

Group Exercise Schedule



Evelyn Rubenstein JCC  
Houston

June 24, 2018—July 29, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Interval Jam</b> 9:00 - 9:40 AM Caitlin Group Exercise Studio	<b>JFit (Fee Based Class)</b> 5:00 - 5:45 AM Ulises Fitness Floor	<b>Turn and Burn</b> 5:30 - 6:15 AM Robin Cycle Studio	<b>Boot Camp (Fee Based Class)</b> 5:30 - 6:15 AM Robin Godwin Park	<b>Turn and Burn</b> 5:30 - 6:00 AM 6:05-6:35 AM Robin Cycle Studio	<b>JFit (Fee Based Class)</b> 5:00 - 5:45 AM Ulises Fitness Floor
<b>Hatha Yoga</b> 10:00 - 10:55 AM Millette Group Exercise Studio	<b>HIIT Power</b> 6:05- 6:55 AM Ulises Group Exercise Studio	<b>*Pilates &amp; Props</b> 8:00 - 8:55 AM Sherry Group Exercise Studio	<b>Ride, Jam, Sweat</b> 6:00 - 6:45 AM Evan Cycle Studio	<b>Express HIIT</b> 5:30 - 6:00 AM 6:05 - 6:35 AM Caitlin Group Exercise Studio	<b>HIIT Power</b> 6:05- 6:55 AM Ulises Group Exercise Studio
<b>Ride Steady</b> 10:00 - 10:45 AM Evan Cycle Studio	<b>*Deep Water Fitness</b> 7:15 - 8:00 AM Millette Indoor Pool	<b>Ultimate Condition</b> 9:00 - 9:55 AM Dena Group Exercise Studio	<b>*Deep Water Fitness</b> 7:15 - 8:00 AM Betsy Indoor Pool	<b>Pilates Mat</b> 8:00 - 8:55 AM Angela Group Exercise Studio	<b>*Deep Water Fitness</b> 7:15 - 8:00 AM Millette Indoor Pool
<b>BodyPump®</b> 11:00 - 11:55 AM Angela/Evan Group Exercise Studio	<b>Core &amp; More</b> 8:00 - 8:25 AM Monico Group Exercise Studio	<b>Water Fitness</b> 9:15 - 10:00 AM Betsy Indoor Pool	<b>Core &amp; More</b> 8:00 AM - 8:25 AM Monico Group Exercise Studio	<b>Ball Mat Blast</b> 9:00 - 9:55 AM Dena Group Exercise Studio	<b>Abs &amp; More</b> 8:00 - 8:25 AM Milton Group Exercise Studio
	<b>Group Strength</b> 8:30 - 9:25 AM Dena Group Exercise Studio	<b>Total Body Training (Fee Based Class)</b> 9:30 - 10:15 AM Ulises/Corl Fitness Floor	<b>Body Pump</b> 8:30 - 9:25 AM Angela Group Exercise Studio	<b>Water Fitness</b> 9:15 - 10:00 AM Betsy Indoor Pool	<b>BodyPump®</b> 8:30 - 9:25 AM Milton Group Exercise Studio
	<b>Revive Ride (T)</b> 9:30 - 10:15 AM Caitlin Cycle Studio <i>Women Only</i>	<b>Cardio Dance</b> 10:00 - 10:50AM Renee Group Exercise Studio- <i>Women Only</i>	<b>*Senior Water Fitness</b> 9:00 - 9:45 AM Betsy Indoor Pool	<b>Total Body Training (Fee Based Class)</b> 9:30 - 10:15 AM Ulises/Corl Fitness Floor	<b>*Senior Water Fitness</b> 9:00 - 9:45 AM Betsy Indoor Pool
	<b>*Senior Water Fitness</b> 9:00 - 9:45 AM Betsy Indoor Pool	<b>*Gentle Pilates</b> 11:00 - 11:55 AM Sherry Group Exercise Studio	<b>*Hatha Yoga</b> 9:00 - 9:55 AM Gudrun room 325	<b>*Hatha Yoga 60+</b> 10:30 - 11:25 AM Gudrun Group Exercise Studio	<b>*Hatha Yoga</b> 9:00 - 9:55AM Gudrun room 325
	<b>Cardio Combo</b> 9:30 - 10:25 AM Valerie Group Exercise Studio		<b>Zumba®</b> 9:30 - 10:30 AM Renee Group Exercise Studio		<b>Cardio Dance</b> 9:30 - 10:20AM Lindsey Group Exercise Studio
	<b>*Prime Time Fitness 60+</b> 11:00 - 11:55 AM Sherry Group Exercise Studio		<b>*Hatha Yoga 60+</b> 10:00 - 10:55AM Gudrun room 325		<b>*Gentle Pilates</b> 10:30 - 11:25 AM Sherry Group Exercise Studio
	<b>*Stay Young Through Fitness 60+</b> 11:05 - 11:55 AM Blair Auditorium		<b>*Prime Time Fitness 60+</b> 11:00 - 11:55 AM Sherry Group Exercise Studio		<b>*Stay Young Through Fitness 60+</b> 11:05 - 11:55 AM Tricia Auditorium
			<b>*Stay Young Through Fitness 60+</b> 11:05 - 11:55 AM Blair Auditorium		
	<b>Core Conditioning</b> 5:00 - 5:30 PM Caitlin Group Exercise Studio	<b>Pilates Boot Camp</b> 5:00- 5:55 PM Ellen Group Exercise Studio	<b>*Yoga for Beginners</b> 5:30 - 6:25 PM Gudrun room 327	<b>Core Conditioning</b> 5:00 - 5:30 PM Caitlin Group Exercise Studio	
	<b>Body Combat®</b> 6:00 - 6:55 PM Dahlya Group Exercise Studio	<b>Pilates Mat</b> 6:00 - 6:55 PM Kelsey Group Exercise Studio	<b>*Hatha Yoga</b> 6:30 - 7:25 PM Gudrun room 327	<b>Pilates Mat</b> 6:00 - 6:55 PM Kelsey Group Exercise Studio	
	<b>Hatha Yoga</b> 6:30 - 7:25 PM Millette room 327	<b>*Yoga Pila</b> 5:30 - 6:25 PM Gudrun room 327	<b>(T) Zumba®</b> 6:30 - 7:25PM Renee Group Exercise Studio <i>Women Only</i>		
	<b>Group Strength</b> 7:00 - 7:55 PM Ulises Group Exercise Studio	<b>Power Flow Yoga</b> 7:00 - 7:55PM Michelle Group Exercise Studio			
		<b>*Hatha Yoga</b> 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

### 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.

### 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.

**Core Conditioning:** This program focuses on strengthening and toning the abs, back and hips.

**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.

**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.