

**Bender JCC Group Exercise Schedule Effective November 1, 2018**

| <b>SUNDAY 4, 11, 18, 25</b> |                               |          |    |
|-----------------------------|-------------------------------|----------|----|
| 7:10 a.m. – 7:55 a.m.       | Spin                          | Karolina | GB |
| 8:00 a.m. – 8:55 a.m.       | Les Mills BODYPUMP™           | Karolina | GB |
| 9:00 a.m. – 9:55 a.m.       | Flow Yoga                     | Lisa W.  | GC |
| 9:15 a.m. – 9:30 a.m.       | Les Mills BARRE™ Technique    | Sandy    | GB |
| 9:30 a.m. – 9:55 a.m.       | Les Mills BARRE™              | Sandy    | GB |
| 9:00 a.m. – 9:55 a.m.       | NIA                           | Amy L.   | GA |
| 10:00 a.m. – 10:55 a.m.     | Cardio Fusion                 | Sandy    | GC |
| 10:00 a.m. – 10:55 a.m.     | <b>Zumba (new instructor)</b> | Sae      | GB |
| 11:00 a.m. – 11:55 a.m.     | Pilates                       | Stella   | GB |
| 5:00 p.m. – 6:30 p.m.       | Classic Yoga                  | Robin    | GC |

| <b>MONDAY 5, 12, 19, 26</b> |                               |            |    |
|-----------------------------|-------------------------------|------------|----|
| 6:00 a.m. – 6:55 a.m.       | Les Mills BODYPUMP™           | Rachel O.  | GB |
| 7:05 a.m. – 7:35 a.m.       | Les Mills SPRINT™             | Vicky      | GB |
| 8:15 a.m. – 9:10 a.m.       | Flow Yoga                     | Robin      | GA |
| 9:30 a.m. – 10:25 a.m.      | Zumba                         | Rachel S.  | GA |
| 9:30 a.m. – 10:25 a.m.      | Yogalates                     | Jill       | GC |
| 9:30 a.m. – 10:25 a.m.      | Circuit Training              | Neal       | GB |
| 10:30 a.m. – 11:25 a.m.     | Sculpt with Ball              | Stacy      | GB |
| 10:30 a.m. – 11:25 a.m.     | Flow Yoga                     | Cynthia    | GC |
| 11:30 a.m. – 12:30 p.m.     | <b>Tai Chi (\$\$)</b>         | Jeffrey    | GA |
| 11:30 a.m. – 12:25 p.m.     | Les Mills BODYPUMP™           | Sandra     | GB |
| 11:30 a.m. – 12:25 p.m.     | Zumba Toning                  | Riko       | GC |
| 12:45 p.m. – 1:40 p.m.      | Balance with Strength         | Luci       | GB |
| 1:00 p.m. – 1:45 p.m.       | Aqua Fit                      | Roz        | IP |
| 7:00 p.m. – 7:55 p.m.       | NIA                           | Amy L.     | GA |
| 7:00 p.m. – 7:45 p.m.       | H2O Pilates                   | Christelle | IP |
| 7:30 p.m. – 8:55 p.m.       | Les Mills BODYPUMP™ & CXWORX™ | Karolina   | GB |

| <b>TUESDAY 6, 13, 20, 27</b> |                              |           |     |
|------------------------------|------------------------------|-----------|-----|
| 6:00 a.m. – 6:50 a.m.        | J Fit Challenge              | Karolina  | GB  |
| 7:05 a.m. – 7:50 a.m.        | Spin                         | Karolina  | GB  |
| 8:00 a.m. – 8:55 a.m.        | Flow Yoga                    | Lisa W.   | GC  |
| 9:00 a.m. – 9:55 a.m.        | Weights and Plates           | Rhoda     | GB  |
| 9:30 a.m. – 10:00 a.m.       | Les Mills CXWORX™            | Rachel O. | GC  |
| 10:00 a.m. – 10:55 a.m.      | Les Mills BODYFLOW™          | Rachel O. | GC  |
| 10:00 a.m. – 10:55 a.m.      | Zumba                        | Andres    | GYM |
| 10:00 a.m. – 10:55 a.m.      | Complete Cardio Conditioning | Rhoda     | GB  |
| 11:00 a.m. – 12:25 p.m.      | Yoga Stretch & Strength      | Amy M.    | GA  |
| 11:00 a.m. – 11:55 a.m.      | Stretch                      | Rhoda     | GB  |
| 12:00 p.m. – 12:55 p.m.      | Senior Fit                   | Sandy     | GB  |
| 1:00 p.m. – 1:45 p.m.        | Aqua Fit                     | Luci      | IP  |
| 5:30 p.m. – 6:25 p.m.        | Pilates Strength             | Stella    | GB  |
| 6:30 p.m. – 7:25 p.m.        | Spin                         | Eileen    | GB  |
| 7:30 p.m. – 8:00 p.m.        | Les Mills BARRE™             | Vicky     | GB  |

| <b>WED 7, 14, 21, 28</b> |                         |         |     |
|--------------------------|-------------------------|---------|-----|
| 6:00 a.m. – 6:55 a.m.    | Les Mills BODYPUMP™     | Vicky   | GB  |
| 7:05 a.m. – 7:35 a.m.    | Les Mills SPRINT™       | Vicky   | GB  |
| 8:15 a.m. – 9:10 a.m.    | Flow Yoga               | Robin   | GA  |
| 8:30 a.m. – 9:25 a.m.    | Zumba Gold              | Andres  | GYM |
| 8:30 a.m. – 9:25 a.m.    | Cardio Sculpt with Ball | Sandy   | GC  |
| 8:30 a.m. – 9:25 a.m.    | Spin                    | Lisa R. | GB  |
| 9:30 a.m. – 10:25 a.m.   | Cardio Fusion           | Sandy   | GB  |
| 9:30 a.m. – 10:25 a.m.   | Pilates                 | Rhoda   | GC  |
| 10:00a.m. – 10:55a.m.    | Aqua Zumba              | Ruth    | IP  |
| 10:30 a.m. – 11: 25 a.m. | Balance and Strength    | Luci    | GB  |
| 10:30 a.m. – 11:25 a.m.  | Definition and Sculpt   | Rhoda   | GC  |

|                         |                     |          |    |
|-------------------------|---------------------|----------|----|
| 11:30 a.m. – 12:25 p.m. | Triple Fitness      | Cynthia  | GB |
| 1:00 p.m. – 1:45 p.m.   | Aqua Fit            | Roz      | IP |
| 1:00 p.m. – 1:55 p.m.   | Spin                | Gail     | GB |
| 2:00 p.m. – 2:55 p.m.   | Flow Yoga           | Amy M.   | GC |
| 7:15 p.m. – 8:15 p.m.   | Les Mills BODYPUMP™ | Karolina | GB |
| 8:15 p.m. – 8:45 p.m.   | Les Mills CXWORX™   | Karolina | GB |

| <b>THURSDAY 1, 8, 15, 22, 29</b> |                                  |            |    |
|----------------------------------|----------------------------------|------------|----|
| 6:00 a.m. – 6:55 a.m.            | J Fit Challenge                  | Karolina   | GB |
| 7:05 a.m. – 7:50 a.m.            | Spin                             | Karolina   | GB |
| 8:00 a.m. – 8:55 a.m.            | Flow Yoga                        | Lisa W.    | GC |
| 8:55 a.m. – 9:25 a.m.            | Les Mills CXWORX™                | Mary       | GB |
| 9:30 a.m. – 10:25 a.m.           | 20/20/20                         | Jill       | GB |
| 9:30 a.m. – 9:55 a.m.            | Les Mills BARRE™                 | Cynthia    | GC |
| 10:30 a.m. – 11:15 a.m.          | Fusion Stretch                   | Jill       | GB |
| 11:00 a.m. – 11:55 a.m.          | Zumba Toning                     | Andres     | GC |
| 12:00 p.m. – 12:55 p.m.          | <b>Gentle Yoga (room change)</b> | Amy M.     | GB |
| 1:00 p.m. – 1:45 p.m.            | Aqua Fitness                     | Luci       | IP |
| 4:30 p.m. – 5:25 p.m.            | Les Mills BODYPUMP™              | Rachel O.  | GB |
| 6:30 p.m. – 7:25 p.m.            | Spin                             | Raul       | GB |
| 7:00 p.m. – 7:45pm               | Aqua Pilates                     | Christelle | IP |
| 7:15 p.m. – 8:40 p.m.            | Classic Yoga                     | Robin      | GC |
| 7:30 p.m. – 8:25 p.m.            | Zumba                            | Alena      | GB |

| <b>FRIDAY 2, 9, 16, 23, 30</b> |                     |            |     |
|--------------------------------|---------------------|------------|-----|
| 6:15 a.m. – 7:15 a.m.          | Iron Fit Spin       | Raul       | GB  |
| 8:15 a.m. – 9:00 a.m.          | Circuit Training    | Neal       | GB  |
| 8:30 a.m. – 9:25 a.m.          | Zumba Toning        | Andres     | GYM |
| 9:30 a.m. – 10:25 a.m.         | Les Mills BODYPUMP™ | Rachel O.  | GB  |
| 10:30 a.m. – 11:25 a.m.        | Bang Power Dance    | Denise     | GA  |
| 10:30 a.m. – 11:25 a.m.        | Restorative Yoga    | Amy M.     | GB  |
| 10:30 a.m. – 11:25 a.m.        | Balance & Strength  | Luci       | GC  |
| 11:30 a.m. – 12:15 p.m.        | Butts & Guts        | Sandy      | GB  |
| 12:20 p.m. – 1:15 p.m.         | Tone Up / Shape Up  | Christelle | GB  |
| 1:00 p.m. – 1:45 p.m.          | Aqua Fit            | Roz        | IP  |

| <b>SATURDAY 3, 10, 17, 24</b> |                     |          |    |
|-------------------------------|---------------------|----------|----|
| 7:15 a.m. – 8:15 a.m.         | Spin                | Neal     | GB |
| 8:20 a.m. – 9:00 a.m.         | Abs                 | Neal     | GB |
| 9:00 a.m. – 10:15 a.m.        | Classic Yoga        | Amy M.   | GC |
| 10:00 a.m. – 10:55 a.m.       | Zumba               | Marcela  | GB |
| 11:00 a.m. – 12:00 p.m.       | Les Mills BODYPUMP™ | Karolina | GB |
| 12:00 p.m. – 12:30 p.m.       | Les Mills CXWORX™   | Karolina | GB |
| 3:00 p.m. – 3:55 p.m.         | Zumba               | Jonelle  | GB |

**Les Mills BARRE – Wear socks or ballet slippers**

**Schedule subject to change. For the most current schedule please check [www.benderjccgw.org](http://www.benderjccgw.org) \$\$ Fee Based Class**

**Group Studio A | GA**

**Group Studio B | GB  
Gymnasium | GYM**

**Group Studio C | GC  
Indoor Pool | IP**

*Stay up to date with the latest Group Exercise news. To sign up for email notifications, please contact Rachel Ossman, [rossman@benderjccgw.org](mailto:rossman@benderjccgw.org) or 301-348-3710. For text message updates, visit [www.benderjccgw.org/textalerts](http://www.benderjccgw.org/textalerts).*

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**20/20/20** or 30/30 mix of cardio, strength and flexibility for 20 or 30-minute intervals. ♥

**AQUA FIT:** This cardiovascular workout in the pool is set to music while still being easy on the joints. This class is designed to increase flexibility and muscle tone. ♦ ☺

**AQUA PILATES:** Shallow water aerobics fused with movements from land Pilates. Get wet and wild for core work, strength and conditioning! Good for all fitness levels ☺

**AQUA ZUMBA:** High Energy Latin dance in the water! ☺

**BALANCE & STRENGTH:** No floor work required! All work is performed sitting in a chair, ball or against a wall. Class includes gait awareness, strength, stretches & body alignment work. ♦ ☺

**BANG Power Dance:** An urban-inspired group fitness class using specially designed weighted gloves. A fusion of hip hop, world dance, boxing, aerobics and bodyweight training.

**Les Mills BARRE:** A modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

**BODYPUMP:** The ultimate in strength training. BODYPUMP will shape and tone muscle groups, increase bone density & burn up to 600 calories per class! ☺

**BODYFLOW:** Embrace parts of yoga, tai-chi and pilates with **BODYFLOW**, a relaxing class that builds strength and improves flexibility. ☺

**BUTTS & GUTS:** Only have 45 minutes? Need to strengthen your core? This class gets your heart rate up, while working all the core muscles. ☺ ♥

**CARDIO FUSION:** This class combines all things cardio in a blend that keeps you guessing and your heart pumping ♥

**CARDIO SCULPT W/ BALL:** Cardio and floor exercises using fitness balls of various sizes to sculpt your body while you get your heart pumping. ♥

**CIRCUIT TRAINING:** 3 round of combined strength, cardio and core focused moves to tone your body head to toe. ▶ ♥

**CLASSIC YOGA:** A focus on Iyengar style yoga, attention to body alignment, breadth, and posture will guide the class journey culminating with relaxation at the conclusion of the class. ☺

**COMPLETE CARDIO CONDITIONING:** This class is designed as a total body workout using intervals of high/low impact aerobics and strength training. ☺ ♥

**CXWORX:** A 30-minute class consisting of abdominal exercises. This intense, advanced abs workout will use several techniques to strengthen your core. ▶

**DEFINITION AND SCULPT:** This is an all level class that focuses on building strength and endurance. Half of the class is conditioning, half build coordination and speed. ☺ ♦

**FLOW YOGA:** A Yoga class designed to build awareness of breath and the body while continuously moving. The teacher will encourage rest period and modifications if needed. ☺

**GENTLE YOGA:** A slow paced yoga class with limited up-and-down moves to keep things easy on the body. ☺

**IRON FIT SPIN:** An advanced spinning class which emphasizes cycling technique and cardiovascular endurance aimed at the athlete in everyone! Come challenge yourself! ♥ ▶

**J FIT CHALLENGE:** This class will challenge you with intervals of cardio, strength, agility and balance! This is a non-stop, high-intensity workout for advanced-level fitness lovers! ♥ ▶

**MAT PILATES:** A series of exercises designed to improve posture, core strength, flexibility, breathing, concentration and focus derived from Joseph Pilates. ☺

**NIA:** This is a great, spirited workout for all fitness levels. Continuous low-impact movements make for a joint-easy, excellent cardio workout! ☺ ♥

**RESTORATIVE YOGA:** A gentle, therapeutic Yoga class for women, sometimes using props, to ease the body into balance. ☺

**SCULPT w/BALL:** Tone and strengthen your entire body in this sculpting class that incorporates fitness balls and hand weights. Enjoy easy moves with great results!

**SENIOR FIT:** A fitness class designed for seniors or participants that want to work on building strength and balance. ♦

**SPIN:** If you enjoy bike riding and the indoor workout, this class is right for you! Work up a sweat while riding indoors! ♥

**SPRINT:** A 30-min HIIT (High Intensity Interval Training) Cycle workout that will motivate you to push your physical and mental limits.

**STRETCH:** Stretch out and increase your flexibility and range of motion in this full body stretch class. ☺ ♦

**FUSION STRETCH:** This class includes basic stretching and Yoga movements to aid in restoration and recovery of the body. ☺

**TAI CHI:** The ancient Chinese martial art of Tai Chi uses gentle flowing movements to reduce the stress of a busy lifestyle and improve health. (\$\$) ☺

**STONE UP & SHAPE UP:** Functional fitness building strength in all muscle groups with special emphasis on strengthening your core & keeping you flexible. ☺

**TRIPLE FITNESS:** 20 minutes each of cardio, strength and core work for one complete workout! ♥

**WEIGHTS AND PLATES:** A heart pumping strength training workout using a variety of equipment. ☺

**YOGA STRETCH & STRENGTH:** A 90 minute Yoga class for women that combines flowing poses with an extended cool down. Level 2 ▶

**YOGALATES:** Combines core strengthening of Pilates and the flexibility and relaxation of Yoga. ☺

|                  |
|------------------|
| ♥ Heart Pumping  |
| ▶ Advanced Level |
| ♦ Age 60+        |
| ☺ All Levels     |

**10 MINUTE START TIME POLICY**  
*For your safety and the safety of others, please do not enter a group exercise class while the program is in session. Participants have already warmed up. By joining after the program has begun, you're putting yourself at risk for injury. Classes close 10 minutes after the scheduled start time.*