

# Free Group Exercise Classes

Winter 2019-2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-10:30 AM <b>Men's Pick Up Basketball</b> Gymnasium	5:30-6:30 AM <b>Boot Camp</b> Stephanie K / Gymnasium	5:30-6:30 AM <b>Thai Boxing</b> Ryan J / Mind-Body Studio	5:45-6:45 AM <b>KEISER Spin</b> Nancy L / Spin Studio	5:30-6:30 AM <b>Thai Boxing</b> Ryan J / Mind-Body Studio	5:45-6:45 AM <b>KEISER Spin</b> Nancy L / Spin Studio	7:45-8:30 AM <b>KEISER Spin</b> Daron / Spin Studio
9:00-9:45 AM <b>KEISER Spin</b> Christi C / Spin Studio	5:45-6:45 AM <b>KEISER Spin</b> Nancy L / Spin Studio	5:45-7:30 AM <b>Men's Pick Up Basketball</b> Gymnasium	5:30-6:30 AM <b>Vinyasa Flow</b> Kallen G / Mind-Body Studio	6:00-7:30 AM <b>Drop-In Pickleball</b> Gymnasium	5:45-7:30 AM <b>Men's Pick Up Basketball</b> Gymnasium	9:00-9:45 AM <b>KEISER Spin</b> Daron / Spin Studio
9:30-10:30 AM <b>Gentle Vinyasa</b> Kallen G / Mind-Body Studio	5:30-6:30 AM <b>Vinyasa Flow</b> Kallen G / Mind-Body Studio	8:30-10:30 AM <b>Drop-In Pickleball</b> Gymnasium	9:00-9:45 AM <b>Step &amp; Strength</b> Kim M / Mind-Body Studio	8:00-9:00 AM <b>Poolaties</b> Nancy L / Indoor Lap Pool	8:00-9:00 AM <b>Poolaties</b> Nancy L / Indoor Lap Pool	9:15-10:00 AM <b>Go Time</b> Steph K / Dance Studio B
9:30-10:30 AM <b>Boot Camp</b> Alyssa S / Dance Studio B	8:00-9:00 AM <b>Poolaties</b> Nancy L / Indoor Lap Pool	9:00-9:45 AM <b>Go Time</b> Heather B / Dance Studio B	9:00-10:00 AM <b>Water Fitness</b> Nancy L / Indoor Lap Pool	9:00-10:00 AM <b>Water Fitness</b> Nancy L / Indoor Lap Pool	9:00-10:00 AM <b>Water Fitness</b> Katie P / Indoor Lap Pool	9:15-10:00 AM <b>Kid Boot Camp*</b> Josh D / Mind-Body Studio
9:30-11:30 AM <b>Drop-in Volleyball</b> Gymnasium	9:00-10:00 AM <b>Water Fitness</b> Nancy L / Indoor Lap Pool	9:00-10:00 AM <b>Water Fitness</b> Nancy L / Indoor Lap Pool	9:15-10:15 AM <b>KEISER Core &amp; Spin</b> Kim L / Spin Studio	9:00-10:00 AM <b>H.I.I.T.</b> Kathy B / Mind-Body Studio	9:00-9:45 AM <b>Infusion</b> Lindsay H / Dance Studio B	10:15-11:00 AM <b>Buns,Core,Thighs</b> Shelby H / Dance Studio B
10:00-11:00 AM <b>Water Fitness</b> Jennifer B / Indoor Lap Pool	9:00-9:45 AM <b>Infusion</b> Shelby H / Mind-Body Studio	10:05-10:50 AM <b>PIYO</b> Maggie T / Mind-Body Studio	9:15-10:15 AM <b>Mindful Vinyasa</b> Katie T / Dance Studio B	9:15-10:15 AM <b>totalbarre</b> Kim L / Dance Studio B	9:30-11:30 AM <b>Drop-In Pickleball</b> Gymnasium	
10:45-11:45 AM <b>Vinyasa Flow</b> Kallen G / Mind-Body Studio	9:15-10:15 AM <b>totalbarre</b> Kim L / Dance Studio B	11:00-11:45 AM <b>Master Fit. Circuit</b> Mary Lou W / Mind-Body Studio	11:30AM-12:15PM <b>Tai Chi</b> Nicole L / Mind-Body Studio	10:30-11:15AM <b>Mat Pilates</b> Claire S / Mind-Body Studio	10:00-10:45 AM <b>Buns,Core,Thighs</b> Heather B / Mind-Body Studio	
	10:00-10:45 AM <b>Buns,Core,Thighs</b> Heather B / Mind-Body Studio	12:00-1:00 PM <b>KEISER Core &amp; Spin</b> Kim L / Spin Studio	12:00-1:00 PM <b>Barbell Strength</b> Josh D / Gymnasium	12:00-1:00 PM <b>KEISER Core &amp; Spin</b> Kim L / Spin Studio	11:00-11:45 AM <b>Master Fitness</b> Mary Lou W / Mind-Body Studio	
	11:00-11:45 AM <b>Master Fit. Cardio</b> Heather B / Mind-Body Studio	4:45-5:30 PM <b>Boot Camp</b> Shelby H / Mind-Body Studio	4:45-5:30 PM <b>MetCon</b> Shelby H / Mind-Body Studio	6:00-7:00 PM <b>Water Fitness</b> Mary M / Indoor Lap Pool	12:00-1:00 PM <b>Boot Camp</b> Maggie T / Gymnasium	
	12:00-1:00 PM <b>Boot Camp</b> Andrea M / Gymnasium	5:45-6:30 PM <b>Mat Pilates</b> Allison W / Mind-Body Studio	5:35-6:20 PM <b>Mat Pilates</b> Christina B / Mind-Body Studio	6:00-7:00 PM <b>Power Vinyasa</b> Brooke J / Library	<b>CLASS LOCATIONS</b> <div> <div></div> Mind-Body Studio           <div></div> Library           <div></div> Indoor Lap Pool           <div></div> Dance Studio B           <div></div> Spin Studio           <div></div> Gymnasium         </div> <p>FIT &amp; SIT, our free Fitness Center childcare is available for Members, age 6 weeks - 12 yrs. Morning &amp; evening hours offered. Space limited. 24 hour advanced RSVP is required. Call (402) 334-6426 to reserve your spot.</p> <div> <b>NEW!</b> Group Ex TEXT ALERTS            </div> <p>To sign up send a text message saying "@jccgro" to the number 81010</p>	
	4:00-4:45 PM <b>Tai Chi</b> Beth S / Mind-Body Studio	6:00-7:00 PM <b>Water Fitness</b> Gretchen T / Indoor Lap Pool	6:00-7:00 PM <b>Restorative Hatha</b> Katherine F / Library	5:30-6:15 PM <b>Mat Pilates</b> Kelsey B / Dance Studio B		
	5:30-6:15 PM <b>totalbarre</b> Maggie T / Mind-Body Studio	6:00-7:00 PM <b>Mindful Vinyasa</b> Katherine F / Library	6:00-7:00 PM <b>Water Fitness</b> Nancy L / Indoor Lap Pool	6:30-7:30 PM <b>STRONG ZUMBA</b> Andrea M / Dance Studio B		
	6:00-7:00 PM <b>Water Fitness</b> Gretchen T / Indoor Lap Pool	6:45-7:30 PM <b>Step &amp; Strength</b> Kim M / Mind Body Studio	6:00-6:45 PM <b>KEISER Spin</b> Angela J. / Spin Studio			
	6:00-6:45 PM <b>KEISER Spin</b> Angela J / Spin Studio		6:30-7:15 PM <b>Dance Fitness</b> Christina B / Mind-Body Studio			
	6:30-7:30 PM <b>ZUMBA</b> Andrea M / Mind-Body Studio					

Group Exercise classes are "drop-in" and FREE for members, ages 16+. Members, ages 6+, are allowed in "kid" classes. Parents do not have to attend class with their child, but they must remain on campus. See [www.jccomaha.org](http://www.jccomaha.org) for details. **IMPORTANT NOTE: Many class locations have changed due to the renovation of the Group Exercise Studio.** Receive location updates and cancellation notifications by text. To receive these messages, simply send a text with the message "@jccgro" to the number 81010. Questions? Stop by Member Services or call (402) 334-6423

## AQUA CLASSES

**Poolaties** (*Low-Moderate Intensity*) Pilates & Water Fitness combine for a total body workout like no other! Poolaties will strengthen your core & have you coming back for more.

**Water Fitness** (*Low-Moderate Intensity*) Instructors guide you through varying cardio & strength exercises utilizing water weights, noodles, & other equipment. A challenging workout with little to no stress on your joints.

## 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.

**Tai Chi** (*Low Intensity*) Improve your balance, stability, & focus with slow, controlled movements & breathing. Achieve total balance.

**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.

- **Vinyasa Flow** (*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. Level 2 classes may include more dynamic and complex postures.
- **Power Vinyasa Flow** (*Moderate -High Intensity*) An amped up flow and strength class. An invigorating practice to get your heart pumping. There is an emphasis on standing postures and core and upper body work.
- **Mindful / Gentle Vinyasa** (*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.
- **Restorative Hatha** (*Low Intensity*) A gentle flow of postures held for several breaths to naturally induce a state of relaxation and restoration.

## CARDIO CLASSES

**Core & Spin** (*Moderate-High Intensity*) Get your heart pumping! Class includes 30 minutes of Spin followed by 15 minutes of core sculpting!

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

**Master Fitness Cardio** (*Low Intensity*) A great way for active older adults to stay in shape. Master Fitness Cardio will focus on cardiovascular moves. Light weights, bands & chairs are used.

**MetCon** (*High Intensity*) MetCon, short for metabolic conditioning, will increase your endurance with all-out bouts of weights and cardio finishers.

**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 beginners & avid riders alike.

**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

**Barbell Strength** (*Moderate-High Intensity*) Strengthen your entire body using our newest edition to group fitness—barbells! Great for beginners and advanced - lift more or less depending on your strength.

**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.

**Master Fitness Circuit** (*Low Intensity*) A great way for active older adults to stay in shape. This class will focus on strength training moves. Light weights, bands & even chairs are used.

## COMBINATION CLASSES

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

**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 are someone who loves the variety of trying new things - this class is for you.

**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.

**Ripped** (*Moderate-High Intensity*) Ripped combines mixed martial arts, strength, modified plyometric & athletic training to really give you that high-energy, total body workout.

**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. You'll burn calories while toning arms, legs, abs and glutes. Explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

**Thai Boxing** (*High Intensity*) This dynamic workout combines kickboxing moves and condition drills used by fighters.

### Class Etiquette

- Medical clearance from your physician, prior to starting any exercise program, is highly recommended.
- If you are new to a class, speak with the Instructor beforehand. They can provide any details you may need to know.
- If you are waiting for a class to begin, please do not enter the Group Exercise room until the current class has finished.
- Be on time and arrive early to classes that need set up. If you are late, take a spot at the back of class and do your best not to disrupt.
- Wear appropriate workout clothes. Sneakers worn in the Group Exercise room should be different from your street shoes.
- Be mindful of personal hygiene. Refrain from wearing strong scents
- All water must be in unbreakable containers. Food is not allowed.
- Keep conversation to a minimum. Cell phones must be turned to silent or vibrate.
- All equipment used (mats, balls, steps, etc.) should be cleaned and returned to their storage location when class ends.
- Class participants must be 16+ years of age or attending a family with an adult (ages 10+) or kids class (ages 6+).



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