>STRENGTH, ENDURANCE &amp; POWER!</b>	<b>YOGA 55 MIN</b> <b>All levels welcome!</b> Poses focus on alignment offering practitioners the opportunity to gain <b>strength, stamina, flexibility and mindfulness.</b>	<b>ZUMBA 55 MIN</b> <b>Join the Party!</b> Latin flavor Hi/Low Impact dance based movement & awesome music will make you <b>forget it's a workout!</b>	<b>CARDIO CUTZ 55MIN</b> A seamless combo of power cardio moves and muscular <b>strength/endurance</b> intervals done at your own station.
<b>EVER FIT 55 MIN</b> This gentle-moving class will improve over-all fitness including <b>strength, balance and cardiovascular health</b> *options provided	<b>SPIN&amp;PUMP 55 MIN</b> <b>SPIN into shape</b> and then... <b>challenge</b> your major muscle groups with weights and core strengthening	<b>SETS PLUS 55MIN</b> Dumb bell super set intervals alternate with explosive muscular power moves A full body workout <b>with amazing results!</b>	<b>BARRE 55 min</b> Ballet based fitness with weight intervals and core conditioning. This class will help you to <b>lengthen, strengthen and tone</b> your thighs, arms, abs and glutes.	<b>MULTI-STEP 55 MIN</b> This fun & energetic step class uses 2 to 4 steps and <b>challenges your cardio and coordination</b>	<b>CARDIO PUMP 55MIN</b> Intervals of step and high-low cardio alternating with weight training sets <b>You will see results!</b>
<b>ZUMBA GOLD 55 MIN</b> <b>ZUMBA = fun fitness!</b> Low Impact dance based movement with awesome music that will get you fit while having fun!	<b>SPIN 55 MIN</b> <b>Fire up your cardio fitness</b> in this super-sweaty cycling workout!	<b>BODY BLAST 55 MIN</b> <b>Amp up your strength</b> training with this full body muscle workout utilizing barbells, hand weights and cardio intervals	<b>VITALITY Stretch 55 MIN</b> Enjoy this slow paced stretch and flexibility class. We stretch with purpose <b>to renew length and balance</b> in our bodies	<b>HIGH FITNESS 55 MIN</b> <b>A Sweaty Blast!!</b> <b>Fun:</b> Popular music (new & old) <b>Intensity:</b> Intervals, plyometrics and easy to follow cardio <b>Consistent:</b> All instructors teach the same choreography	<b>HIIT 55 MIN</b> Take your <b>fitness and fat loss</b> to the next level. Various portable equipment is used in this explosive full body workout. High Intensity Interval Training <b>boosts metabolism</b> and improves aerobic and anaerobic fitness
			<b>PILATES 55 MIN</b> A mat class blending strength and flexibility training to improve posture and functional movement. <b>Create long lean muscles and a stronger core!</b>	<b>20/20/20 55 MIN</b> <b>Get the variety you crave!</b> Mix it up in this fun interval training class Intervals total, 20 minutes of step, 20 minutes of hi/low cardio and 20 minutes of resistance training	<b>BOOT CAMP 55 MIN</b> An athletic workout that includes strength training and cardio drills with minimum choreography. A great class for those who want a <b>vigorous workout</b>
				<b>CARDIO TABATA 55 MIN</b> (NO EQUIPMENT) An interval class of high intensity cardio Will greatly improve overall fitness <b>Nothing fancy, just fierce!!!</b>	
			<b>BODY CIRCUIT 55 MIN</b> <b>Challenge yourself!</b> This fast paced moving circuit class will work your entire body. Various stations will challenge you to push your cardio, strength and endurance to the next level.		

ALL CLASSES ARE SELF-PACED AND INCLUDED IN YOUR JCC MEMBERSHIP. DROP-INS AVAILABLE FOR NON-MEMEBERS