



**DIAMOND**  
FAMILY FITNESS CENTER   
at the

# groupfitness & wellnessmenu



## classschedule JUNE JULY 2017

	CLASS	ROOM	INSTRUCTOR	CLASS	ROOM	INSTRUCTOR			
<b>SUNDAYS:</b>	8:30-9:30 am	Spinning	S	Stacey G/Nicole	<b>WEDNESDAYS:</b>	6-7 am	Spin/Sculpt	S/1	Nicole
	8:45-9:45 am	Body Pump	1	Courtney/Dana		6:00-6:30am	GRIT Strength \$	1	Dana
	8:45-9:45 am	Vinyasa	3	Jim		8:15-9:15am	Basic Moves	P	Pam/Deb
	10:00-11:00 am	Zumba	1	Chris		8:30-9:15 am	Cardio Bootcamp	1	Vicki
	10:00-11:00 am	OCR Bootcamp	W/O	Tyler		8:45-9:30am	Spinning	S	Jon
	10:00-10:55	Classic Reformer \$\$\$	2	Megan		9-9:50 am	Adv Strength Training \$\$	W	Carlie
	10-10:45 am	Spinning	S	Stacey D		9:00-10:00 am	Slow Flow Yoga	3	Lisa E
	11:05-11:50am	Barre	1	Megan/Adrienne		9:30-10:30am	Deep Water Basics	P	Pam/Deb
						9:30-10:30am	Yoga Barre	1	Michelle M
						1:00-1:45 pm	BOOM	1	Kelly
<b>MONDAYS:</b>	5:40-6:25 am	Spinning	S	Stacey G	<b>2:00-3:00pm</b>	<b>Zen</b>	<b>3</b>	<b>Kelly</b>	
	6:00-6:30	GRIT Cardio \$	1	Dana	4:45-5:30pm	Kettlebells	1	Austin	
	8:00-8:45 am	Vicki's Choice Bootcamp	1	Vicki	5:45-6:30 pm	TurboKick	1	Courtney	
	8:15-9:15 am	Basic Moves	P	Flo	6:30-7:00pm	GRIT Strength \$	1	Courtney	
	8:45-9:30 am	Spinning	S	Jon	6:00-6:55pm	Jumpboard Interval Reformer \$\$\$	2	Carlie	
	9:00-10:00 am	Mat Pilates	1	Megan	6:00-6:45	Spinning	S	Austin	
	9:00-10 am	Ashtanga Yoga	3	Michael	6:00-6:45	Bootcamp	1	Austin	
	9:30-10:30 am	Deep Water	P	Kelly					
	4:30-5:00 pm	Total Body Sculpt	1	Austin	<b>THURSDAYS:</b>	6-7 am	Spin/Yoga	S/3	Stacey D
	5:00-5:30pm	Core Fusion	1	Austin		6-6:45 am	Bootcamp	1	Austin
5:45-6:15 pm	GRIT Cardio \$	1	Courtney	6:30-7 am		Kinesis	W	Beth	
6:00-6:55 pm	Classic Reformer \$\$\$	2	Megan	8:00-8:45am		Cardio Bootcamp	1	Vicki	
6:00-7:00 pm	Restorative Yoga	3	Kelly	8:45-9:30 am		Zumba	1	Kim	
6:00-7:00pm	Spin/Core	S/1	Stacey D	8:45-9:30 am		Spinning	S	Mike	
7:05-8:05 pm	Bootcamp	1	Paige	<b>8:45-9:45 am</b>		<b>Vinyasa</b>	<b>3</b>	<b>Michelle M</b>	
				9:15-10:05 am		MetCon \$\$	W	Jason	
				8:30-9:25 am		Athletic Training Reformer \$\$\$	2	Joyelle	
				9:30-10:25 am		Classic Reformer \$\$\$	2	Joyelle	
<b>TUESDAYS:</b>	6-6:45 am	Spinning	S	Nicole	9:45-10:30 am	Flex & Stretch	1	Heather	
	6-6:45 am	Bootcamp	1	Austin	10-11 am	Hydro Power Deep	P	Connie	
	7:00-7:45am	Cardio, Resistance & Core	1	Austin	10:30-11:15 am	Jumpboard Express Reformer \$\$	2	Joyelle	
	8:00-8:30am	Core Fusion	1	Vicki	11:00-11:30am	Kinesis	W	Austin	
	8:30-9:15 am	Cardio Bootcamp	1	Vicki	11:15-12:15 pm	Restorative Movement	P	Connie	
	8:45-9:30 am	Spinning	S	Stefani	4:30-5pm	TABATA	1	Austin	
	9:00-9:55 am	Classic Reformer \$\$\$	2	Joyelle	5:25-5:55pm	GRIT Plyo \$	1	Courtney	
	<b>9:20-10:05 am</b>	<b>Total Body Sculpt</b>	<b>1</b>	<b>Austin/Vicki</b>	5:30-6:15pm	Spinning	S	Austin/Ellen	
	10-10:55 am	Classic Reformer \$\$\$	2	Joyelle	6-7:00 pm	Body Pump	1	Dmitry	
	10-11 am	Hydro Power Deep	P	Flo	6:00-7:00pm	OCR Bootcamp	W/O	David	
<b>WEDNESDAYS:</b>	11:15-12:15 pm	Restorative Movement	P	Flo	<b>FRIDAYS:</b>	Athletic Training Reformer \$\$\$	2	Carlie	
	5-5:30 pm	Abs, Arms & Back	1	Austin		6-6:55am	GRIT Plyo \$	1	Dana
	5-5:50 pm	Women On Weights \$\$	W	Carlie		6:00-6:30am	Spinning	S	Jon
	<b>5:30-6:30pm</b>	<b>Beginner Ballroom</b>	<b>AUX GYM</b>	<b>Carolyn &amp; Ross</b>		6-6:45 am	Cardio Bootcamp	1	Vicki
	6-7:00 pm	Body Pump	1	Michelle		8:00-8:45 am	Spinning	S	Nick
	6-6:45 pm	Spinning	S	Stacey D		8:45-9:30am	Basic Moves	P	Pam/Deb
	6:00-7:00 pm	Yoga Basics	3	Michael		8:15-9:15 am	Flow Yoga	3	Michelle M
	7:15-8:15	Ashtanga Yoga	3	Michael		8:45-9:30am	Zumba	1	Crystal
						9:45-10:40 am	Mat Pilates	1	Joyelle
						9:30-10:30 am	Deep Water Basics	P	Pam

1 - Group Exercise Studio; 2 - Reformer Room; 3 - Yoga Studio (3rd Floor)  
S - Spin Studio; W - Weight Room; P - Pool; D - Dance Studio; NG - New Gymnasium;  
J - Jzone; GYM - Auxillary Gymnasium. O - Obstacle Course (Outside)

\$\$\$ Additional fee required for Reformer participation; \$\$ Additional fee required for Special Group Training participation

\*M. Nicholson Hip-Hop Fitness is a paid program. Payment taken at door. Classes averaging less than 8 participants will be canceled.

Instructors and times are subject to change. Please arrive on time to class.

## GROUP EXERCISE

For more information OR questions about the schedule, please contact [csnyder@columbusjcc.org](mailto:csnyder@columbusjcc.org).

# classdescriptions

## 20/20/20:

20 minutes of cardio, 20 minutes of strength & 20 minutes of core, cooldown & stretching = 1 great workout!

## \*Advanced Strength Training:

Perfect for the intermediate exerciser who wants to strengthen their core and tone the entire body. Taught by a personal trainer and uses a variety of equipment: Kinesis, medicine balls, Pilates Reformer, Rogue Rig and more. \$15 per class per member. Payment required prior to the start of the class

## Ashtanga Yoga:

This method of yoga involves synchronizing the breath with a progressive series of postures. The result is improved circulation, a light and strong body, and a calm mind. NOT FOR BEGINNERS

## Barre & Yoga Barre:

Lengthens and strengthens muscles for appearance as well as functionality. The exercises for this class are designed to decrease the overuse of hip flexors and low back muscles to prevent pain in those areas. The goal of Barre is to make every exercise count towards your fitness goals. Balance, light weights and stretching will also be incorporated.

## Beginner Ballroom:

Drop into any Beginner Ballroom class and bring a friend to learn the basics of a new dance every week. You can learn everything from salsa to waltz in a fun social environment! No experience needed, we will teach you everything you need to know.

## BodyPump:

This is a Les Mills 60 minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

## BOOM: MUSCLE, MOVE IT & MIND:

A NEW CLASS designed for Baby Boomers. This class includes strength, cardio dance and mind/body work and is NOT appropriate for those who cannot easily get down to & up from the floor. This class is designed to improve cardiovascular endurance, muscular strength and endurance, flexibility, agility, balance, coordination, power and speed. Please see Beth if you have any questions or would like more information.

## Bootcamp:

Bootcamp is a challenging workout that will help build strength, increase endurance and burn calories! Advanced fitness levels only. NOT FOR BEGINNERS

## Beginning Meditation:

This class is for anyone who is interested in learning how to meditate, regardless of background or belief. The class will allow you to relax your mind and return home energized and refreshed. It will provide you with new tools for dealing with stress, anxiety, and problems and will also help you to overcome negative states of mind. The talks and guided meditations will provide you with the foundation for developing a powerful meditation practice

## Cardio BootCamp:

A total body work that incorporates high intensity cardio intervals, drills, step aerobics and weights. This is a high impact class and is NOT FOR BEGINNERS or those with joint problems.

## Cardio, Resistance, & Core

A high intensity, interval training program designed to ignite your metabolism, torch your entire body, and give you serious results! All fitness levels are welcome, however, this is a high-impact program. You may participate and modify any exercise you feel necessary.

## CardiYoga:

This is an intermediate/advanced yoga class where focus is on linking breath with CONTINUAL movement. There may be some inversions and arm balances and you are guaranteed to burn a ton of calories! Strength and cardio will be built in to this ever changing yoga class.

## Core Fusion:

30 minutes of core exercises using a variety of equipment. Participants will utilize props such as stability balls, body bars, weights, bands and much more.

## Flex & Stretch:

Tune into your body with the power of breath and stretching. Focus will be on light toning and core strengthening. Special attention will be paid to using flexibility as a tool for injury prevention and healing. Join this class to improve your flexibility and body awareness and would be a GREAT addition to your current workout regime!

## Flow Yoga:

A 60 minute mixed levels yoga class where students will flow from pose to pose using the breath as a guide. Expect to build some heat with sun salutations and challenging standing poses and end with a calming savasana to send you on your way.

## Kinesis:

A full body workout using the cable Kinesis machines. Expect every workout to be challenging and different. Beginners should have an orientation before trying the class.

## GRIT Strength: \$

Is a Les Mills 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

## GRIT Cardio: \$

Is a Les Mills 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

## GRIT Plyo: \$

Is a Les Mills 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body.

## KettleBells:

This class is centered around the use of kettlebells. No prior kettlebell experience is necessary and our instructors will teach you proper technique and form. You are guaranteed to get a well-rounded and challenging workout using this piece of equipment.

## MetCon:\$

A 50 min small group class with a personal trainer on the Rogue Rig that will build strength & increase metabolic burn. \$15 per class per member. Payment required prior to the start of the class.

## OCR Bootcamp

This 60-minute OCR (Obstacle Course Racing) bootcamp class will utilize our brand new 1.8 mile Black Diamond Obstacle Course featuring 25 obstacles. Come and play on the equipment and get a great workout at the same time. Expect to get dirty! Meet outside at the course.

## OCR Strength Training

This 60-minute OCR (Obstacle Course Racing) bootcamp class will help train you for our brand new 1.8 mile Black Diamond Obstacle Course featuring 25 obstacles. You'll be inside working on strength specific for OCR! Be ready for the spring race season by training with us now.

## Pilates Reformer:\$\$\$

This specially designed piece of equipment allows for over 200 exercises that engage the core while toning and lengthening muscles. Your body is taken to a new level using springs and pulleys to increase the work load and assist with stretching and strengthening. Great for all fitness levels from beginners to athletes. Payment and class registration required prior to the class.

## Athletic Training Reformer – \$\$\$

Challenges coordination, strength, agility, and offers core conditioning up to the advanced level. Prior approval for this class is required to ensure the pace and safety of the class is maintained. INT/ADV

## Classic Reformer - \$\$\$

Focuses on safe, effective toning of the entire body using a Pilates based approach to fitness. This is a great introduction to the Pilates group classes after the intro series or anyone wanting to learn better form. BEG/INT

## Jumpboard Interval Reformer – \$\$

This is a mix of classic reformer exercises and Jumpboard aerobic training. INT/ADV

## Restorative Yoga:

One hour of poses that help relieve the effects of chronic stress & for students who need a very gentle practice. Yoga props will be used – feel free to bring a pillow or blanket in addition to your mat!

## Spinning:

An intense 30, 45 or 60 minute class that will help build endurance and challenge your lower body strength. Using music and imagery, this workout is fun and motivating. No two classes are alike, so try them all!

## Spin / Core:

30 minutes of Spinning followed by 30 minutes of abs and back strengthening. Guaranteed to make you sweat & feel the burn!

## Spin/Sculpt:

30 minutes of hard core Spinning followed by 30 minutes of full body strength training. This class will give you your cardio and resistance training in one intense hour!

## Spin /Yoga:

A challenging 60 minute class consisting of 30 minutes of spinning followed by 30 minutes of yoga, emphasizing core strengthening as well as stretching.

## Squats and Tots:

Let's all get fit together! Use your little one as a workout motivator rather than a barrier. We use games and activities with our babies, toddlers, and preschoolers to strengthen our bodies, model an active lifestyle, make friends, and have some fun.

## TABATA:

Tabata training is one of the most popular forms of high-intensity interval training (HIIT). It consists of many rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off format.

## Total Body Sculpt:

A challenging low to no impact workout using a variety of equipment including step, ball, weights, tubes, bands focusing on whole body strength and toning. All fitness levels are welcome.

## TurboKick:

This class is a combination of high intensity kickboxing and dance moves that are choreographed to high-energy music. You will be challenged during this ultimate cardiovascular workout that includes intense intervals and strength/endurance training.

## Yoga Basics:

New to Yoga? This is the class for you! You will learn the fundamentals of a safe yoga practice. There will be plenty of modifications for challenging poses and you will finish off the class with a peaceful shavasana.

## Yoga For Runners:

Yoga is a fitness discipline centered around physical, mental and spiritual poses. Studies have shown that yoga squashes stress, aids weight loss, eases pain, helps people stick to an exercise routine, and even improves running times. The strength and flexibility developed on the mat—mainly in the core, quads, hamstrings, and hip flexors—can help you run more efficiently and stay injury-free.

## Vicki's Choice Bootcamp:

A 60 minute nonstop total body workout with our most popular instructor. You will do cardio drills, step aerobics, weights, core, dance and anything else Vicki can think of. Come to this class for a killer aerobic and strength workout.

## Vinyasa:

A yoga flow class in which poses smoothly run together focusing on technique and the connection between movement and breath.

## Women On Weights:\$

A women's only weight training class designed for women and taught by a female personal training focusing on strength, core, weight loss, and flexibility. \$15 per class per member. Payment required prior to the start of the class.

## Zen Yoga:

Come enjoy a mid-week relaxation combination of gentle yoga and meditation. This class is designed to revitalize your body, relax your mind, increase energy, and reduce stress. For beginners, people with joint/back issues, or experienced students who would like a slower paced, less strenuous class. Come Relax and Be Kind to your Body and Soul.

## ZUMBA:

Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. You can burn 400-700 calories in one hour!

# GROUP EXERCISE

For more information OR questions about the schedule, please contact csnyder@columbusjcc.org.

## All General Group Exercise Classes are FREE!

\$ - GRIT Classes: \$40 for the month for unlimited classes or \$10 to drop-in. First class is free.

\$\$ - Special Group Training Classes: 10 classes for \$150 or \$20 drop-in and first class is free

\$\$\$ - Pilates Reformer Classes: 10 for \$200, 20 for \$360 or \$30 drop-in

You must have instructor approval or completed the intro series (3 hour private session for \$99) before attending a class. Contact csnyder@columbusjcc.org for more info.

Schedule subject to change: Classes averaging less than 8 participants quarterly will be canceled. Arrive to class on time, warmed up and ready to go.

## BABYSITTING HOURS:

Sunday 8am-12

Monday 8:15-12:00 & 4:00-7:30pm

Tuesday 8:00-12:00 & 4:30-7:30pm

Wednesday 8:15-12:00 & 4:30-7:30pm

Thursday 8:00-12:00 & 4:30-7:30pm

Friday 8:15-12:00