



October 2017 Group Exercise Schedule

***Participants, please sign in when you arrive for the Group Exercise classes. Class participation numbers will help us decide whether to keep or to change class formats! Text @shawjcc to 81010 for class cancellations/updates. Schedule is effective Oct. 1-31, 2017.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-6:45 am Spinning Spin Room John	6-6:45 am HIIT Studio Catherine	6-6:45am Spinning Spin Room John	6-6:45am HIIT Studio/Gym Catherine	6-6:45 am Spinning Spin Room John		
8-8:45 am Good Morning Zumba Studio Tammy	7-7:45am Sunrise Circuit Studio Erin G.	8:30-9:30 am Yoga Area 2 Donna	7-7:45am Sunrise Circuit Studio Catherine		8-9:15 am Power Yoga Studio Rose	8-9 am Get Happy Invigorate Yoga Area 2 Peach
8:15-9:15 am Pilates Area 2 Rose Marie	8:15-9 am TNT Studio Anthony	9-9:45 am Mild Water Movement Pool Elaine	8:15-9 am TNT Studio Erin G.		8-8:45 am Aqua Bootcamp Pool Peach	8:30-9:30 am Spinning Spin Room Chermanda
9-9:45 am Mild Water Movement Pool Elaine	9-9:45 am Mild Water Movement Pool Elaine	9:30-10:30 am Spinning Spin Room Trent	8:15-9:15 am Pilates Area 2 Rose Marie	9:30-10:30 am All Levels Yoga Area 2 Kevin	9:30-10:15am **Country Heat Studio Autumn	
9:30-10:30 am Power Yoga Area 2 Rose	9:30-10:30 am Bootcamp **Studio Nikki	10:45-11:30 am Aqua Bootcamp Pool Trent	9-9:45 am Mild Water Movement Pool Elaine	9:30-10:30 am Spinning Spin Room Chermanda		
9:30-10:30am Tabata **Studio Erin	9:45am-10:30am Active Agers Strength Auditorium Carol	10-11 am SilverSneakers Classic TBA Christine	9:30-10:30 am Bootcamp **Studio Erin G.	9:30-10:15 am Tabata **Studio Anthony		9:30-10:15 am TurboKick Studio Autumn
10-11am SilverSneakers Classic Auditorium Christine	10:30-11:15am Cardio Wildcard Studio Jenn	10:30-11:15 am TNT Studio Nikki	9:45-10:30 am SilverSneakers Classic Auditorium Carol	10-11 am Active Agers Aerobics Auditorium Carol		10:30-11:15 am TNT Studio Tricia
10:30-11:15am Kettlebell XL Studio Erin	11:15am-noon *TRX Studio Anthony		10:30-11:15 am **Cardio Wildcard Studio Jenn	10:30-11:15 am Toning Circuit Studio Erin		
11-11:45am Active Agers Yoga & Pilates TBA Christine	4:30pm-5:30pm **Youth Circuit Training Studio Anthony		10:45-11:30am Chair Yoga Area 2 Christine			
4:30pm-5:30pm **Youth Spinning Spin Room Lyndsey	5-5:45 pm Spinning Spin Room Annette	4:45-5:30 pm *TRX Studio Anthony	12-12:30pm Power Half Hour Studio Christine	<div><h2>Group Exercise Updates:</h2><p>Ongoing TRX Suspension Training Classes - Mondays, Tuesdays, Wednesdays & Saturdays! Call 330-867-7850, or stop by the fitness desk to register.</p><p>NEW Classes! Youth Spinning & Youth Circuit Training Grades 5-12 welcome! \$3/class, Children enrolled in KidSpace are free, please register in advance at the Fitness or Member Services Desk to ensure your spot in class!</p><p>**Denotes new class or time, or location change.</p><p>Watch for "Pop-up Spinning Classes" to attend in October & November!!!! You don't want to miss them! More information to come!</p><p>TurboKick will be returning Monday Nights in November, 6:30-7:30pm!!!</p><p>All classes subject to change without notice. Visit ShawJCC.org for latest schedule or text @shawjcc.org to 81010 for the latest updates.</p></div>		
4:45-5:30 pm *TRX Studio Anthony	5:30-6:15 pm TNT Studio Christine	5:30-6:30 pm Bootcamp Studio Erin				
5:30-6:30 pm Bootcamp Studio Erin	5:45-6:45 pm Pilates Area 2 Rose Marie	5:30-6:30 pm Power Yoga Area 2 Rose	5:30-6:15 pm TNT Studio Christine			
5:30-6:30 pm Power Yoga Area 2 & 3 Rose	6-7 pm Aqua Fit Pool Annette	6:30-7:30 pm Spinning Spin Room Chermanda	5:30-6:30 pm Aqua Bootcamp Pool Peach/Trent			
6:30-7:15 pm Cardio Wildcard Studio Rotating Instructors	6:30-7:30 pm Zumba Studio Sue	6:30-7:15 pm Kettlebell XL Studio Erin	6:30-7:30 pm Power Yoga Area 2 Kelly			
6:30-7:15 pm Meditation Yoga Area 2 Laura	7-8 pm Good Night Yoga Area 2 Sigrid		6:30-7:30 pm Spinning & Strength Spin Room Nate			
			6:30-7:30 pm Zumba Studio Brittney			



TRX

Small Group Training

**Only \$30 for
four 45-minute sessions**

Ongoing classes offered. Join at any time!
Call 330-867-7850 or stop by the fitness desk.

Water Classes

Aqua Bootcamp: If you are looking for a workout which will maintain or increase your fitness level with less impact on your joints, a "liquid gym" is the place to be! This higher intensity class is designed to improve cardio conditioning, alternating with strength/balance and core training segments. Water exercise is an excellent modality for cross training and gives knees and backs a break from land based cardio workouts. On-swimmers are welcome. (Intermediate-Advanced)

Aqua Fit: Medium to high intensity level workout offers a combination of moves in the shallow or deep water to build strength and endurance. (All levels)

Mild Water Movement: Low to medium intensity level workout for people with arthritis, MS, or joint/muscle pain. Increase range of motion and strengthen muscles while improving balance and coordination.

Mind Body

Pilates:

Beginning Pilates: This class focuses on the basic instruction of the Pilates method; class focuses on core strengthening. Benefits include increased muscular definition, improved body awareness and coordination. (Beginner/All Levels)

Pilates: Intermediate/Advanced - The Advanced Pilates class will strengthen your "powerhouse" core muscles while increasing flexibility and postural alignment awareness. Pilates Versa Tubes and Pilates Rings will be featured to provide targeted resistance for abdominal and back muscles. Improve strength, postural alignment, balance and coordination. (Intermediate and Above)

Pilates & Yoga Fusion: This class is the perfect blend of core strengthening Pilates exercise and traditional yoga exercises. Muscular conditioning for abdominals, back, and glutes, combined with stress-relieving yoga exercises that focus on body, breath and mind, make this class an invigorating workout. (All Levels)

Yoga:

All Levels Yoga: This class blends the fluid power movements of our traditional power yoga class with a variation of all poses to allow all ability levels to work together (All Levels)

Get Happy Invigorating Yoga: This class combines a series of energizing poses that will boost your energy and get you ready to tackle the week with an abundance of good energy. The class is designed for all levels and can be modified to suit your current yoga needs.

Good Night Yoga: This class combines a series of simple poses for following the natural world as it comes to rest at the end of the day. The sequences of poses are designed to calm the mind, relieve tension and assist with achieving a good night of sleep. Poses can be modified for all levels.

Power Yoga: Vigorous, fitness-based approach to vinyasa-style yoga. Students will move fluidly from one pose to the next while connecting their breathing to their movements. (All Levels)

Yoga: This introductory yoga class is ideal for those who are new to yoga. Basic yoga poses, techniques and breathing are the focus of this beginner class. (All Levels)

Yoga Motion: Places emphasis on improvement of your mental well-being as well as your physical condition. This class focuses on combining asanas (poses) in a flowing sequence along with breathing techniques to challenge your body. (All Levels)

Land Classes

Active Agers Strength Training: This 45-minute class strengthens muscles, tendons, and ligaments, improves balance, increases range of motion, and, best of all, gives you ENERGY! Recommended for 60 and older but all ages are welcome. (All Levels) Nonmembers: \$30 for 10 classes

Spinning & Strength: This spin class incorporates body weight, kettlebells, and core work to create a total body strength session (All levels)

Active Agers Aerobics: This 60-minute class includes warm-up, stretching, flexibility, cardiovascular workout, cool down and strength-training. Recommended for 60 and older but all ages are welcome. (All Levels) Nonmember is \$30 for 10 classes.

Boot Camp: Get ready for camp! This class utilizes a variety of cardiovascular endurance and strength-training drills and tools to challenge the body. (Intermediate-Advanced)

Tabata: Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes. This full body workout has fitness and weight-loss benefits. This class can be modified for all fitness levels.

Jazzercise: A 60-minute class blending jazz dance and exercise includes cardio and strengthening. (All Levels) Please contact Pam Coy at 330-606-0764 for price information.

Kettlebell AMPD: Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves and combines them into calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area, while still maintaining a whole-body routine. (All levels)

Kettlebell XL: Kettlebell XL allows you to reach you full potential by using kettlebell exercises and combining them into resistance and aerobic training. This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio to complete a full body workout! (All levels)

Spinning: An all-terrain ride that will burn calories, build strength, and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges. Each class will take you on a creatively designed ride to maximize your fitness potential. (All Levels)

Silver Sneakers Classic: This 60-minute class includes warm-up, stretching, flexibility, cardiovascular workout, cool down and strength-training. Recommended for 60 and older but all ages are welcome. (All Levels)

Tone and Tighten (TNT) & Toning Circuit: These classes are a challenge for the muscles. Come work your major muscle groups the arms, back, chest, legs, hips, thighs, abdominals and buttocks. This class utilizes a variety of equipment. Come and sculpt your body. (Intermediate)

TRX : Build and challenge your core strength by incorporating the TRX Suspension Trainer into your routine. Any movement performed on a TRX Suspension Trainer requires that you brace and stabilize with your abs, obliques and lower back so you can leverage your own bodyweight as resistance. Other equipment and methods may be used depending on class size. (All levels)

Turbo Kick™: Do you want to sweat? During this class ,you will gain endurance, flexibility & control while focusing on the techniques of kicks and punches. Burn calories while conditioning the muscles. All Levels)

Zumba: You will love this Latin based dance fitness experience, which is a high intensity cardiovascular workout. Join the Zumba Party! (All Levels)

Sunrise Circuit (Small group Training): Sunrise circuit is an excellent full body workout aimed at improving mobility, strength, stamina, fitness and body tone! (All Levels)

Power Half Hour: This class will be an interval training format. You will include Kettlebells, Pilates, yoga, weights, and light step aerobics. Designed to give you a total body workout in a half hour!

Cardio Wildcard: Our team of instructors want to keep you guessing and challenge your mind and body different ways each week! You will get to experience a variety of cardio formats! (All Levels)

Youth Spinning & Circuit Training: Participants will learn proper form & technique of various fitness formats, while experiencing & learning how much fun fitness can be!

Country Heat: This class is a high energy, low impact, country inspired fitness class! You won't feel like you are working out because you are having so much fun!

Group Exercise Level Guide

Beginner: For those just beginning an exercise program, these classes will teach you the fundamentals of each format.

Intermediate: For those currently exercising regularly, these classes will utilize additional choreography and move at a faster pace.

Advanced: For those who feel they have mastered the technique and form of a group exercise and are ready to progress to a higher level.

All Levels: These classes allow participants to work at their own pace and comfort level.

for the safety of our members participants must be 16 years of age or older

