

**Group Exercise Schedule**



Evelyn Rubenstein JCC  
Houston

**December 6, 2017—January 5, 2018**

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

**Room location can change due to temperature of locations**

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

**Check [www.erjcchouston.org](http://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)

<b>Fitness Center Hours:</b>	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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