

Group Exercise Schedule



Evelyn Rubenstein JCC
Houston

October 16—October 29, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Boost 9:00 - 9:55 AM Angela room 327	Boot Camp 6:00 - 6:55 AM Ulises Gymnasium	Pilates & Props 8:00 - 8:55 AM Linda room 325	Boot Camp 5:30 - 6:15 AM Robin Godwin Park	BodyPump® 6:00 - 7:00 AM Evan room 327	Boot Camp 6:00 - 6:55 AM Ulises Gymnasium
Hatha Yoga 10:00 - 10:55 AM Linda room 327	Deep Water Fitness 7:15 - 8:00 AM Millette Indoor Pool	Cardio Circuit 9:00 - 9:55 AM Dena room 327	Deep Water Fitness 7:15 - 8:00 AM Betsy Indoor Pool	Pilates Mat 8:00 - 8:55 AM Angela room 325	
BodyPump® 11:00 - 11:55 AM Angela/Evan room 327	Core & More 8:00 - 8:25 AM Monico room 327	Water Fitness 9:15 - 10:00 AM Betsy Indoor Pool	Core & More 8:00 AM - 8:25 AM Monico room 327	Ball Mat Blast 9:00 - 9:55 AM Dena room 327	Deep Water Fitness 7:15 - 8:00 AM Millette Indoor Pool
Pilates Reformer on the Mat 12:00 - 1:00 PM Tish room 327	Group Strength 8:30 - 9:25 AM Dena room 327	Cardio Dance 10:00 - 10:55AM Lindsey room 327	Body Pump 8:30 - 9:25 AM Angela room 327	Water Fitness 9:15 - 10:00 AM Betsy Indoor Pool	Abs & More 8:00 - 8:25 AM Milton room 327
	Water Fitness 9:00 - 9:45 AM Betsy Indoor Pool	Gentle Pilates 11:00 - 11:55 AM Sherry room 327	Water Fitness 9:00 - 9:45 AM Betsy Indoor Pool	Boot Camp 9:30 - 10:15 AM Ulises/Corl Gymnasium	BodyPump® 8:30 - 9:25 AM Milton room 327
	Cardio Combo 9:30 - 10:25 AM Valerie room 327		Hatha Yoga 9:15- 10:10 AM Gudrun room 325	Hatha Yoga 60+ 10:30 - 11:25 AM Gudrun room 325	Water Fitness 9:00 - 9:45 AM Betsy Indoor Pool
	Prime Time Fitness 60+ 11:00 - 11:55 AM Linda room 327	Pilates Boot Camp 5:30—6:25 PM Ellen Room 327	Zumba® 9:30 - 10:30 AM Dahlya room 327		Hatha Yoga 9:15 - 10:10 AM Gudrun room 325
		Yoga Pila 6:30 - 7:30 PM Gudrun room 327		Pilates Mat 6:00 - 7:00 PM Kelsey room 327	Cardio Dance 9:30 - 10:25 AM Lindsey room 327
	Zumba® 6:00 - 6:55 PM Dahlya room 327	Power Flow Yoga 7:30 - 8:25 PM Michelle room 327	Hatha Yoga 60+ 10:30 - 11:25 AM Gudrun room 325		Gentle Pilates 10:30 - 11:25 AM Sherry room 327
	Group Strength 7:00 - 7:55 PM Ulises room 327		Barre Fusion 5:00 - 5:55 PM Ellen room 327		
			Hatha Yoga 6:30 - 7:25 PM Gudrun room 327		

Colored shading = location of classes or new class.

*** This schedule is temporary due to the change of location for all Fitness classes**

Check www.erjcchouston.org for Holiday hours during November and December

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)

Bootcamp: This is a high-level, high-intensity workout consisting of plyometrics, running and calisthenics

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)

H.I.I.R.T. (High Intensity Interval Resistance Training) short period intervals of high intensity with resistance training, followed by a short recovery period of low intensity movement. (Level 2-3)

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 Express: a strength workout that works all the major muscle groups with compound movements at an intense pace (Level 2-3)

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)

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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