



Group Fitness Schedule

March 1, 2018

Ronald Gardenswartz Jewish Community Center of Greater Albuquerque
5520 Wyoming Blvd NE - Albuquerque, NM 87109 - 505-332-0565

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 a.m.		BARRE Tabby	Muscle Hour * Lolli <small>* 7:00-7:10am Ab/Stretch</small>	BARRE Tabby	Full Body Workout * Lolli <small>* 7:00-7:10am Ab/Stretch</small>	STRONG 7:15 - 8:15am Cody	
8:25 a.m.	Muscle Step Rachael	TABATA! Jen	Waist Up Jacque	20:20:20 Jacque	PowerFlex Rachael	BOOT CAMP Karen R.	ZUMBA 8:00 am Sheryl
9:30 a.m.	Cardio Kick Dave 'Lando'	Power Sculpt Jacque BOOT CAMP Lolli	BARRE Jacque	R.E.P.S. Lolli	Cardio Blast Rachael	ZUMBA Anick	PowerFlex 9:15 am Debbie
10:35 a.m.	Yoga Karen B.	Fit Ball Jacque	ZUMBA Valarie	Yoga Laura B.	Yoga Sarka	Yoga Pam	Yoga 1hr & 15min Sara
12:00 noon	Pilates Mat Tracy	Yoga Mindy	Pilates Mat Tracy	Pilates Mat Tracy	ZUMBA Valarie	Beginning Yoga Mindy	 1/21 - 5/13
1:30 p.m.	Fit 2 Move Melanie		Fit 2 Move Rosina				Pre Dance 3 FULL yrs 12:00 - 12:45pm
2:00 p.m.		 3:15 - 4:00pm Miss Sarah \$\$					Dance 1 ages 1-5 1:00 - 1:55pm Miss Sarah \$\$

4:00 p.m.			Ab Lab 4:10 - 4:25pm Sherri		Karate for Kids ** 1/5 - 5/4		Pilates Mat Liz
4:25 p.m.	Cardio Salsa Michelle	ZUMBA Tammara	PowerFlex Sherri	BARRE Tabby	4 - 4:45pm Ages 3-5 FULL 5-5:45pm Ages 6-12 FULL Sensei Phil \$\$\$	GF STUDIO UPDATE The Group Fitness Studio floor will be refinished March 30 & 31. A Low VOC product will be used. If you are odor sensitive - you may want to be prepared for alternate workout starting April 2nd. We apologize for the inconvenience. \$\$ SPECIALTY CLASSES \$\$ Karate for Kids with Sensei Richard 5:30pm Tuesdays - starts January 16 5:30pm Thursdays - starts January 18 \$\$ KRAV MAGA February 4 - March 14 meets 2x/week on Sundays & Wednesdays Michelle & Zane Church \$\$ REGISTER ONLINE OR MEMBER SERVICES	
5:30 p.m.	PowerFlex Pattie	REBEL BOOTCAMP Dave 'Lando'	STRONG Cody	Circuit Challenge Karen R.			
6:35 p.m.	YOGA for Athletes Dave Johnson	Yoga Sara	Full Body Workout Karen R.	Yoga Andrea			
7:45 p.m.			ISRAELI DANCE 7:45-9:30pm Denis \$\$				



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CLASS DESCRIPTIONS (All Fitness Levels Unless Otherwise Noted)

GROUP FITNESS

Ab Lab: Abdominals, obliques and lower back isolation.

BARRE: A ballet barre inspired workout that will transform your body. Incorporates athletic isometric training and exercises performed in small, controlled movements to muscle fatigue which results in a long, lean, shapely physique. All levels welcome. Barefoot format, but shoes optional. This class is in 'warm' environment. Bring water and a towel.

Boot Camp: A 60 minute functional total body workout. Class format varies weekly incorporating cardio, weights, balance, push ups, core, lunges, speed and agility. (Please visit with your Boot Camp Instructor prior to class if you are a new participant and/or have injuries/limitations that may require modifications)

Cardio Blast: A fat burning, cardiovascular workout. No complicated choreography to follow just formats to keep you moving.

Cardio Kick: An interval workout incorporating lower body kicks & squats, upper body punches and strength conditioning using weights or bands.

Cardio MashUP: The ultimate "MashUP" of a cardiovascular workout. Combinations of High/Low impact moves, mixed level intensity and variety of cardio formats is guaranteed to get you sweating, your heart pumping and blasting calories for a stronger, fitter, better you.

Cardio Salsa: A group fitness cardio dance class utilizing salsa moves as well as other latin and world beats.

Circuit Challenge: Maximize your effort with a total body workout incorporating cardio, body sculpting, and core conditioning in fun ever-changing intervals.

Fit Ball: Total body conditioning using the Fitness Ball with emphasis on core strength training.

Fit 2 Move: Have fun in this class geared for Seniors to increase mobility, health & toning.

Full Body Workout: A 60 minute full body workout which combines sculpting with muscle endurance and cardio. Can be modified to fit all fitness levels.

Intervals: An active cardio class alternating floor and the step to challenge your workout.

Muscle Hour: Non-aerobic isolated strengthening work using a variety of resistance equipment. Toning and shaping the entire body.

Muscle Step: A cardiovascular workout using slow controlled movements while simultaneously using handheld weights (optional) for a full body workout.

Power Flex: The 1 hour total body barbell workout you do not want to miss. Improve body tone, muscle definition, strength and endurance.

Power Sculpt: a total body conditioning class using free weights, bars, bands & high reps to challenge you while utilizing all of the major muscle groups of the upper and lower body.

REBEL Bootcamp: A strength, core and cardio conditioning class combining proper muscle strengthening methods with cardio bursts, based on kickboxing and endurance building techniques, all set to a hard rockin' soundtrack.

REPS (Resistance-Endurance-Power-Strength): This hour of power is an intense endurance workout using a variety of resistance equipment to increase your muscular strength, enhance your core and cardiovascular fitness.

STRONG by Zumba: combines high intensity interval training (HIIT) with the science of Synced Music Motivation. IN every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

TABATA!: This calorie-torching cardio and sculpting workout alternates between 20 seconds of intense bursts of work and 10 seconds of rest in four-minute rounds. Bring water and a towel - and get ready to sweat, tone, and burn!

Ultimate Intervals: Burn mega calories in this high intensity cardio intervals class that's interspersed with functional strength exercises

Waist Up!: Sculpt and condition arms, chest, back and core. Everything from the waist up!

Zumba: A dance class that fuses hypnotic Latin & international musical rhythms & tantalizing moves to create a dynamic workout that is fun & easy to do.

20:20:20: A full body workout consisting of 20 minutes cardio, 20 minutes strength training and 20 minutes of stretching.

MIND & BODY:

Beginning Yoga: Learn the foundational yoga poses with attention to breath, alignment and safety. Builds strength and flexibility while developing therapeutic and relaxation methods to release stress in the mind and body.

Pilates Mat: A total mind-body conditioning program designed to improve posture, flexibility, core strength and stability.

POWER YOGA: Active, athletic and sporty flow/vinyasa flow style of yoga. A series of poses (asanas) with an emphasis on building strength and endurance.

Yoga: A fresh exploration for the physical, mental and spiritual body through the practice of yoga postures & breathing techniques to transform mind and body. Develop and maintain strength, flexibility and balance for health and well-being. Multi Level. (Please let your instructor know if you are new to/newly returning to a Yoga practice.)

Yoga for Athletes: Designed to enhance your performance in any sport or activity, Yoga for Athletes will help you improve all aspects of your fitness; balance & flexibility, range of motion, focus and determination. This will be a challenging class where you can expect to sweat and laugh as we work together in a fun, supportive, group atmosphere. All levels welcome.

Group Fitness Coordinator Debbie Quinones 348-4501 or debbieq@jccabq.org
Visit our website @ www.jccabq.org