

# January Group Fitness Schedule

## Schedule for January 1 - 31, 2021

All classes will be live on Zoom. All classes are 30 min. long.

**Membership question?** Please email AshleyBS@JCCOnline.com in Palm Beach Gardens or BeckyB@JCCOnline.com in Boynton Beach.

**Fitness question?** Please email PaulinaH@JCCOnline.com

TIME	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SUNDAYS
8:00 AM	<b>Tabata</b> (advanced) with Kris	<b>STRONG</b> (advanced) with Jessica	<b>Tabata STRENGTH</b> (advanced) with Kris	<b>Mat Pilates</b> (all levels) with Ainsley	<b>STRONG</b> (advance) with Paulina	
9:00 AM	<b>Kick n Sculpt*</b> (all levels) with Christine *1/04, 1/18	<b>Total Body Burn</b> (all levels) with Sherry	<b>Zumba®</b> (all levels) with Elsie	<b>Total Body Burn</b> (all levels) with Sherry	<b>Pound*</b> (all levels) with Christine *1/08, 1/22	<b>Zumba®</b> (all levels) with Paulina or Elsie* *instructors alternate
	<b>Pound*</b> (all levels) with Christine *1/11, 1/25				<b>Kick n Sculpt*</b> (all levels) with Christine *1/15, 1/29	
10:00 AM	<b>Zumba®</b> (all levels) with Paulina	<b>Zumba®</b> (all levels) with Sherry	<b>Mindful Vinyasa Flow</b> (all levels) with Eve	<b>Zumba® Gold</b> (all levels) with Aylin	<b>Yoga Flow</b> (all levels) with Eve	<b>Total Body Burn</b> (intermediate) with Paulina or Kris* *instructors alternate
11:00 AM	<b>SilverSneakers® Classic</b> (all levels) with Gary	<b>Core and More</b> (all levels) with Aylin	<b>SilverSneakers® Classic</b> (all levels) with Paulina	<b>Chair Yoga</b> (all levels) with Eve	<b>SilverSneakers® Classic</b> (all levels) with Aylin	
1:00 PM		<b>Parkinson's Foundation Exercise Class</b> (all levels) with Gary		<b>Parkinson's Foundation Exercise Class</b> (all levels) with Gary		
7:00 PM	<b>Total Body Burn</b> (all levels) with Paulina	<b>Zumba®</b> (all levels) with Elsie	<b>Zumba®</b> (all levels) with Sherry	<b>Stretch n Tone</b> (all levels) with Aylin		

**Pre-Registration Required: RSVP at [JCCOnline.com/virtualfitness](https://www.jcconline.com/virtualfitness)**



## FREE CLASSES ALL WEEK: January 1 - 8, 2021

\*Valid for new members only. (Must not have been a member for the past 6 months.)  
Promotion ends January 31, 2021. Terms and Restrictions Apply.



The mission of the Mandel JCC is to build community and enhance connection to Jewish life.

5221 Hood Road, Palm Beach Gardens • [JCCOnline.com](https://www.jcconline.com)  
8500 Jog Road, Boynton Beach



**Barre** – A dynamic workout incorporating dance inspired moves. Through a unique series of exercises and movement, set to music, this barefoot training is designed to develop long lean muscles, enhance flexibility and improve balance. Level: All , Equipment: Light weights

**Chair Yoga** – Not everyone can get up and down off the floor easily making traditional yoga classes difficult. With the help of a chair, students will perform postures, stretches and breathing exercises to help improve circulation, balance, flexibility, mobility and strength. Level: All, Equipment: Medium to light weights and mat.

**Core and More** – An intense class that will work your core muscles and lower body. We will do exercises that strengthen your abs, lower back muscles and glutes. This class will help improve your posture and functional strength. Level: All, Equipment: Chair

**Evening Stretch** — This class is for anyone who wants to increase flexibility and range of motion. Balance your workout routine with flexibility training and help reduce the risk of injury. Class will include standing and floor stretches and movements. Level: All, Equipment: Mat, stretching strap or belt, and chair may be used for some classes.

**Kick n Sculpt** — A fast-paced cardio class involving easy to follow kickboxing moves fused with sculpting exercise to tone and strengthen. Level: All levels, Equipment: bands with handles, light weights, and mat.

**Mat Pilates** — Class is based on principles and essential exercises of contemporary Pilates mat work. Floor exercises are designed to use the body's core. Focus on proper alignment and movement patterns through the spine, pelvis and shoulders. Level: All, Equipment: Mat

**Mindful Vinyasa Flow** — A meditative approach to yoga, this mindful practice incorporates breath work, mantra, and meditation with a yoga sequence designed to calm the mind and tone the body. Level: All, Equipment: Mat, yoga block if needed.

**Morning Stretch** — This class is for anyone who wants to increase flexibility and range of motion. Balance your workout routine with flexibility training and help reduce the risk of injury. Class will include standing and floor stretches and movements. Level: All, Equipment:

Mat, stretching strap or belt, and a chair may be used for some classes.

**Parkinson's Foundation Exercise Class** — This class is designed to improve posture, strength and balance for individuals with Parkinson's disease. It is also great for those with other movement disorders. Levels: All, Equipment: Chair, small ball, resistance tubing, and hand weights

**Pound Fitness** — This class includes a drumming session using Ripstixs® followed by strength training session to help you sweat, burn calories, and boost your metabolism while rocking out and having a great time. Class may include floor exercises. Level: All, Equipment: Ripstixs® if you have them, hand weights, resistance tubing, and mat.

**SilverSneakers® Classic** — Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Level: All, Equipment: Chair, small ball, resistance tubing, and light hand weights.

**SilverSneakers® Yoga** — Move the whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Levels: All, Equipment: Chair

**Stretch n Tone** — This low impact, low intensity workout will fuse stretching and toning exercises into one workout. Tone muscles, increase range of motion and flexibility, and help relieve stress. Level: All, Equipment: Mat and light weights.

**STRONG Nation** — This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Level: Intermediate and advance, Equipment: Mat

**Tai Chi/Qigong** — This low-impact class involves a series of movements performed in a slow, focused manner and accompanied with deep breathing. It is a gentle way to fight stress, reduce anxiety and increase flexibility and balance. Level: All, Equipment: None

**Tabata** — This class is for those who want to take their workout to the next

level! This high intensity interval training (HIIT) based class will offer short burst of peak effort with rest – work/rest ratio. Through a variety of simple, yet intense exercises that will increase your cardiovascular fitness, strength and endurance. Be prepared to sweat! Level: Intermediate and advance, Equipment: mat, weights.

**Tabata STRENGTH** — This high intensity interval training (HIIT) based class will fuse strength training exercises with burst of Tabata intervals- work/rest ratio. Through a variety of simple, yet intense exercises that will increase your cardiovascular fitness, strength and endurance. Be prepared to sweat! Level: Intermediate and advance, Equipment: mat, weights.

**Total Body Burn** — Get a challenging, total body workout that focuses on fluidity of movement, strengthen, flexibility, stabilization, and balance. These classes will cover it all! Tuesday's class will consist of standing exercises, Thursday's class will consist of floor exercises, Monday's and Sunday's class will be a combination of both floor and standing exercises. Level: All, Equipment: Hand weights and chair (on Tuesdays).

**Yoga Flow** — Develop body awareness, learn basic postures, and proper alignment. Learn how to sequence breath and movements, and become familiar with the connection to your physical and energetic body. Level: All Equipment: Mat, yoga block if needed.

**Zumba®** — Take the work out of workout! Low intensity and high intensity moves, for a calorie burning dance fitness party! Latin and world rhythms take over, in this fitness in disguise workout! Level: All, Equipment: None

**Zumba® Gold** — This class is great for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Come ready to sweat, and prepare to leave empowered and feeling strong. Level: All, Equipment: None

**Zumba® Toning** — Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove. Level: All, Equipment: Light weights, between 1- 4lbs.