



Group Fitness Class Schedule

Rosenbloom Owings Mills Jewish Community Center

September 3-October 1, 2019

• **CHECK OUT OUR NEW MIND/BODY STUDIO! It's on the second floor just past the Beit Midrash!**

- All classes are 55 minutes in length except as specified (i.e. Yoga-75 is 75 minutes long)
- PLEASE support classes outlined in **RED**. New classes are outlined in **PURPLE**. Time or studio changes in **BLUE**.
- Classes marked "E" are for everyone from beginners to active older adults.
- To receive important Group Fitness-related information via text message, text "join groupx" to 888.535.2230

STUDIOS: Mind/Body Group Fitness Dance Cycle PT Track/Fitness Ctr

PLEASE NOTE: The JCC is closes early on Sun, 9/29, and is closed Mon-Tues, 9/30-10/1.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING CLASSES						
	Cycling-45 6:00am/Pauline	COMBAT & CX 6:00am/Amy S	Cycling-45 6:00am/Lori R	BODYPUMP-45 6:00am/Pauline	Cycling-45 6:00am/Lori R	
BODYPUMP 8:00am/Pauline	BODYFLOW 6:00am/Amy S				Les Mills TONE E 6:00am/Pauline	Vinyasa Yoga-75 7:45am/Sarah
Cycling 8:00am/Mike	Les Mills TONE E 8:30am/Amy/Rach	BODYPUMP 8:30am/Larisa	BODYSTEP 8:30am/Amy S	Starts 9/12 Core Flow Yoga 8:30am/Amanda	BODYPUMP 8:30am/Rachel	Cycling-45 8:00am/Yana
BODYFLOW 9:00am/Rachel	Cycling-45 8:30am/Larisa	JBARRE 8:30am/Amy S	Dance&Tone-45 9:00am/Steph*	BODYATTACK 8:30am/Susanna	ZUMBA 8:30am/Jocelyn	BODYATTACK-45 8:30am/Laura
BODYSTEP 9:05am/Pauline	BODYCOMBAT 9:30am/Larisa	Core Flow Yoga 9:30am/Amanda	Dance&Tone-45 9:50am/Steph*	Gentle Yoga 9:40am/Jeanne E	JBARRE 9:30am/Donna	BODYPUMP 9:20am/Laura
Cycling-45 9:10am/Lori R	BODYPUMP 9:30am/Rachel	BODYATTACK 9:30am/Larisa	BODYPUMP-45 9:30am/Amy S	Cycling 9:30am/Larisa	Cycling & Abs 9:30am/Ann	Joyful Flow Yoga-75 9:30am/Jenlean
Pilates Fusion 10:00am Jackie/Jenlean		Cycling 9:30am/Monica	Les Mills RPM 9:30am/Lori O	Dance & Tone 9:35am/Steph	BODYCOMBAT 9:35am/Surena	BODYFLOW 10:30am/Larisa
BODYPUMP-45 10:05am/Bruce	ZUMBA Gold 10:35am/Hilary E	CXWORX 10:30am/Larisa	Yoga-75 10:30am/Zach	Yoga-75 10:45am/Tanya	Yoga-60 10:30am/Donna	JBARRE 12:15pm/Larisa
CXWORX 10:45am/Bruce	Yoga-75 10:40am/Kelly	BODYFLOW 10:40am/Lori O	ZUMBA Gold 10:35am/Hilary E		ZUMBA Gold 10:35am/Pam E	
Yoga-75 11:05am Jackie/Jenlean	Get & Stay Fit 11:30am/Elaina E	Walk & Circuit 11:00am/Karyl E		Walk & Circuit 11:00am/Karyl E	Get & Stay Fit 11:30am/Elaina E	
ZUMBA 11:05am/Jocelyn	Strength-45 12:20pm/Jackie	Get & Stay Fit45 12:15pm/Karyl E	Starts 9/11 CXWORX 12:15pm/Amy S	Golden DRUMS+ 12:15pm/Karyl E	PLEASE NOTE: <ul style="list-style-type: none"> • We've added a second Dance&Tone class on Wednesday mornings. We ask that you only attend one! • SHOCKWAVE is free for JCC members. Guests can buy a 5-class pass for \$75. • Classes marked "E" are for everyone! • Participants arriving in excess of 10 minutes late to YOGA CLASSES will not be permitted to join the class. 	
EVENING CLASSES						
	CXWORX 5:00pm/Stacy F	Cycling-45 5:00pm/Amy S		Cycling-45 5:00pm/Larisa		
	ZUMBA+Toning 5:30pm/Pam	Les Mills TONE 5:45pm/Lori E	Starts 9/18 Core Flow Yoga 6:00pm/Sandi	CXWORX 6:00pm/Stacy F		
	BODYFLOW 6:30pm/Rachel	Joyful Flow YOGA-75 6:00pm/Jenlean	CXWORX 6:00pm/Larisa	Yoga-75 6:30pm/Linda		
	BODYCOMBAT 6:30pm/Susanna	BODYATTACK 6:35pm/Laura	BODYCOMBAT 6:30pm/Larisa	JBARRE 6:30pm/Lori/Jill		
	SHOCKWAVE 6:30pm/Alek	CXWORX 7:30pm/Laura	Cycling 7:00pm/David	SHOCKWAVE 6:30pm/Alek		
	BODYPUMP 7:30pm/Karen	Cycling 7:30pm/Mike	BODYPUMP 7:30pm/Stacy B			

To determine which class is right for you, contact Amy at 410.559.3534 or aschwartz@jcc.org.

GROUP FITNESS CLASSES AT THE JEWISH COMMUNITY CENTER

Group Fitness classes for JCC members ages 15+ are included in your membership at no additional charge. The JCC reserves the right to change/cancel classes due to instructor availability or low class attendance. For more info or to determine which class is right for you, contact Amy at 410.559.3534 or aschwartz@jcc.org.

We offer a variety of the most current and popular classes such as Les Mills™ BODYPUMP®, BODYSTEP®, BODYFLOW®, BODYATTACK®, and BODYCOMBAT workouts, as well as ZUMBA®, JBARRE, and yoga. Yoga enthusiasts will enjoy a wide range of classes – all focusing on breathing and postural alignment while building strength, balance, and flexibility. Our indoor cycling classes are another high-energy cardio option.

Our instructors are some of the area's best! They are nationally certified – having completed training which prepares them to motivate you to do more than you could ever do alone. Get a great workout in any of our classes.

GROUP FITNESS CLASS DESCRIPTIONS

RESISTANCE TRAINING

BODYPUMP The original barbell class that challenges all your major muscle groups. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for – and fast!

JBARRE: A fusion of yoga, Pilates, strength training, and ballet. JBARRE helps to improve strength, balance, flexibility and posture.

Les Mills TONE A 45-minute class with the optimal mix of strength, cardio and core training in one workout.

STRENGTH-45: 45-minutes of endurance-based training that creates strong, lean muscles, in a fun, low impact, fast paced, total body workout. Uses light weights, resistance bands and other props.

CXWORX: An intense, hugely effective 30-minute core workout.

FOR BEGINNERS & ACTIVE OLDER ADULTS

Get & Stay Fit: An easy-to-follow class with everything you need to get fit and stay fit – improve fitness, balance, and coordination.

Golden DRUMS & More: A fun class combining intervals of cardio and strength. You'll use weights and drumsticks and a resistance ball!

ZUMBA GOLD

A fun and easy-to-do dance workout for beginners & active older adults.

Gentle Yoga: A nurturing practice with gentle and deliberate movement, breathing, and guided relaxation to increase flexibility, balance, and well-being

GROUP CYCLING CLASSES

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

Les Mills RPM: Ride to the rhythm of powerful music as your instructor leads you through hills, flats, peaks, time trials, and intervals.

CARDIOVASCULAR CLASSES

BODYSTEP is a simple, athletic, and fun workout using an adjustable step platform set to energizing music.

BODYCOMBAT Inspired by martial arts – karate, boxing, taekwondo, tai chi and muay thai – you will strike, punch, and kick your way to superior cardio fitness.

BODYATTACK The sports-inspired cardio workout to build strength and stamina. A high-energy class to improve coordination and agility.

Les Mills TONE A 45-minute class with the optimal mix of strength, cardio and core training.

DANCE & TONE: A dance and toning workout in one!

SHOCKWAVE: A rowing machine provide bursts of high intensity intervals while functional strength stations sculpt the legs, core and arms. The perfect workout!!

ZUMBA

A fun and easy-to-do dance workout. High energy so you can dance away your worries. Great for the body and the mind.

ZUMBA GOLD

A fun and easy-to-do dance workout for beginners & active older adults.

MIND/BODY CLASSES

Yoga blends postures with breathing exercises and meditation. It is a practice cultivating strength, balance, and flexibility emphasizing experiencing life in the moment.

PLEASE NOTE -- Our yoga classes are for all levels when not specified as "beginner" or "gentle."

Joyful Flow Yoga offers an alignment-based, creative, music filled vinyasa flow practice. (All levels welcome!)

Core Flow Yoga blends the precision of Pilates with the flow and extension of yoga. Core-Flow has a strong emphasis on strength and stability using core muscles.

Gentle Yoga: A nurturing practice with gentle and deliberate movement, breathing, and guided relaxation to increase flexibility, balance, and well-being.

Pilates Fusion: A workout focusing on core strength, flexibility and total body conditioning.

BODYFLOW The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

PLEASE NOTE – The JCC no longer has mats for member use. This is for your health and the health of others. Please bring your own mat!

We have yoga mats for sale. They are \$15. Please see Amy Schwartz to purchase.