

Group Exercise Schedule



Evelyn Rubenstein JCC
Houston

May 1—May 31 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|---|
| | Strength Circuit 6:00 - 6:55 AM Ulises Group Ex room | Indoor Cycle 5:30 - 6:15 AM Robin Cycle Studio | Indoor Cycle 6:15 - 7:00 AM Evan Cycle Studio | Ultimate HIIT 6:00—6:55 AM Angela Group Ex room | Abs 5:45 - 6:00 AM Robin Group Ex room |
| | *Deep Water Fitness 7:15 - 8:00 AM Millette Indoor Pool | Hatha Yoga 6:00 - 6:55 AM Ryan Group Ex room | *Deep Water Fitness 7:15 - 8:00 AM Betsy Indoor Pool | Pilates Mat 8:00 - 8:55 AM Angela Group Ex room | Indoor Cycle 6:00 - 6:45 AM Robin Cycle Studio |
| | Core & More 8:00 - 8:25 AM Monico Group Ex room | Pilates & Props 8:00 - 8:55 AM Linda Group Ex room | Core & More 8:00 - 8:25 AM Monico Group Ex room | **Pilates Reformer on the Mat 8:15 - 9:10 AM Tish Room 325 | *Deep Water Fitness 7:15 - 8:00 AM Millette Indoor Pool |
| | Group Strength 8:30 - 9:25 AM Dena Group Ex room | **Pilates Reformer on the Mat 8:15 - 9:10 AM Tish Room 325 | BodyPump® 8:30 AM - 9:25 PM Angela Group Ex room | Ball Mat Blast 9:00 - 9:55 AM Dena Group Ex room | Abs & More 8:00 - 8:25 AM Milton Group Ex room |
| Boost 9:00 - 9:55 AM Angela Group Ex room | *Water Fitness 60+ 9:00 - 9:45 AM Betsy Indoor Pool | Cardio Circuit 9:00 - 9:55 AM Dena Group Ex room | *Water Fitness 60+ 9:00 - 9:45 AM Betsy Indoor Pool | *Water Fitness 9:15 - 10:00 AM Betsy Indoor Pool | BodyPump® 8:30 - 9:25 AM Milton Group Ex room |
| Hatha Yoga 10:00 - 10:55 AM Ryan Group Ex room | Cardio Combo 9:30 - 10:25 AM Valerie Group Ex room | Cycle Strength 9:15—10:00 AM Robin Cycle Studio | Barre Fusion 9:00—9:55 AM Ellen Room 122 | Pilates Mat 6:00 - 6:55 PM Kelsey Group Ex room | Indoor Cycling 8:30—9:15 AM Blair Cycle Studio <i>Women Only</i> |
| Indoor Cycle 10:00 - 10:45 AM Cathy/Cynthia Cycle Studio | *Prime Time Fitness 60+ 11:00 - 11:55 AM TBA Group Ex room | *Water Fitness 9:15 - 10:00 AM Betsy Indoor Pool | **Hatha Yoga 9:15 - 10:10 AM Gudrun Room 325 | | *Water Fitness 60+ 9:00 - 9:45 AM Betsy Indoor Pool |
| BodyPump® 11:00 - 11:55 AM Angela/Evan Group Ex room | *Stay Young Through Fitness 60+ 11:05 - 11:55 AM Blair Room 327 | Cardio Dance 10:00 - 10:55 AM Lindsey Group Ex room <i>Women Only</i> | Zumba® 9:30 - 10:30 AM Dahlya Group Ex room <i>Women only</i> | | **Hatha Yoga 9:15 - 10:10 AM Gudrun Room 325 |
| | Core & More 4:00 - 4:25 PM Monico Group Ex room | *Gentle Pilates 11:00—11:55 AM Sherry Group Ex room | **Hatha Yoga 60+ 10:30 - 11:25 AM Gudrun Room 325 | | Cardio Dance 9:30 - 10:25 AM Lindsey Group Ex room <i>Women Only</i> |
| | Zumba® 6:00 - 6:55 PM Dahlya Group Ex room | **YogaPila 5:30 - 6:25 PM Gudrun Room 327 | *Stay Young Through Fitness 60+ 11:05 - 11:55 AM Blair Room 327 | | *Gentle Pilates 10:30—11:25 AM Sherry Group Ex room |
| | Group Strength 7:00 - 7:55 PM Ulises Group Ex room | Strength Express 5:30—5:55 PM Ellen Group Ex room | Core & More 4:00 - 4:25 PM Monico Group Ex room | | *Stay Young Through Fitness 60+ 11:05 - 11:55 AM Cynthia/TBA Room 327 |
| | | Pilates Boot Camp 6:00 - 6:55 PM Ellen Group Ex room | **Beginner/Gentle Yoga 5:30 - 6:25 PM Gudrun Room 327 | | |
| | | **Pilates Mat 6:30 - 7:25 PM Gudrun Room 327 | Zumba® 6:00 - 6:55 PM Renee Group Ex room <i>Women Only</i> | | |
| | | *Water Fitness 7:00 - 7:45 PM Betsy Indoor Pool | **Hatha Yoga 6:30 - 7:25 PM Gudrun Room 327 | | |
| | | Power Flow Yoga 7:00 - 7:55 PM Michelle Group Ex room | Group Strength 7:00 - 7:55 PM Ellen Group Ex room | | |
| | | **Hatha Yoga 7:30 - 8:25 PM Gudrun Room 327 | | | |

Colored shading = location of classes

* = class registration & fee required for JCC Program members and the public; class free for HSF members but registration requested

^ = classes take breaks throughout the year. This semester's break will be Jan. 1-8 and May 28-June 2.

Class Descriptions

Abs / Abs & More: A workout that focuses entirely on your core. Burn, Baby, Burn! (Level 1-2)

Ball Mat Blast: This intense core class is a combination of strength and cardio while using a ball. This class will help you build lean muscle while burning calories. (Level 2-3)

Barre Fusion: This workout takes dance movements and strengthening exercises and modifies them to make them accessible to people of all degrees of athletic ability. (Level 1-2)

Beginner/Gentle Yoga: Explore and enjoy the wonderful benefits of yoga in a gentle way. Heal and strengthen the body and calm and refresh the mind through gentle stretching and conscious breathing. (Level 1-2)

BodyPump®: The fastest way in the universe to get in shape! Guaranteed to improve muscular endurance and help you boost your metabolism. A full body workout with weights. (Level 2-3)

Boost: Strength training for the whole body with a mix of cardio. Be prepared for anything! (Level 1-2)

Cardio Circuit: A high-intensity interval workout that utilizes steps, mats and weights for a real cardio burn! (Level 2-3)

Cardio Combo: An energetic low-impact aerobics class with resistance training and great music. (Level 1-2)

Cardio Dance: Learn the latest dance moves with the newest music and choreography while getting a total body workout! (Level 2-3)

Core & More: Intense 30 minutes of calorie burning, hard core toning and muscle building lower body class. (Level 1-2)

Cycle: Ride the stationary bike over various terrains and gears for an amazing cardiovascular workout, set to upbeat and powerful music! (Level 2-3)

Cycle Strength: A high-intensity ride with some strength at the end! All done on the bike. Build muscular and cardiovascular endurance fast! (Level 1-2)

Deep Water Fitness: This class will test your strength and endurance. The water provides resistance to create a breathtaking total body workout. (Level 1-2)

Gentle Pilates: Pilates for beginners and those wanting a low-impact workout. Classic movement on mat (Level 1-2)

Group Strength (55 min) / Strength Express (25 min): A strength class that uses weights, medicine balls and steps for a complete workout! (Level 2-3)

Hatha Yoga: This ancient form of physical exercise uses classic postures combined with breathing and meditation techniques. You will learn core poses, stretches, breathing and relaxation techniques. (Level 1-2)

Hatha Yoga 60+: Hatha Yoga geared toward the 60+ population. (Level 1)

Pilates & Props: Pilates that focuses on equipment such as balls, bands, rings and blocks (Level 1-2)

Pilates Boot Camp: A series of exercises designed to develop core strength, tone the abdominals, buttocks and thighs, lengthen the musculature, enhance flexibility, and improve posture. (Level 1-2)

Pilates Mat: Pilates is a form of exercise which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. (Level 1-2)

Pilates Reformer on the Mat: Takes a repertoire of traditional reformer Pilates exercises and brings them to the mat. This classical mat-based hour ensures a high-level of conditioning and a body-weight workout. (Level 2-3)

Prime Time Fitness 60+: Our active adults class will help maintain and build cardiovascular health, strength, flexibility, coordination and endurance with a mix of aerobics, light weights, core conditioning. (Level 1)

Power Flow Yoga: Challenge your body with this version of Hatha yoga that has a cardio component. (Level 2-3)

Stay Young Through Fitness (SYTF) 60+: A fun way to stay in shape for the 65+ population. A combination of upbeat music and a great total body exercise routine. This class can be done standing or in a chair. (Level 1)

Strength Circuit: a high-intensity workout with exercises and drills that will challenge your muscular strength and cardiovascular endurance. Expect circuits, intervals, and sustained bursts of energy for a total body workout. (Level 2-3)

Ultimate HIIT: Work on cardio, strength, plyometrics and a whole lot more with our newest class. Not for the faint of heart! Intervals of work for 40-45 seconds with 20 seconds of rest in between. Mix it up for fast benefits! (Level 2-3)

Water Fitness: An energizing and vigorous workout done in shallow and deep water. (Level 1-2)

Water Fitness 60+: A water exercise program designed for the 60+ population. (Level 1-2)

Yoga Pila: Gain strength, flexibility, balance and good posture while learning how to relax. Incorporate the Pilates "powerhouse" workout, structured around the stomach, hips, buttocks and lower back. (Level 1-2)

Zumba®: A Latin based dance workout that will make you sweat! (Level 1-2)

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| Fitness Center Hours: | Mon – Thurs: 5:00 am – 10:00 pm, Friday: 5:00 am – 6:00 pm Saturday: 8:00 am – 5:00 pm, Sunday: 8:00 am – 6:00 pm |
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