

# groupfitness & wellnessmenu

## class schedule Summer

June 25 - September 3, 2017



Day	CLASS	ROOM	INSTRUCTOR	Day	CLASS	ROOM	INSTRUCTOR				
<b>SUNDAYS</b>											
8:30-9:30am	Cardio Cycling	SS	On Rotation	8:15-9:15am	Jazercise \$\$	G	On Rotation				
9:00-10:00am	Jazercise \$\$	G	On Rotation	8:15-9:15am	H2O	P	Usha				
<b>MONDAYS</b>											
8:15-9:15am	Jazercise \$\$	G	On Rotation	8:30-9:15am	Cardio Dance Fusion	C	Rebecca				
8:30-9:15am	Aqua Zumba	P	Masumi	10:00-11:00am	Level 3 Strength	Aud	Rebecca				
8:30-9:15am	Level 5 Strength	DS	Elin	11:15am-12pm	Summer Sizzle	Aud	On Rotation				
10:00-11:00am	Level 4 Strength	Aud	Paula	7:00-8:00pm	Jazercise \$\$	G	On Rotation				
11:15-12:00pm	Level 2 Strength	Aud	Rebecca	7:30-8:30pm	Cardio Kickboxing*	Aud	Fee				
6:15-7:15pm	Jazercise \$\$	G	On Rotation	<b>FRIDAYS</b>							
7:15-8:30pm	Yoga \$	AL	Cynthia	7:15-8:00am	Cardio Cycling	SS	JoEllen/Paula				
<b>TUESDAYS</b>											
7:15-8:30am	Kickboxing	G	Paula	8:15-9:15am	H2O	P	Petya				
8:15-9:15am	Jazercise \$\$	G	On Rotation	8:15-9:15am	Jazercise \$\$	G	On Rotation				
8:30-9:00am	Advanced Core	G	Paula	8:30-9:15am	Intermediate Core	AL	Tejas				
8:30-9:15am	Cardio Dance Fusion	C	Rebecca	9:30-10:30am	Cardio Cycling	SS	Karen				
9:45-10:30am	Zumba Gold	Aud	Rebecca	<b>SATURDAYS</b>							
10:45-11:30am	Tai Chi	Aud	David	8:00am-9:00am	Jazercise \$\$	G	On Rotation				
7:00-8:00pm	Jazercise \$\$	G	On Rotation	11:00-12:00pm	Essentrics \$ (Jun10-Aug 26)	DS	Charlotte				
7:30-8:30pm	Cardio Kickboxing*	AL	Fee								
<b>WEDNESDAYS</b>											
7:15-8:00am	Cardio Cycling	SS	Jodi	<b>JCCNV Group Fitness Rates</b>							
8:15-9:15am	Jazercise \$\$	G	On Rotation	All group fitness classes listed are FREE for JCCNV members, except Yoga\$, Jazercise\$\$ and Essentrics\$.							
8:15-9:15am	H2O	P	Denise	All group fitness classes are open to everyone at the following pricing (except Yoga, Jazercise & Essentrics):							
8:30-9:15am	Level 5 Strength	DS	Elin	New pricing as of June 1st, 2016							
9:30-10:30am	Cardio Cycling	SS	Karen								
10:00-11:00am	Level 4 Strength	Aud	Paula	<b>Drop In:</b> \$15							
11:15-12:00pm	Level 2 Strength	Aud	Rebecca	<b>Adults 65+ Drop In:</b> \$9							
6:15-7:15pm	Jazercise \$\$	G	On Rotation	<b>10 Class Pass:</b> \$105							
								<b>Adults 65+</b> \$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](mailto:Rebecca.Friedlander@jccnv.org)  
\$\$ Additional fee, please contact [ffxjazercise@gmail.com](mailto:ffxjazercise@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**

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Partner Agency of  
The Jewish Federation  
OF GREATER WASHINGTON



# 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.

**Esseentrics:** 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](http://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.

**\$\$ Jazercise:** 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.

**All Group Fitness Classes are FREE for JCCNV members except for Yoga \$ and Jazercise \$\$.**

**\$** Additional fee, please contact [Rebecca.Friedlander@jccnv.org](mailto:Rebecca.Friedlander@jccnv.org)

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For more information on classes, please contact Paula Cole at [paula.cole@jccnv.org](mailto:paula.cole@jccnv.org).

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