

Bender JCC Group Exercise Holiday Schedule Effective December 24, 2018 – January 1, 2019

MONDAY 24			
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	Stacy	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. – 12:25 p.m.	Les Mills BODYPUMP™	Sandra	GB
11:30 a.m. – 12:25 p.m.	Zumba Toning	Andres	GC
12:45 p.m. – 1:40 p.m.	Balance with Strength	Stella	GB
1:00 p.m. – 1:45 p.m.	Aqua Fit	Roz	IP

TUESDAY 25			
7:05 a.m. – 7:55 a.m.	Spin	Raul	GB
8:00 a.m. – 8:55 a.m.	Flow Yoga	Lisa W.	GC
9:00 a.m. – 9:25 a.m.	Les Mills BODYPUMP™ Express	Rachel O.	GB
9:30 a.m. – 10:00 a.m.	Les Mills CXWORX™	Rachel O.	GB
10:00 a.m. – 10:55 a.m.	Les Mills BODYFLOW™	Rachel O.	GB
10:00 a.m. – 10:55 a.m.	Zumba	Andres	GC
11:00 a.m. – 12:25 p.m.	Yoga Stretch & Strength	Amy M.	GC
12:00 p.m. – 12:55 p.m.	Senior Fit	Stella	GB

WED 26			
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	Neal	GB
9:30 a.m. – 10:25 a.m.	Cardio Fusion	Sandy	GB
9:30 a.m. – 10:25 a.m.	Pilates	Stella	GC
10:00a.m. – 10:55a.m.	Aqua Zumba	Ruth	IP
10:30 a.m. – 11: 25 a.m.	Balance and Strength	Luci	GB
11:30 a.m. – 12:25 p.m.	Triple Fitness	Stella	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

THURSDAY 27			
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	Christelle	GB
9:30 a.m. – 9:55 a.m.	Les Mills BARRE™	Cynthia	GC
10:30 a.m. – 11:15 a.m.	Fusion Stretch	Christelle	GB
11:00 a.m. – 11:55 a.m.	Zumba Toning	Andres	GC
12:00 p.m. – 12:55 p.m.	Gentle Yoga	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™	Mary W.	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

FRIDAY 28			
6:15 a.m. – 7:15 a.m.	Iron Fit Spin	Raul	GB
8:15 a.m. – 9:10 a.m.	Circuit Training	Neal	GB
8:30 a.m. – 9:25 a.m.	Zumba Toning	Andres	GC
9:30 a.m. – 10:25 a.m.	Les Mills BODYPUMP™	Mary W.	GB
9:30 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

SATURDAY 29			
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

SUNDAY 30			
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.	Zumba	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

MONDAY 31			
6:00 a.m. – 6:55 a.m.	Les Mills BODYPUMP™	Mary W.	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	Stella	GC
9:30 a.m. – 10:25 a.m.	Circuit Training	Neal	GB
10:30 a.m. – 11:25 a.m.	Sculpt with Ball	Neal	GB
10:30 a.m. – 11:25 a.m.	Flow Yoga	Cynthia	GC
11:30 a.m. – 12:25 p.m.	Les Mills BODYPUMP™	Sandra	GB
11:30 a.m. – 12:25 p.m.	Zumba Toning	Andres	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

TUESDAY 1			
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.	Les Mills BODYPUMP™	Karolina	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	GB
11:00 a.m. – 12:25 p.m.	Yoga Stretch & Strength	Amy M.	GA
12:00 p.m. – 12:55 p.m.	Senior Fit	Sandy	GB
5:30 p.m. – 6:25 p.m.	Pilates Strength	Stella	GB

Schedule subject to change, check www.benderjccgw.org

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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: 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.

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. ☺

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

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. (\$\$) ☺

TONE 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. ☺

ZUMBA: A high energy dance class that mixes great moves and music to a Latin beat. ☺ ♥

ZUMBA GOLD: Perfect for active older adults looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity! ♦

♥ 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.