

groupfitness & wellnessmenu

classschedule Summer

June 25 - September 3, 2017



Day	CLASS	ROOM	INSTRUCTOR	Day	CLASS	ROOM	INSTRUCTOR
SUNDAYS				THURSDAYS			
8:30-9:30am	Cardio Cycling	SS	On Rotation	8:15-9:15am	Jazzercise \$\$	G	On Rotation
9:00-10:00am	Jazzercise \$\$	G	On Rotation	8:15-9:15am	H2O	P	Usha
MONDAYS				8:30-9:15am	Cardio Dance Fusion	C	Rebecca
8:15-9:15am	Jazzercise \$\$	G	On Rotation	10:00-11:00am	Level 3 Strength	Aud	Rebecca
8:30-9:15am	Aqua Zumba	P	Masumi	11:15am-12pm	Summer Sizzle	Aud	On Rotation
8:30-9:15am	Level 5 Strength	DS	Elin	7:00-8:00pm	Jazzercise \$\$	G	On Rotation
10:00-11:00am	Level 4 Strength	Aud	Paula	7:30-8:30pm	Cardio Kickboxing*	Aud	Fee
11:15-12:00pm	Level 2 Strength	Aud	Rebecca	FRIDAYS			
6:15-7:15pm	Jazzercise \$\$	G	On Rotation	7:15-8:00am	Cardio Cycling	SS	JoEllen/Paula
7:15-8:30pm	Yoga \$	AL	Cynthia	8:15-9:15am	H2O	P	Petya
TUESDAYS				8:15-9:15am	Jazzercise \$\$	G	On Rotation
7:15-8:30am	Kickboxing	G	Paula	8:30-9:15am	Intermediate Core	AL	Tejas
8:15-9:15am	Jazzercise \$\$	G	On Rotation	9:30-10:30am	Cardio Cycling	SS	Karen
8:30-9:00am	Advanced Core	G	Paula	SATURDAYS			
8:30-9:15am	Cardio Dance Fusion	C	Rebecca	8:00am-9:00am	Jazzercise \$\$	G	On Rotation
9:45-10:30am	Zumba Gold	Aud	Rebecca	11:00-12:00pm	Essentrics \$ (Jun10-Aug 26)	DS	Charlotte
10:45-11:30am	Tai Chi	Aud	David				
7:00-8:00pm	Jazzercise \$\$	G	On Rotation				
7:30-8:30pm	Cardio Kickboxing*	AL	Fee				
WEDNESDAYS							
7:15-8:00am	Cardio Cycling	SS	Jodi				
8:15-9:15am	Jazzercise \$\$	G	On Rotation				
8:15-9:15am	H2O	P	Denise				
8:30-9:15am	Level 5 Strength	DS	Elin				
9:30-10:30am	Cardio Cycling	SS	Karen				
10:00-11:00am	Level 4 Strength	Aud	Paula				
11:15-12:00pm	Level 2 Strength	Aud	Rebecca				
6:15-7:15pm	Jazzercise \$\$	G	On Rotation				

JCCNV Group Fitness Rates

All group fitness classes listed are FREE for JCCNV members, except Yoga\$, Jazzercise\$\$ and Essentrics\$.

All group fitness classes are open to everyone at the following pricing (except Yoga, Jazzercise & Essentrics):
New pricing as of June 1st, 2016

Drop In: \$15
Adults 65+ Drop In: \$9
10 Class Pass: \$105
Adults 65+: \$60

AL - Adult Lounge Aud - Auditorium DS - Dance Studio
G - Gym P - Pool SS - Spin Studio C - Church

\$ Additional fee, please contact Rebecca.Friedlander@jccnv.org

\$\$ Additional fee, please contact ffxjazzercise@gmail.com for details.

For all Cardio Cycling classes and the Friday Core class, pre-registration at the front desk is recommended to reserve a spot in class.

Classes with low enrollment may be cancelled.

(Instructors and schedule are subject to change.)

Please arrive on time to class. Late arrival not allowed for some classes.

Jewish Community Center of Northern Virginia

8900 Little River Turnpike • Fairfax, VA 22031

jccnv.org • Phone: 703.323.0880 • Fax: 703.323.1993

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classdescriptions

Aqua Zumba®: Utilizing the benefits of water resistance, this class, in the shallow area of the pool, features exotic rhythms set to high-energy Latin and international beats.

Cardio Cycling: Build endurance and increase cardiovascular fitness as your instructor takes you on a ride on stationary bicycles.


Cardio Dance Fusion: Come dance away those calories in a class with music from every era and every genre. You'll sing to every song and never realize how much fun a cardio workout could be.

Cardio Kickboxing: This is a high energy martial arts and aerobic style workout that finishes with toning. Low and high impact options are given.

Core Beginner: For those who choose not to be on the floor, a full standing class holding onto the barre focusing on balance, posture, and flexibility.

Core Intermediate: Increase your core strength while giving your back more flexibility. Learn how to engage your core properly to increase strength, control, balance and posture.

Core Advanced: A fast paced athletic core workout for the avid exerciser.

Essentrics:  This slow-paced, age-reversing workout will restore movement in your joints, flexibility and strength in your muscles, relieve pain, and stimulate your cells to increase energy, vibrancy, and your immune system.

H2O: This water aerobics class is performed in the shallow area of the pool. It's a safe resistance for aerobic conditioning, perfect for the joint-sensitive individual.

Kickboxing: A high-intensity interval aerobic exercise program that includes punching and kicking using mitts and shields.

Level 1 Strength Training: For those new to exercise and/or recovering from an injury or surgery.

Level 2 Strength Training: For those who have been exercising for the last 3 months and are ready for a 45 minute workout using 1-4 pound hand weights.

Level 3 Strength Training: For those who have been exercising for the last 6 months, can easily stand for 15-20 minutes, and are ready for a 60 minute class with 1-4 pound hand weights.

Level 4 Strength Training: For those who have been exercising for 1 year, can easily stand for 30 minutes, can handle cardio workouts and 1-5 pound hand weights.

Level 5 Strength Training: For those who have been consistently exercising at least 3 days a week, can lift 5-12 pound hand weights, and can properly perform full squats, lunges, sit-ups, planks, and push-ups.

Stretch and Meditate: A relaxing class focused on lengthening your body and reducing stress. Each class finishes with a short meditation.

Summer Sizzle: Eight-week variety class designed to create a challenge for those who take Level 3 and Level 4 Strength Classes. Check jccnv.org for details.

Tai Chi: This is a Chinese martial art primarily practiced for its health benefits, including a means for dealing with tension and stress. Tai chi emphasizes complete relaxation and is essentially a form of meditation. The first 15 minutes of class are for those new to Tai Chi.

Zumba®: Exotic rhythms set to high-energy Latin and international beats.

Zumba® Gold: Latin music with modified moves and pace to suit the needs of the active older participant and those just starting their fitness journey.

\$\$ Jazzercise: Combines cardio, strength and stretch moves for a total body workout. All ages, fitness levels and sizes welcome.

\$ Yoga: Physical exercises, meditations and breathing designed to integrate the mind, body, and spirit.

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\$ Additional fee, please contact Rebecca.Friedlander@jccnv.org

\$\$ Additional fee, please contact ffxjazzercise@gmail.com for details.

For more information on classes, please contact Paula Cole at paula.cole@jccnv.org.

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