

Group Exercise Schedule



Evelyn Rubenstein JCC
Houston

Nov.30 2018-Dec. 31, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Interval Jam 9:00 - 9:40 AM Caitlin Group Exercise Studio	JFit (Fee Based Class) 5:00 - 5:45 AM Ulises Fitness Floor	Turn and Burn 5:30 - 6:15 AM Robin Cycle Studio	Boot Camp (Fee Based Class) 5:30 - 6:15 AM Robin Godwin Park	Turn and Burn 5:30 - 6:00 AM 6:05-6:35 AM Robin Cycle Studio	JFit (Fee Based Class) 5:00 - 5:45 AM Ulises Fitness Floor
Hatha Yoga 10:00 - 10:55 AM Millette Group Exercise Studio	HIIT Power 6:05- 6:55 AM Ulises Group Exercise Studio	*Pilates & Props 8:00 - 8:55 AM Sherry Group Exercise Studio	Ride, Jam, Sweat 6:00 - 6:45 AM Evan Cycle Studio	Express HIIT 5:30 - 6:00 AM 6:05 - 6:35 AM Caitlin Group Exercise Studio	HIIT Power 6:05- 6:55 AM Ulises Group Exercise Studio
Weekend Warrior (Fee Based Class) 10:00 - 10:45 AM Nate Fitness Floor	*Deep Water Fitness 7:15 - 8:00 AM Millette Indoor Pool	Ultimate Condition 9:00 - 9:55 AM Dena Group Exercise Studio	*Deep Water Fitness 7:15 - 8:00 AM Betsy Indoor Pool	Pilates Mat 8:00 - 8:55 AM Angela Group Exercise Studio	*Deep Water Fitness 7:15 - 8:00 AM Millette Indoor Pool
Ride Steady 10:00 - 10:45 AM Evan Cycle Studio	Core & More 8:00 - 8:25 AM Monico Group Exercise Studio	Water Fitness 9:15 - 10:00 AM Betsy Indoor Pool	Core & More 8:00 AM - 8:25 AM Monico Group Exercise Studio	Ball Mat Blast 9:00 - 9:55 AM Dena Group Exercise Studio	Express HIIT 8:00 - 8:25 AM Milton Group Exercise Studio
BodyPump® 11:00 - 11:55 AM Angela/Evan Group Exercise Studio	Group Strength 8:30 - 9:25 AM Dena Group Exercise Studio	Total Body Training (Fee Based Class) 9:30 - 10:15 AM Ulises/Corl	Body Pump 8:30 - 9:25 AM Angela Group Exercise Studio	Water Fitness 9:15 - 10:00 AM Betsy Indoor Pool	BodyPump® 8:30 - 9:25 AM Milton Group Exercise Studio
	Revive Ride 9:30 - 10:15 AM Caitlin Cycle Studio	Cardio Dance (T) 9:00 - 9:50AM Renee Room 325 <i>Women Only</i>	*Senior Water Fitness 9:00 - 9:45 AM Betsy Indoor Pool	Total Body Training (Fee Based Class) 9:30 - 10:15 AM Ulises/Corl	*Senior Water Fitness 9:00 - 9:45 AM Betsy Indoor Pool
	*Senior Water Fitness 9:00 - 9:45 AM Betsy Indoor Pool		*Hatha Yoga 9:15- 10:10 AM Gudrun Room 325	*Hatha Yoga 60+ 10:30 - 11:25 AM Gudrun Room 325	*Hatha Yoga 9:15- 10:10AM Gudrun Room 325
	Cardio Combo 9:30 - 10:25 AM Valerie Group Exercise Studio	*Gentle Pilates 11:00 - 11:55 AM Sherry Group Exercise Studio	Zumba® 9:30 - 10:30 AM Renee Group Exercise Studio		Cardio Dance 9:30 - 10:20AM Lindsey Group Exercise Studio
	*Prime Time Fitness 60+ 11:00 - 11:55 AM Sherry Group Exercise Studio		*Hatha Yoga 60+ 10:30- 11:25AM Gudrun Room 325		*Gentle Pilates 10:30 - 11:25 AM Sherry Group Exercise Studio
	*Stay Young Through Fitness 60+ 11:05 - 11:55 AM Blair Kehillah		*Prime Time Fitness 60+ 11:00 - 11:55 AM Sherry Group Exercise Studio		*Stay Young Through Fitness 60+ 11:05 - 11:55 AM Tricia Kehillah
			*Stay Young Through Fitness 60+ 11:05 - 11:55 AM Blair Kehillah		
	Strength &Conditioning 4:15 - 4:45 PM Caitlin Group Exercise Studio	Pilates Boot Camp 5:00- 5:55 PM Ellen Group Exercise Studio	*Yoga for Beginners 5:30 - 6:25 PM Gudrun Kehillah 103	Yoga Sculpt 5:00 - 5:55 PM Mindy Group Exercise Studio	
	Body Combat® 6:00 - 6:55 PM Dahlya Group Exercise Studio	Pilates Mat 6:00 - 6:55 PM Kelsey Group Exercise Studio	*Hatha Yoga 6:30 - 7:25 PM Gudrun Kehillah 103	Pilates Mat 6:00 - 6:55 PM Kelsey Group Exercise Studio	
	Hatha Yoga 6:30 - 7:25 PM Millette Kehillah 103	*Yoga Pila 5:30 - 6:25 PM Gudrun Kehillah 103	Zumba® 6:30 - 7:25PM Renee Group Exercise Studio		
	Group Strength 7:00 - 7:55 PM Ulises Group Exercise Studio	Power Flow Yoga 7:00 - 7:55PM Michelle Group Exercise Studio	Strength &Conditioning 7:30 - 8:25 PM Bree Group Exercise Studio		
		*Hatha Yoga 7:00 - 7:55 PM Gudrun Kehillah 103			

*These classes require registration. Open to Program Members and Public
 (Fee Based Class) A fee is required regardless of membership type. Please see Fitness Center staff for more information.
 (T) Indicates new time
 Colors designate location of classes or new class

Class Descriptions

AQUA FITNESS

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

Senior Water Fitness: A water exercise program designed for the 60+ population.

Water Fitness: An energizing and vigorous workout done in shallow and deep water.

HIGH INTENSITY TRAINING

Bootcamp: a group class consisting of plyometrics, running and calisthenics.

Express HIIT: a 30 minute high intensity interval class with bursts of work and short rest. Bring your A+ game.

JFit: A killer mix of intervals and calisthenics using free weights, medicine balls, power lifting, and more. This is not a workout for beginners.

HIIT Power: Work on cardio, strength, plyometrics and a whole lot more. Intervals of work for 40-45 seconds with 20 seconds of rest in between. Mix it up for fast benefits!

Total Body Training: A circuit style workout that combines both cardio and strength exercises for a complete, full body workout in 45 minutes.

Weekend Warrior: Combining bags, slam balls, ropes, rowers as well as body weight exercises to provide a high calorie burn workout in just 45 minutes.

STRENGTHEN AND TONE

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.

Core & More: Intense 30 minutes of calorie burning, hard core toning and muscle building lower body class.

Strength & Conditioning: This program focuses on strengthening and toning like an athlete, push yourself.

Group Strength: A strength class that uses weights, medicine balls and steps for a complete workout!

Ball Mat Blast: Use a ball to help you build lean muscle while burning calories.

Ultimate Condition: A circuit work out combining increased heart rate, toning, and strength.

Interval Jam: Interval training for all levels, can be used as a high intensity or lower impact workout.

CYCLE STUDIO

Revive Ride: Bring your highest energy and dance moves. Rhythmic cycling to tone and ride. (women only)

Ride Steady: 45 minutes of a cycling work out, come sweat with focus on technique.

Turn and Burn: Our highest intensity cycle class. Push yourself to your limit on the bike.

Ride, Jam, Sweat: Rock and Roll on the bike while learning proper form and technique.

CARDIO AND DANCE

BodyCombat®: A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed.

Cardio Combo: Dance to amazing choreography, add weights, and hot music.

Cardio Dance: Do the latest dance moves and choreography while getting a total body workout to great music!

Zumba®: A Latin based dance workout that will make you sweat!

MIND AND BODY

Gentle Pilates: Pilates for beginners and those wanting a low-impact workout. Classic movement on the mat.

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.

Hatha Yoga 60+: Hatha Yoga geared toward the 60+ population.

Pilates & Props: Pilates that focuses on equipment such as balls, bands, rings and blocks

Pilates Boot Camp: A powerful class designed to develop core strength, tone the abdominals, buttocks and thighs.

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.

Pilates Reformer on the Mat: This classical mat-based hour ensures a high-level of conditioning and a body-weight workout, based on reformer movements. *Class not intended for beginners, understanding of all pilates mat level exercises a must.

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.

Power Flow Yoga: Challenge your body with this version of Hatha yoga that has a cardio component.

Yoga Sculpt: Flow and yin yoga with a toning component