

Group Exercise Schedule September 7 - October 30, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:45 – 6:30am Spinning David		5:45 – 6:30am Spinning Jodi		
	6:10 - 7:10am Group Power Mike		6:30 - 7:15am Spinning Kathy	6:10 - 7:10am Group Power Jeff	6:30 - 7:15am Spinning Lisa	
8:00 - 9:00am Group Groove Dave		8:00 - 8:45am Spinning Phyllis	8:00 – 8:30am Hard Core Abs Carmen R.		8:00 – 9:00am Yoga with a Jewish Twist Nancy	8:00 - 9:15am Yoga Sara
8:30 – 9:15am Spinning Mike	9:00 - 10:15am Power Yoga Bethany	8:00 – 9:00am Group Power Sue	9:00 - 10:15am Kundalini Viviana	8:00 - 8:45am Spinning Sue	9:15 - 10:25am 20/20/20 Carmen N.	8:15 – 9:15am Group Groove Sara L.
9:30 - 10:30am Group Power Sue	9:15 - 10:25am Step + Margot	9:20 - 10:20am Group Power Kathy	9:15 - 10:20am Zumba + Leah	9:20 - 10:20am Group Power Kathy	9:15 – 10:15am Power Yoga Diana	8:30-9:15am Spinning Jeff
9:30 – 10:15am Spinning Jaime	9:30 - 10:15am Spinning Phyllis	9:30 - 10:25am YoGo Booty + Sarah	9:30 - 10:15am Spinning Val	9:30 - 10:25am Cardio Dance Marie	9:30 - 10:15am Spinning Sue	9:30 - 10:30am Group Power Jeff
10:30 - 11:45am Yoga Deb C.	10:15-10:45am Hard Core Abs Phyllis - #3	10:30 - 11:30am Gentle Yoga Sara		10:30 - 11:15am Mat Pilates Marie		9:30 - 10:30am “60” Spinning Ari
10:45 - 11:45am Zumba Stacie/Leah	10:30 - 11:15am Senior Tai Chi Beth			10:30 – 11:15am Chair Yoga Nancy		
	10:30 - 11:25am Stretch & Tone + Margot	10:30 - 11:30am “60” Spinning Ari	10:30 – 11:30am Stretch & Tone Brenda		10:30 - 11:25am Stretch & Tone + Marie	
	11:30 - 12:15pm Lite Aerobics + Kim	11:30 - 12:15pm Silver Strength Lieba	11:30 - 12:15pm Lite Aerobics + Marie	11:30 - 12:15pm Silver Strength Merry	11:30 - 12:15pm Silver Circuit Amy	
	6:00 – 7:00pm Kundalini Yoga Viviana	5:00 – 6:00pm Zumba Stacie	5:00 - 5:45pm Spinning Mike	5:15 – 6:00pm Spinning Carmen R.		
	6:00 - 7:00pm Zumba Karin	5:15 – 6:00pm Pilates Marie	6:00 - 7:00pm Group Groove Dave		6:00-7:00pm Zumba Stacie	
	6:15 - 7:00pm Spinning Lisa	6:15 - 7:15pm Group Power Mike	6:15 - 7:15pm “60” Spinning Ari	6:15 - 7:15pm Group Power Mike		
	7:00 - 7:30pm Mat Pilates Karin	6:15 - 7:30pm Yoga Deb C.	7:00 - 7:30pm Hard Core Abs Carmen N.	6:15 - 7:30pm Yoga Sara		
		6:15 - 7:15pm Intro Class Studio #3	7:00 – 8:00pm Yoga For Women Nancy			

- White areas in Studio #1 on 1st floor
- Shaded areas in Studio #2 on 2nd floor
- Spinning classes in NEW Spinning Studio on 2nd floor

“+” Indicates free weights used in class

Group Exercise Policies: Arrive on time to prevent injuries. For Group Power or Spinning, please arrive 10 minutes early to set-up your equipment. Please turn off cell phones. Wear proper footwear. During inclement weather, please check our website at www.mandelljcc.org or call 860-236-4571

If you have questions or concerns, please contact Sara M. Billings (Group Exercise Director) at 231-6331 or sbillings@mandelljcc.org.

- Cardio Move** - doing hi-low impact as you move through your aerobic workout. Weights for strength, also work abs and back to make it your total workout, before your cool-down.
- Cardio Interval +** - combines different stations of a step routine, jump rope, with intense cardio drills using a variety of equipment such as free weights, resist-a-balls, rubber tubing and mats.
- Chair Yoga** - a chair based gentle yoga class for the older adult. This class helps increase flexibility, improves balance, and reduces stress through relaxation techniques.
- Gentle Yoga** - a beginning yoga class to help with releasing, calming, and restorative postures.
- Group Groove** - Experience a fusion of club, urban and Latin dance styles and motivating chart topping hits and retro classic tunes.
- Group Power** - a choreographed 60-minute barbell program that strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels.
- Hot Yoga** - is a flow of postures linked through continuous movement for focus and clarity of mind. The heat improves the body's pliability to increase strength, flexibility, balance and coordination.
- Hard Core Abs** - is just a workout for the core. Strengthening your abdominal sides and back of torso using a variety of equipment.
- Intro Class** - 1st Tues. is Spinning, 2nd Tues. is Yoga, 3rd Tues. is Group Power, 4th Tues. is Pilates - sign up required.
- Kundalini Yoga** - grateful to Yogi Bhanan for sharing with us this important technology for health, happiness, and wholeness. Kundalini Yoga brings awareness of the breath to every moment.
- Lite Aerobics** - a low-impact workout for energetic older adults. Appropriate for persons with joint problems, recovering from injuries, or other health considerations. Some resistance training with weights and tubing are included.
- Mat Pilates** - an exciting class that incorporates a Pilates-based workout with yoga postures and breathing techniques that are guaranteed to increase your overall core strength, flexibility and well being.
- Power Yoga** - Challenge your inner strength through a yoga flow of power.
- Step +** - The classic Step class with weights at the end of your cardio workout.
- Senior Tai Chi** - Tai Chi is a traditional Chinese form of exercise that uses graceful movement and breathing techniques to improve posture, coordination, circulation, and restore a sense of well-being. This Tai Chi class is geared towards the older adult and can be taught in chairs.
- Silver Strength** - have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.
- Silver Circuit** - More active than Muscular Strength, because of the cardiovascular component.
- Silent Meditation** - A mental exercise that elicits the body's relaxation response. The purpose of meditation is to gain control over one's attention-to internally quiet down, allowing the individual to choose what to focus on and block out distracting thoughts.
- Spinning** ®- a group experience on specifically designed stationary bikes. An instructor guides you through your ride, describing hills and simulating the terrain. Spinning has a group exercise format; you have the freedom to make your workout as challenging as you want.
- "60" Spinning**®- this class is a 60 minute spin ride.
- Quick Spin** - this class is 30 minutes long. A quick workout fix to accommodate a busy day!
- Stretch & Tone** - total body conditioning that includes cardio movement in between stretching and muscle toning with hand-held weights, stability ball and tubing.
- Yin/Yang Yoga** - is a great place to find balance with Yin being slow, steady and softness and Yang yoga activity to maintain core strength that requires an active effort.
- Yoga** - relax and quiet your mind, body and spirit with ancient yoga postures and controlled breathing techniques while you improve your flexibility and balance.
- YoGo Booty** - A diverse and fun workout. Combining hatha yoga, cardio, strength training, mat pilates and cool-down.
- Yoga with a Jewish Twist** - Infuse your yoga practice by incorporating spirituality and mysticism of ancient Judaism. This class is geared to the beginner and those with yoga experience.
- Zumba** - is a fusion of Latin and International music - dance themes creating a dynamic, exciting, and fun sassy salsa cardio based workout.
- Zumba Kick** -kick boxing added to the routine of Zumba to intensify your workout.