



groupfitness & wellness menu

class schedule SEPTEMBER 2019



SUNDAYS:	CLASS	ROOM	INSTRUCTOR
8:30 - 9:30 am	Spinning	S	Stacey G/Nicole
8:45 - 9:45 am	Body Pump	1	Courtney/Dana
8:45 - 9:45 am	Vinyasa Yoga	3	Jim
9:00 - 10:00 am	PUSH \$\$	W	Dan
10:00 - 11:00 am	OCR Bootcamp	W/O	Dana/Jason H
10:00 - 11:00 am	Dance Fit	1	Kim
10:00 - 10:55 am	Mixed Level Reformer \$\$\$	2	Megan
10:00 - 10:45 am	Spinning	S	Stacey D
11:05 - 11:50 am	Barre	1	Megan/Adrienne

MONDAYS:	CLASS	ROOM	INSTRUCTOR
6:00 - 6:45 am	Spinning	S	Stacey G
6:00 - 6:30 am	GRIT Cardio \$	1	Dana
8:00 - 8:45 am	Cardio Bootcamp	1	Vicki
8:15 - 9:15 am	Basic Moves	P	Flo
8:45 - 9:30 am	Spinning	S	Jon
9:00 - 10:00 am	Mat Pilates	1	Megan
9:00 - 10 am	Ashtanga Yoga	3	Michael
9:30 - 10:30 am	Deep Water	P	
10:00 - 10:55 am	Fundamentals of Pilates \$\$\$	2	Megan
4:30 - 5:00 pm	Total Body Sculpt	1	Austin
5:00 - 5:30 pm	Core/Cardio Fusion	1	Michelle W
5:45 - 6:15 pm	GRIT Cardio \$	1	Courtney
6:00 - 6:55 pm	Mixed Level Reformer \$\$\$	2	Megan
6:00 - 7:00 pm	Vinyasa Yoga	3	Jen
6:00 - 7:00 pm	Spin/Core	S/1	Stacey D
7:05 - 8:05 pm	Bootcamp	1	Michelle W

TUESDAYS:	CLASS	ROOM	INSTRUCTOR
7:00 - 7:45 am	Cardio, Resistance & Core	1	Michael
8:15 - 9:15 am	Core/Cardio Fusion	1	Vicki
8:45 - 9:30 am	Spinning	S	Jan
9:00 - 10:00 am	Vinyasa Flow	3	Jim
9:30 - 10:00 am	Squats & Tots	1	Lindsay
10:00 - 11:00 am	Hydro Power Deep	P	
11:15 - 12:15 pm	Restorative Movement	P	
5:00 - 5:45 pm	Abs, Arms & Back	1	Michelle W
5:00 - 5:50 pm	Women On Weights \$\$	W	Carlie
6:00 - 6:45 pm	Spinning	S	Stacey D
6:00 - 7:00 pm	Yoga Basics	3	Michael
6:00 - 7:00 pm	Body Pump	1	Michelle
7:15 - 8:15 pm	Ashtanga Yoga	3	Michael

WEDNESDAYS:	CLASS	ROOM	INSTRUCTOR
6:00 - 6:45 am	Spinning	S	Nicole
6:00 - 6:30 am	GRIT Strength \$	1	Dana
8:15 - 9:15 am	Basic Moves	P	
8:30 - 9:15 am	Cardio Bootcamp	1	Vicki
8:45 - 9:30 am	Spinning	S	Jon
9:00 - 9:50 am	Adv Strength Training \$\$	W	Carlie
9:00 - 10:00 am	Slow Flow Yoga	3	Lisa E
9:30 - 10:30 am	Deep Water Basics	P	
9:30 - 10:30 am	Yoga/Core	1	Falen
1:00 - 1:45 pm	BOOM	1	Karen
2:00 - 3:00 pm	Delay the Disease (Parkinson's) \$	1	Beth
2:00 - 3:00 pm	Zen Yoga	3	Michelle W
4:45 - 5:30 pm	Transformation Camp	1	Michelle W
5:30 - 6:25 pm	Jumpboard Interval Reformer \$\$\$	2	Carlie
5:45 - 6:15 pm	GRIT Strength \$	1	Courtney
6:00 - 6:45 pm	Spinning	S	Austin
6:15 - 7:15 pm	Beginner Ballroom	MPR	Carolyn&Ross
6:20 - 7:15 pm	LaBlast	1	Rob
7:15 - 8:15 pm	Bootcamp	1	Michael

THURSDAYS:	CLASS	ROOM	INSTRUCTOR
6:00 - 7:00 am	Spin/Yoga	S/3	Stacey D
6:30 - 7:00 am	Kinesis	W	Beth
7:00 - 7:45 am	Cardio, Resistance & Core	1	Michael
8:00 - 8:45 am	Cardio Bootcamp	1	Vicki
8:45 - 9:30 am	Zumba	1	Kim
8:45 - 9:30 am	Spinning	S	Mike
9:00 - 10:00 am	Flow Yoga	3	Michelle M
10:00 - 10:30 am	Flex and Stretch	1	Kim R
9:15 - 10:05 am	MetCon \$\$	W	Jason
8:30 - 9:25 am	Athletic Training Reformer \$\$\$	2	Joyce
10:00 - 11:00 am	Hydro Power Deep	P	
10:45 - 11:35 am	MASTER'S Women on Weights \$\$	W	Heather
11:00 - 11:30 am	Kinesis	W	Dan
11:15 - 12:15 pm	Restorative Movement	P	
4:30 - 5:00 pm	TABATA	1	Austin
5:45 - 6:15 pm	GRIT Athletic \$	1	Courtney
6:20 - 7:20 pm	Body Pump	1	Dmitry
7:30-8:15 pm	Zumba	1	Sharona

FRIDAYS:	CLASS	ROOM	INSTRUCTOR
6:00 - 6:30 am	GRIT Athletic \$	1	Dana
6:00 - 6:45 am	Spinning	S	Jon
8:00 - 8:45 am	Cardio Bootcamp	1	Vicki
8:45 - 9:30 am	Spinning	S	Laura
8:15 - 9:15 am	Basic Moves	P	
9:00 - 10:00 am	Flow Yoga	3	Michelle M
9:00 - 9:45 am	Zumba	1	Nurit
9:05 - 10:00 am	Athletic Training Reformer \$\$\$	2	Carlie
9:30 - 10:30 am	Deep Water Basics	P	
10:45 - 11:30 am	Zumba Gold	1	Gail
1:00 - 1:45 pm	BOOM	1	Karen
4:30 - 5:30 pm	20/20/20	1	Austin



AN EXCITING NEW WAY TO IGNITE THAT FAT BURNING FIRE INSIDE YOU

CLASSES FOR ALL FITNESS LEVELS

OPENS NOW!

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); MPR - Preschool Multi-purpose Room
 \$\$\$ Additional fee required for Reformer participation; \$\$ Additional fee required for Special Group Training participation. Instructors and times are subject to change.
 Please arrive on time to class. Late arrival not allowed for some classes.

For more information OR questions about the schedule, please contact Group Exercise Coordinator, Austin Hudson, at ahudson@columbusjcc.org.

classdescriptions

20/20/20:

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

Abs, Arms, & Back

This class will focus on strengthening your core and upper body muscles! You will use a variety of equipment to help push you, and a wide range of doable, but challenging exercises!

**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:

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

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.

Core/Cardio Fusion:

This class is a high-intensity class that will challenge your core strength, and your cardiovascular endurance. Different format every time to keep the class challenging, and interesting!

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.

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.

Dance Fit:

Embrace your inner dance diva by experience a medley of Hip Hop, Jazz, Broadway, Modern, Zumba and even Ballet. Easy to follow choreography and suitable for all dance levels.

DTD Parkinson's :

60 min class for members who have been diagnosed with Parkinson's Disease. This is a multi-level class, using the program designed by David Zid: Delay the Disease. This class uses many types of exercises modalities to help.

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!

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 Athletic: \$

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.

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 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.

LaBlast:

LaBlast is a dance fitness program based on all the fun dance moves you see on shows like "Dancing with the Stars". It is partner free and uses a wide variety of music to get you an intense, but fun, interval based cardio workout! All dance skill levels welcome!

Mat Pilates

For all fitness levels! Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

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.

Performance Conditioning: \$\$

Increase athleticism through varied intervals of cardio (run, bike and row), calisthenics (body weight exercises; push-ups, pull-ups, etc.) and weightlifting (kettlebells, dumbbells, sandbags and barbells.) (NEW Special Program)

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

Fundamentals of Pilates - \$\$\$

This class focuses on the fundamentals of Pilates by incorporating basic principles and exercises with correct form. It is recommended for those new to pilates as well as experienced practitioners that want to brush up on pilates principles. This class will move at a slower pace to allow for modifications.

Intermediate Reformer —\$\$\$

Experience a faster-paced, total body workout that will leave you feeling stronger, more flexible and standing with improved body alignment! In this class you will build upon what you have learned. The exercises become more difficult, we work with small props to continue to challenge the body and we work on transition and fluidity. Clients should be injury free or able to modify as needed.

Jumpboard Interval Reformer – \$\$

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

PUSH: The Basics –

PUSH: The Basics, preparation class to weightlifting through core strengthening, flexibility and increase range of motion.

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!

Slow 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.

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 /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.

Transformation Camp

A bootcamp style class, with an emphasis on cardiovascular health! The class will be a different set-up every time, but it will always be high-energy, fun, and challenging!

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/Core

This class is 40-minutes of indoor cycling in the spin room, followed by 20-minutes of core work in the group exercise room! Great for cardiovascular endurance, and core strengthening!

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!

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 8:00-12:00 & 4:00-7:30pm
Tuesday 8:00-12:00 & 4:30-7:30pm
Wednesday 8:00-12:00 & 4:30-7:30pm
Thursday 8:00-12:00 & 4:30-7:30pm
Friday 8:00-12:00