

Group Exercise Schedule



Evelyn Rubenstein JCC
Houston

March 18—March 30, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Boost 9:00 - 9:55 AM Angela 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	Pilates Mat 8:00 - 8:55 AM Angela Group Exercise 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 6:00 - 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	*Pilates Reformer On The Mat 8:15 - 9:10 AM Tish room 325	HIIT Power 6:00 - 6:55 AM Ulises Group Exercise Studio
NEW CLASS Ride Steady 10:00 - 10:45 AM Evan/Angela Cycle Studio	*Deep Water Fitness 7:15 - 8:00 AM Millette Indoor Pool	*Pilates Reformer On The Mat 8:15 - 9:10 AM Tish room 325	*Deep Water Fitness 7:15 - 8:00 AM Betsy Indoor Pool	Ball Mat Blast 9:00 - 9:55 AM Dena Group Exercise Studio	*Deep Water Fitness 7:15 - 8:00 AM Millette Indoor Pool
BodyPump® 11:00 - 11:55 AM Angela/Evan Group Exercise Studio	Core & More 8:00 - 8:25 AM Monico Group Exercise Studio	Cardio Circuit 9:00 - 9:55 AM Dena Group Exercise Studio	Core & More 8:00 AM - 8:25 AM Monico Group Exercise Studio	Water Fitness 9:15 - 10:00 AM Betsy Indoor Pool	Abs & More 8:00 - 8:25 AM Milton Group Exercise Studio
	Group Strength 8:30 - 9:25 AM Dena Group Exercise Studio	Water Fitness 9:15 - 10:00 AM Betsy Indoor Pool	Body Pump 8:30 - 9:25 AM Angela Group Exercise Studio	Total Body Training (Fee Based Class) 9:30 - 10:15 AM Ulises/Corl Fitness Floor	BodyPump® 8:30 - 9:25 AM Milton Group Exercise Studio
	*Senior Water Fitness 9:00 - 9:45 AM Betsy Indoor Pool	Total Body Training (Fee Based Class) 9:30 - 10:15 AM Ulises/Corl Fitness Floor	*Senior Water Fitness 9:00 - 9:45 AM Betsy Indoor Pool	*Hatha Yoga 60+ 10:30 - 11:25 AM Gudrun room 325	Cycleology 8:30 - 9:15 AM Blair Cycle Studio <i>Women Only</i>
	Cardio Combo 9:30 - 10:25 AM Valerie Group Exercise Studio	Cardio Dance 10:00 - 10:55 AM Renee Group Exercise Studio- <i>Women Only</i>	*Hatha Yoga 9:15 - 10:10 AM Gudrun room 325		*Senior Water Fitness 9:00 - 9:45 AM Betsy Indoor Pool
	*Prime Time Fitness 60+ 11:00 - 11:55 AM Sherry Group Exercise Studio	*Gentle Pilates 11:00 - 11:55 AM Sherry Group Exercise Studio	Zumba® 9:30 - 10:30 AM Dahlya Group Exercise Studio		*Hatha Yoga 9:15 - 10:10 AM Gudrun room 325
	*Stay Young Through Fitness 60+ 11:05 - 11:55 AM Blair Auditorium		*Hatha Yoga 60+ 10:30 - 11:25 AM Gudrun room 325		Cardio Dance 9:30 - 10:25 AM Lindsey Group Exercise Studio
			*Prime Time Fitness 60+ 11:00 - 11:55 AM Sherry Group Exercise Studio		*Gentle Pilates 10:30 - 11:25 AM Sherry Group Exercise Studio
			*Stay Young Through Fitness 60+ 11:05 - 11:55 AM Blair Auditorium		*Stay Young Through Fitness 60+ 11:05 - 11:55 AM Kelly Auditorium
	Core Conditioning 4:30 - 5:15 PM Daizy Group Exercise Studio	Pilates Boot Camp 5:00—5:55 PM Ellen Group Exercise Studio	Barre Fusion 5:30 - 6:25 PM Ellen Group Exercise Studio	Core Conditioning 4:30 - 5:15 PM Daizy 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	NEW CLASS *Yoga for Beginners 5:30 - 6:25 PM Gudrun room 327	Pilates Mat 6:00 - 6:55 PM Kelsey Group Exercise Studio	
	Hatha Yoga 6:30 - 7:25 PM Millette room 327	*Yoga Pila 5:30 - 6:25 PM Gudrun room 327	*Hatha Yoga 6:30 - 7:25 PM Gudrun room 327		
	Group Strength 7:00 - 7:55 PM Ulises Group Exercise Studio	Power Flow Yoga 7:00 - 7:55 PM Michelle Group Exercise Studio	(T) Zumba® 6:30 - 7:25 PM Renee Group Exercise Studio <i>Women Only</i>		
		NEW CLASS *Hatha Yoga 7:00 - 7:55 PM Gudrun room 327			

*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

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)

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. (Level 2-3)

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)

Bootcamp: This is a high-level, high-intensity workout consisting of plyometrics, running and calisthenics. (Level 2-3)

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)

Core Conditioning: This program focuses on strengthening and toning the abs, back and hips. Join our new instructor Daizy, for 45 minutes of body sculpting fun. (Level 1-2)

Cycle Classes: A variety of 45 minute indoor cycle class that will take you on a lung and leg burning journey. This is a great way for anyone of any level to build your cardio endurance. Choose from Turn and Burn, Ride Jam Sweat or Cycleology (Level 1-3)

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: A strength class that uses weights, medicine balls and steps for a complete workout! (Level 2-3)

JFit: A killer mix of intervals and calisthenics using free weights, medicine balls, power lifting, and more. This is not a workout for beginners. (Level 2-3+)

HIIT Power: 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)

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)

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

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)

Total Body Training: This is an intense, circuit style workout that combines both cardio and strength exercises for a complete, full body workout in 45 minutes. (Level 2-3)

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