




CLASS DESCRIPTIONS

BODY&MIND	FOREVER YOUNG	SPINNING	SCULPTING	CHOREOGRAPHY	ATHLETIC TRAINING
YOGA 55 MIN <i>All levels welcome!</i> Enjoy this wonderful combination of various Yoga Practices	EZ ENERGY 55 MIN <i>Improve mobility&stability as well as cardiovascular health in this soft impact class</i> We complete this fun class with functional core and stretch	SPIN 55 MIN <i>Fire up your cardio fitness in this super-sweaty cycling Workout!</i>	PUMPED PLUS 55 MIN <i>Get strong and defined as we WORK all major muscle groups!</i> We improve our muscular STRENGTH, ENDURANCE & POWER!	ZUMBA 55 MIN <i>Join the Party! Latin flavor Hi&Low Impact</i> dance based movement & awesome music will make you forget it's a workout!	TABATA 45 MIN <i>PUSH HARD and REST Intervals with a variety of equipment will greatly improve over-all fitness!</i> Nothing fancy, just fierce!!!
ZEN BLEND 55 MIN <i>A beautiful BLEND of Yoga and Pilates</i> Improving Strength Balance, flexibility <i>*special attention to the core</i>	EVER FIT 55 MIN <i>This gentle-moving class will improve over-all fitness including strength, balance and cardiovascular health</i> <i>*options provided</i>	SPIN&PUMP 55 MIN <i>We will SPIN you into shape and then...</i> PUMP your major muscle groups to fatigue!	SETS PLUS 55MIN <i>Super Set City!!! All Sculpt!!</i> <i>Using only dumb bells we do full body super-sets see new and amazing results!</i> We kick up our regular SETS <i>By adding an interval of... Explosive Muscular Power BETWEEN</i> Each Super Set!!! We challenge our muscular STRENGTH, ENDURANCE & POWER!	HIGH FITNESS 55 MIN <i>A Sweaty Blast!!</i> Fun: Popular music new and old Intensity: Intervals, plyometrics and easy to follow cardio Consistency: All instructors teach the same choreography!	CARDIO CUTZ 55MIN <i>You have your own station to work all of your Training Systems</i> In this seamless combination of powerful cardio and multi-muscular strength and endurance intervals
VITALITY Stretch 55 MIN <i>Enjoy this slow paced stretch and flexibility class</i> We move slowly and methodically to renew length and balance in our bodies	ZUMBA GOLD 55 MIN <i>Join the Party! Low Impact</i> dance based movement & awesome music will make you grin from ear to ear ZUMBA = fun fitness!	MORNING SPIN 45 MIN <i>Start your day off right!</i> Spin your way to a stronger heart and better health!			CARDIOPUMP 55 MIN <i>A Great start to your week!</i> intervals of high-low and step cardio, and muscle-work will give you super results!
PILATES 55 MIN <i>Improve your posture strengthen your core and make all of your everyday activities easier to perform!</i>				CARDIO TABATA 55 MIN (NO EQUIPMENT) <i>PUSH HARD and REST Intervals OF HIGH INTENSITY CARDIO WILL GREATLY IMPROVE ALL OVER FITNESS!</i> Nothing fancy, just fierce!!!	HIIT 55 MIN High Intensity Interval Training YOUR BODY WEIGHT IS THE RESISTANCE <i>No fancy choreography</i> Just crazy intense intervals of CARDIO AND MUSCLE! 30 SECONDS ON 10 SECONDS OFF!

ALL CLASSES ARE SELF-PACED AND INCLUDED IN YOUR JCC MEMBERSHIP DROP-INS AVAILABLE