

Free Group Exercise Classes August 2020

Please review carefully as several class locations and times have changed.

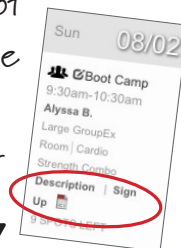
Due to limited capacity, reservations are now required for all Group Ex classes.

Reservations can be completed through the live Group Ex. schedule on www.jccomaha.org.

Classes are FREE to Members, ages 16+. Members, ages 6+, are allowed in "kid" classes.

Parents do not have to attend with their child, but must remain on campus.

Reserve your spot
in class using the
live Group Ex.
schedule on our
website!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:15 AM Boot Camp Basketball Gymnasium Instructor: Steph	5:30-6:30 AM Boot Camp Large Group Ex Studio Instructor: Andrew	5:45-6:45 AM KEISER Spin Small Group Ex Studio Instructor: Lindsay	5:30-6:30 AM Boot Camp Large Group Ex Studio Instructor: Andrew	5:45-6:45 AM KEISER Spin Small Group Ex Studio Instructor: Nancy	
8:30-10:30 AM Men's Pick Up Basketball Basketball Gymnasium	5:45-6:45 AM KEISER Spin Small Group Ex Studio Instructor: Nancy	5:45-7:30 AM Men's Pick Up Basketball Basketball Gymnasium	8:45-9:30 AM Infusion Large Group Ex Studio Instructor: Daron	7:45-8:30 AM Step & Strength Large Group Ex Studio Instructor: Kim M.	5:45-7:30 AM Men's Pick Up Basketball Basketball Gymnasium	8:15-9:00 AM KEISER Spin Small Group Ex Studio Instructor: Lindsay
9:00-11:00 AM Drop-in Volleyball Basketball Gymnasium	8:45-9:30 AM Infusion Small Group Ex Studio Instructor: Daron	7:45-8:30 AM Step & Strength Large Group Ex Studio Instructor: Kim M.	9:15-10:15 AM Core & Spin Small Group Ex Studio Instructor: Kim L.	8:45-9:30 AM HIIT Small Group Ex Studio Instructor: Kathy	8:45-9:30 AM Infusion Large Group Ex Studio Instructor: Lindsay	9:15-10:00 AM Go Time Basketball Gymnasium Instructor: Steph
9:00-9:45 AM KEISER Spin Small Group Ex Studio Instructor: Christi	9:15-10:15 AM totalbarre Large Group Ex Studio Instructor: Kim L.	8:45-9:30 AM HIIT Large Group Ex Studio Instructor: Alyssa	9:15-10:15 AM Mindful Yoga Mind Body Studio Instructor: Katherine	9:15-10:15 AM totalbarre Large Group Ex Studio Instructor: Kim L.	9:45-10:30 AM Dance Fitness Large Group Ex Studio Instructor: Trina	9:15-10:00 AM Kids Boot Camp Small Group Ex Studio Instructor: Andrew
9:30-10:30 AM Boot Camp Large Group Ex Studio Instructor: Alyssa	10:30-11:30 AM Mindful Yoga Mind Body Studio Instructor: Katherine	9:45-10:30 AM Dance Fitness Large Group Ex Studio Instructor: Trina	9:45-10:30 AM Mat Pilates Large Group Ex Studio Instructor: Jamie	10:30-11:15 AM Mat Pilates Mind Body Studio Instructor: Trina	10:45-11:30 AM Buns, Core, Thighs Large Group Ex Studio Instructor: Alyssa	10:15-11:00 AM Boot Camp Large Group Ex Studio Instructor: Andrew
9:30-10:30 AM Gentle Yoga Mind Body Studio Instructor: Trina	12:00-1:00 PM Boot Camp Large Group Ex Studio Instructor: Andrea	10:00-10:45 AM PiYo Mind Body Studio Instructor: Maggie	10:45-11:30 AM Buns, Core, Thighs Large Group Ex Studio Instructor: Alyssa	11:00-11:45 AM Master Fitness Large Group Ex Studio Instructor: Mary Lou	12:00-1:00 PM Boot Camp Large Group Ex Studio Instructor: Josh	
	5:00-5:45 PM totalbarre Mind Body Studio Instructor: Maggie	11:00-11:45 AM Master Fitness Large Group Ex Studio Instructor: Mary Lou	12:00-1:00 PM Boot Camp Large Group Ex Studio Instructor: Josh	12:00-1:00 PM Core & Spin Both Group Ex Studios Instructors: Kim L.	CLASS TYPE <div> <div></div> Cardio & Spin Classes <div></div> Mind-Body Classes <div></div> Strength Classes <div></div> Combination Classes <div></div> Drop-In Sports </div>	
	5:30-6:15 PM HIIT Large Group Ex Studio Instructor: Christina	12:00-1:00 PM Core & Spin Both Group Ex Studios Instructor: Kim L.	4:30-5:15 PM HIIT Large Group Ex Studio Instructor: Christina	5:30-6:15 PM HIIT Large Group Ex Studio Instructor: Trina		
	6:30-7:15 PM Dance Fitness Large Group Ex Studio Instructor: Christina	5:45-6:30 PM Mat Pilates Large Group Ex Studio Instructor: Allison	5:30-6:15 PM Mat Pilates Large Group Ex Studio Instructor: Christina	6:30-7:15 PM STRONG ZUMBA Large Group Ex Studio Instructor: Andrea		
	6:00-6:45 PM KEISER Spin Small Group Ex Studio Instructor: Angela	6:00-7:00 PM Mindful Yoga Mind Body Studio Instructor: Katherine	6:00-6:45 PM KEISER Spin Small Group Ex Studio Instructor: Angela			
		6:45-7:30 PM Step & Strength Large Group Ex Studio Instructor: Kim M.	6:30-7:30 PM ZUMBA Large Group Ex Studio Instructor: Andrea			

Fit & Sit

NEW schedule - limited hours!

FIT & SIT, our FREE Fitness Center childcare is now available for limited hours each morning. Visit our website for a list of times. New covid protocols are in place. **Advanced RSVP is required.** Call (402) 334-6426 to reserve a spot. FIT & SIT is open to those with a family membership. Kids, ages 6 weeks - 12 years are welcome.

Class sizes will be limited based on location. Locations have been measured out according to social distancing guidelines and the understanding that members will be moving around during classes. The maximum capacities are as listed:

- Large Group Ex Studio: 14 spots
- Small Group Ex Studio: 7 spots
- Mind Body Studio: 8 spots
- Basketball Gymnasium: 20 spots

Did you know LIVE Group Ex schedule updates are available by text message? To sign up simply send a text saying "@jccgx2" to the number 81010.

Mind/ Body Classes

Mat Pilates (Intensity Varies) Get long, lean & toned! Pilates improves your core muscled strength, flexibility, balance, & posture without building bulk.

PiYo (Moderate Intensity) A perfect blend of Pilates & Yoga! PiYo will help you improve balance & muscle tone while relaxing the mind.

Total Barre (Low-Moderate Intensity) Total Barre integrates elements of Pilates, dance, cardio, & strength training. Focus on your glutes, hips, abs, & arms with this class.

Yoga (Intensity Varies) Physical poses and breathing techniques to join the mind and body. Poses can be adapted to fit all fitness levels.

- **Flow Yoga** (Moderate -High Intensity) An energetic form of yoga characterized by stringing postures together so that you move from one to another seamlessly guided by the force of inhales and exhales. Classes may include more dynamic and complex postures.
- **Mindful Yoga** (Low - Moderate Intensity) A slower paced vinyasa that allows you to gain strength, flexibility and alignment. Class is designed to give detailed instruction and be less physically challenging than other vinyasa classes.
- **Gentle Yoga** (Low - Moderate Intensity) This class is a slower paced vinyasa flow practice to gain strength, flexibility and alignment. Class is designed to give detailed instruction and to be less physically challenging than other vinyasa classes.

Cardio & Spin Classes

Spin (Moderate-High Intensity) Get ready to sweat! Lose yourself in this fun, fast paced cardio workout on the spin bikes. Classes are great for all - beginners & avid riders alike.

- **Core & Spin** (Moderate-High Intensity) Half spin, half strength training! Class includes 25minutes of spin followed 25 of strength!

Zumba® (Moderate-High Intensity) Set to fun and funky Latin music, this dance inspired workout will have you shaking your way slim. Zumba® is a great cardio workout for anyone, no dance experience necessary.

Strength Training Classes

Buns, Core, Thighs (Moderate-High) Work all your core muscles with this class. Moves will be traditional sculpting moves utilizing various added weights, body weight, and bands.

Combination Classes

Boot Camp (High Intensity) Total body, high intensity workout filled with times cardio, strength, & core drills. Challenge yourself, see the benefits!

Dance Fitness (Moderate Intensity) Dance your way healthy with this all cardio workout that feels more like a dance party than a workout.

Go Time (High Intensity) Ready. Set. Go! This high intensity workout is filled with intervals of cardio, strength & core.

Infusion (Moderate-High) A combo of strength and cardio interval training. Class is sure to provide a fun and high energy workout. If you love the variety of trying new things - this class is for you.

HIIT (High Intensity) Classes are designed to bring results through high intensity intervals of cardio mixed with strength work.

Kid's Boot Camp (Moderate Intensity) For kids ages 6-13, this workout will keep moving, build a healthy workout routine, teach proper form on various exercises. Parents do not need to be present.

Master Fitness (Low Intensity) A great way for active older adults to stay in shape. Master Fitness focuses on low intensity cardiovascular moves and simple weight training. Light weights, bands & chairs are used.

Step & Strength (High Intensity) Step aerobic drills will get your heart rate up & strength training moves mixed in will build & tone your muscles.

Strong by Zumba® Class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. Explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

New Protocol for Group Ex Classes

In order to adhere with covid capacity limits, [all Group Ex classes now require a reservation](#). Reservations can be made on the live Group Exercise schedule at www.jccomaha.org.

- If a member reserves a spot but needs to cancel prior to that class time, they may do so without penalty. We will strongly encourage members that if they need to cancel, they do so through the app so that other members may reserve their spots prior to class start time.
- Reservations for classes can be made a week before that date. Reservations will remain open until the class begins or until maximum capacity has been reached.
- If a class is fully booked, members can choose to be added to the waitlist. Each class will have a waitlist of 5 spots. If a Member is added to the class from the waitlist, they will receive an email notification indicating that they have been added to the class.
- Walk-ins will only be allowed to join a class if the class is not fully booked online. The class instructor can check the reservation list to see if spots are available for waitlist members/walk-ins who arrive at the time of the class. If the class is fully booked and all participants are present, walk-ins will not be allowed to join the class.
- If a class is fully booked online, waitlisted/walk-in Members who arrive at class time may only be added to the class if a member who has reserved a spot does not show up within the first 5 minutes of class. If the member with the reservation does not arrive within 5 minutes, they lose their spot.
- Members on the waitlist have priority over walk-ins. If multiple waitlisted members attempt to join a fully-booked class, they may only join if spots become available after 5 minutes and must respect the waitlist order (1st on the waitlist would get priority over 2nd-5th).
- All Members must access the facility through the main Fitness Center / Member Services entrance. This is the ONLY access point to the Group Exercise studios. All upstairs entrances are closed.
- Members **MUST** bring their Membership ID for check in.
- Drinking fountains are **NOT** available at this time, but the bottle fillers will be. Please bring plastic water bottles only.
- We strongly encourage wearing a mask when in our facility, before or after your workout. You do not have to wear a mask when working out.
- Please arrive 10 minutes early. If you are not to your class by the start time, your reservation may be forfeited.
- All participants will have a designated area taped off when participating in classes in Group Ex studios. Participants of classes held in the basketball gymnasium will be asked to space themselves according to social distancing guidelines.
- We ask you bring your own mat for yoga, mat pilates and PiYo classes. Certain yoga props (bolsters, blankets, etc) will not be available for the time being.
- All participants will be asked to wipe down their equipment before and after class.
- As part of the Virtual J, we will continue to have 5 virtual classes on Facebook Live each week.
- Limited, morning only, Fit & Sit hours will be available with RESERVATION. Hours and protocol have changed. Please see our www.jccomaha.org. Call (402) 334-6426 for details or to reserve your spot.