

## SUNDAY

8:00 - 9:00 am (Indoor Pool)  
**Masters Swim** (Chris)

8:00 - 9:00 am (Group Fitness)  
**Row & Core** (Cher)

9:00 - 10:00 am (TRX Area)  
**TRX Intermediate** (Ben/Regina)

9:15 - 10:15 am (Group Fitness)  
**Zumba**  
1<sup>st</sup> Sunday (Ernesto)  
3<sup>rd</sup> & 5<sup>th</sup> Sundays (Alex)  
2<sup>nd</sup> & 4<sup>th</sup> Sundays (Earl)

9:30 - 10:30 am (Spin Studio)  
**Spinning** (Terri)

10:30 - 11:30 am (Group Fitness)  
**Mindfulness Yoga** (Debbi)

10:30 - 11:30 am (Mind Body)  
**Athletic Flow Yoga** (Renee/Marco)

1:00 - 2:00 pm (Mind Body)  
**Hatha Stretch** (Terry)

4:00 - 5:00 pm (Mind Body)  
**Flow Yoga** (Chinook)

## MONDAY

6:00 - 6:45 am (Spin Studio)  
**SpinPower**® (Ben)

8:15 - 9:15 am (Mind Body Studio)  
**Athletic Flow Yoga** (Renee)

9:15 - 10:00 am (Group Fitness)  
**NIA** (Brenda)

9:15 - 10:05 am (Spin Studio)  
**SpinPower**® (Ben)

9:30 - 10:30 am (Indoor Pool)  
**Aqua Deep** (Gillian)

9:45 - 10:45 am (Tenergy Studio)  
**Flow Yoga Chakra** (Renee)

10:05 - 10:50 am (Group Fitness)  
**Barre Blends** (Brenda)

10:05 - 11:05 am (Mind Body Studio)  
**Flow Yoga** (Chinook)

11:15 am -12 pm (Mind Body)  
**Chair Yoga** (Chinook)

1:00 - 2:00 pm (Mind Body)  
**Slow Flow Yoga** (Angie)

5:45 - 6:30 pm (Group Fitness)  
**Tabata Turn It Up** (Christy)

6:00 - 7:00 pm (Spin Studio)  
**SpinCore Fusion**® (Barbara)

6:00 - 7:00 pm (Mind Body)  
**Mat Pilates-Beg/Int** (Helen)

6:35 - 7:35 pm (Group Fitness)  
**Zumba** (Diana)

## TUESDAY

6:00 - 6:45 am (Group Fitness)  
**J FIT Bootcamp** (Christy J.)

6:00 - 7:00 am (Indoor Pool)  
**Masters Swim** (Chris)

7:00 - 8:00 am (Mind Body)  
**Mat Pilates** (Zohar)

8:15 - 9:15 am (Mind Body)  
**Athletic Flow Yoga** (Marco)

8:25 - 9:20 am (Group Fitness)  
**J Classic Step+Sculpt** (Cindy)

9:15 - 10:00 am (Spin Studio)  
**Spin Intro** (Julie)

9:25 - 10:25 am (Mind Body)  
**Gentle Yoga** (Debbi)

9:30 - 10:15 am (Indoor Pool)  
**"HIIT" Deep Water** (Marilyn)

9:30 - 10:30 am (Group Fitness)  
**Barbell Core** (Cindy)

9:45 - 10:45 am (Tenergy)  
**Flow Yoga Deep Stretch** (Marco)

10:35 - 11:35 am (Mind Body)  
**Beg. Mat Pilates** (Zohar)

1:00 - 2:00 pm (Mind Body)  
**Hatha Stretch** (Terry)

2:30 - 3:30 pm (Group Fitness)  
**Zumba Jam** (Gina)

2:30 - 3:30 pm (Mind Body)  
**Survivors Yoga** (Beth)

5:30 - 6:30 pm (Mind Body)  
**Pilates Cardio Barre** (Lynn)

5:45 - 6:30 pm (Group Fitness)  
**Dance Core Condition** (Ernesto)

6:00 - 7:00 pm (TRX Area)  
**TRX Intermediate** (Dresha)

6:40 - 7:40 pm (Mind Body)  
**Athletic Flow Yoga** (Adam)

7:00 - 7:45 pm (Indoor Pool)  
**"HIIT" the Water** (Marilyn/Jennifer)

8:00 - 9:00 pm (Mind Body)  
**Hatha Stretch** (Terry)

## WEDNESDAY

6:00 - 6:45 am (Spin Studio)  
**Spinning** (Terri)

7:30 - 8:30 am (Mind Body)  
**Flowing Core Blend** (Tanya)

9:15 - 10:00 am (Group Fitness)  
**Row+Strive Strong** (Terri/Tre)

9:15 - 10:05 am (Spin Studio)  
**SpinPower**® (Barbara)

9:30 - 10:30 am (Indoor Pool)  
**Aqua Deep** (Melanie)

9:30 - 10:30 am (Mind Body)  
**Pilates Barre Blends Beg/Int.** (Lynn)

10:05 - 10:50 am (Group Fitness)  
**Strength Defined** (Christy J.)

1:00 - 2:00 pm (Mind Body)  
**Slow Flow Yoga** (Debbi)

5:45 - 6:30 pm (Group Fitness)  
**Bod Squad** (Anthony)

6:00 - 6:50 pm (Spin Studio)  
**SpinPower**® (Ben)

6:00 - 7:00 pm (Mind Body)  
**Int. Pilates Stick** (Lynn)

6:35 - 7:35 pm (Group Fitness)  
**Strong by Zumba** (Diana)

**HEART MONITORS  
NOW AVAILABLE**

*Heart monitors now available to check-out for workouts on the Spivi system. Ask the Sports + Fitness desk for details.*

## THURSDAY

6:00 - 7:00 am (Indoor Pool)  
**Master Swim** (Chris)

6:00 - 6:45 am (Group Fitness)  
**J FIT Bootcamp** (Anthony)

7:00 - 8:00 am (Mind Body)  
**Mat Pilates** (Zohar)

8:15 - 9:15 am (Dance Studio)  
**Hatha Stretch** (Terry)

8:25 - 9:20 am (Group Fitness)  
**Retro Aerobics** (Cindy)

9:25 - 10:25 am (Mind Body)  
**Gentle Yoga** (Debbi)

9:30 - 10:15 am (Indoor Pool)  
**Aqua Amp It Up** (Sherry)

9:30 - 10:30 am (Group Fitness)  
**Soma Matrix Strength** (Tre)

9:45 - 10:45 am (Tenergy Studio)  
**Flow Yoga Chakra Meditation** (Stefanie)

10:35 - 11:35 am (Mind Body)  
**Int. Mat Pilates** (Zohar)

1:00 - 2:00 pm (Mind Body)  
**Survivors Yoga** (Beth)

1:00 - 1:15 pm (Group Fitness)  
**Line Dancing Intro** (Richard)

1:15 - 2:15 pm (Group Fitness)  
**Line Dancing Beg+** (Richard)

2:30 - 3:30 pm (Group Fitness)  
**Dance & Jam** (Ernesto)

5:45 - 6:30 pm (Group Fitness)  
**Strive Strong** (Christy/Dresha)

6:30 - 7:30 pm (Mind Body)  
**Slow Flow Yoga** (Debbi)

7:00 - 7:45 pm (Indoor Pool)  
**Aqua Zumba** (Marilyn)

8:00 - 9:00 pm (Mind Body)  
**Hatha Stretch** (Terry)

## FRIDAY

6:00 - 6:45 am (Spin Studio)  
**Spinning** (Jennifer)

8:15 - 9:15 am (Tenergy)  
**Athletic Flow Yoga** (Tanya)

8:25 - 9:10 am (Group Fitness)  
**J Classic Step+Sculpt** (Cindy)

9:00 - 9:55 am (Mind Body)  
**Pilates Stick** (Helen)

9:15 - 10:05 am (Spin Studio)  
**Spinning** (Jennifer)

9:15 - 10:15 am (Group Fitness)  
**Dance & Jam** (Gina)

9:30 - 10:15 am (Indoor Pool)  
**Aqua Zumba** (Marilyn)

10:05 - 11:05 am (Mind Body)  
**Flow Yoga** (Barb)

## SATURDAY

8:15 - 9:15 am (Group Fitness)  
**J Classic Step + Sculpt** (Cindy)

8:25 - 9:25 am (Mind Body)  
**Pilates Int/Adv** (Lynn)

9:30 - 10:30 am (Spin Studio)  
**Spinning** (Simone/Christi)

9:30 - 10:15 am (Group Fitness)  
**Strive Strong** (Barbara/Tre/Anthony)

9:30 - 10:30 am (Mind Body)  
**Pilates Barre Blend Beg/Int** (Lynn)

10:00 - 10:45 am (Indoor Pool)  
**"HIIT" the Water** (Marilyn)

10:45 - 11:45 am (Mind Body)  
**Athletic Flow Yoga** (Tanya)

11:00 am - 12:00 pm (Group Fitness)  
**Dance + Jam** (Krystal Jo)

1:00 - 2:00 pm (Mind Body)  
**Hatha Stretch** (Terry)

## POP-UP CLASSES

This autumn fall in love with our fun and fresh pop-up classes. These **free classes** will pop-up in place of the regularly-scheduled classes.

### CARDIO YOGA

A cardio blasting of dynamic yoga sequences. Rooted in Vinyasa, the movement patterns are cued to evoke joy and confidence.

- Tuesday, Oct. 22 @ 8:15 am
- Thursday, Nov. 28 @ 10:10 am
- Sunday, Dec. 15 @ 10:30 am
- Wednesday, Dec. 18 @ 1:30 pm
- Saturday, Dec. 21 @ 10:45 am

### VERTICAL PILATES BARRE

This non-traditional format mixes Pilates, Intense Barre, Dance, and Core training. This fun, high-energy class focuses on alignment and core strength.

- Thursday, Sept. 19 @ 8:25 am
- Friday, Oct. 25 @ 10:15 am
- Friday, Nov. 15 @ 10:15 am
- Thursday, Nov. 21 @ 8:25 am
- Thursday, Dec. 12 @ 10:25 am
- Thursday, Dec. 26 @ 10:25 am

### WATER WARS

A squad-team environment of H2O cross training circuit with battle rock challenges on the Aqua Base, partner band work, kettlebell swings, and a team tug-of-war. This class will take place in the Outdoor pool.

- Saturday, Sept. 14 @ 10:00 am
- Tuesday, Sept. 17 @ 7:00 pm

## VIRTUAL-LED SPIVI SPIN

**SATURDAYS  
11:00 AM  
&  
THURSDAYS  
9:00 AM**

## CLASS SUMMARIES

### MINDFULNESS

**FLOW YOGA DEEP STRETCH:** Slow, mindful flow yoga that ends with deep relaxing stretches. All set to Illumi-colored smart bulbs to create an immersive colorized chakra experience.

**MINDFULNESS YOGA:** Move mindfully as you build core strength and turn on the power with heart openers. Some classes include mindful pathways to being in the moment.

**CHAIR YOGA:** Stretching + strengthening the body and spine from your chair. Includes healing benefits connected through breath.

**SURVIVORS YOGA:** This class includes gentle yoga standing poses and three types of breathing, and concludes with tapping pressure points, guided imagery, and meditation. Open to survivors and friends.

**GENTLE YOGA:** Treat yourself to a yoga class designed to stretch muscles, engage your core, and calm your mind. Using props and gravity, we create space in our body and mind allowing us to move freely.

**FLOW YOGA:** A gentle series of soft yoga movements that flow between poses with each breath. "Slow" classes move at a faster speed.

**ATHLETIC FLOW YOGA:** Movement that is synchronized to breath. The style allows for variety which includes Sun Salutations, graceful flow, and mindful alignment.

**HATHA STRETCH:** A yoga class that explores postures with hands-on adjustments and teacher dialogue. Props used.

**FLOWING CORE BLEND:** Are you undecided between yoga and Pilates? This is the perfect core conditioner that blends Flow Yoga, Barre Core Strengthening, and Pilates exercises.

**MAT PILATES:** Emphasizes body alignment. Pilates strengthens, lengthens, and tones the body through mat exercises creating your power center. Two levels offered: Mat Pilates for Beginners and Mat Pilates for Intermediate-Advanced.

**PILATES BARRE BLEND:** A basic, intermediate ballet-inspired hybrid class blending Mat Pilates, modern dance conditioning, and isometric ballet barre.

**PILATES CARDIO BARRE:** This intermediate-advanced class integrates the elements of Pilates, ballet, and Cardio Barre. A challenging workout to tone the body and strengthen the core.

**PILATES STICK:** The Pilates Stick sculpting system fuses together a Pilates tower workout with traditional Pilates Mat work.

**FLOW YOGA CHAKRA:** A multi-sensory power flow yoga class that uses Illumi-colored smart bulbs to provide a colorized chakra mood vibe. Some classes end with deep stretch and meditation.

**VERTICAL PILATES BARRE:** Flowing dance sequences strike the perfect balance of non-traditional Pilates, intense Barre, dance, and core training.

## AQUA FITNESS

**AQUA DEEP:** A challenging, deep-water workout that provides strength and cardiovascular benefits. Participants use aqua joggers to maximize deep water workout (students should feel comfortable in deep water).

**AQUA ZUMBA:** This invigorating Zumba pool party integrates many different Latin rhythms to create a challenging and fun aqua workout. Ditch the workout; come join the pool party.

**“HIIT” THE WATER:** Challenge your fat-burning capacity with a high intensity Tabata aqua fitness interval training class.

**“HIIT” Deep Water:** A total-body interval workout performed in deep water. Improves overall fitness and strength levels.

**AQUA AMP IT UP:** Class combines cardio conditioning, resistance training and core strength. Take your aqua fitness workout to a new level.

**J MASTERS ADULT SWIM:** Organized swim trains the four competitive strokes. Class is designed to improve efficiency.

## PERFORMANCE TRAINING

**BOD SQUAD:** An eight station cardio-strength total body workout. Six stations focus on functional strength; two stations of rowing. You will be teamed-up into squads creating a supportive and mega fun experience.

**SPINNING INTRO:** Never a winner unless first a beginner. If the idea of Spinning is a little overwhelming, this class is designed for new participants. Learn how to make a Spinning class a safe and productive exercise experience.

**SPIN CORE FUSION:** A 45-minute heart-pumping indoor cycling ride topped off with a 15-minute core conditioner. Track your metrics from your first pedal stroke to your last crunch.

**SPINPOWER®:** Jump on our new fleet of Spinner® Chrono™ Power cycling bikes. The power-based strain gauge technology will provide an accurate measurement of burning calories and watts. Metrics displayed on Spivi gamification leaderboard.

**TRX INTERMEDIATE:** Suspension training builds muscle mass and endurance. Perform exercises, using body weight to create resistance.

**ROW + CORE (GROUP ROWING):** This class uses traditional rowing movements, and advanced interactive C2 technology to deliver a fun and energizing total body workout. Group rowing is appealing to all ages.

**TABATA TURN IT UP:** Ready to burn more calories after exercising? Kick it, punch it and increase your metabolic rate amounting to better fitness. The class takes on several bouts of true Tabata sections.

## STRONG TO THE CORE

**STRENGTH DEFINED:** A total body resistance training workout designed to challenge the entire body. Muscular strength and core conditioning packaged together to deliver a lean, sculpted body.

**BARBELL CORE:** This strength workout blends light to moderate resistance training with a high repetition count.

**BARRE BLENDS:** Brief power segments of deep toning exercises that lift, tone, and blast away body fat. The Barre Blends segments are integrated into several of our hybrid class formats.

**SOMA MATRIX STRENGTH:** The signature class designed by functional trainer expert Tre Bradley. Soma Matrix Strength is based on applied functional science-free weight training principles. Real life function delivers real life results.

**J FIT BOOT CAMP:** Burn calories, tone-up, and fuel your energy.

**STRIVE STRONG:** A mixed cardio-strength total body circuit workout. Be ready to take hold of Sandbells, Weighted Body Bars and the innovative Stroops Slastix Equipment to go solo or find a team.

## DANCE FITNESS

**STRONG BY ZUMBA:** Zumba’s newest format combines Zumba dance, body weight exercises and strength conditioners which are driven by music. Music is a part of the foundation which moves this class into high energy.

**DANCE & JAM:** A total-body workout infused with all styles of dance such as hip-hop, Bollywood, disco and more. Dance, sweat, move, repeat.

**NIA:** A dance fitness class that combines modern dance, jazz, African and low impact into one fun exercise class.

**ZUMBA:** This dance fitness class uses a mix of Latin moves and international music to create a fun effective workout for all fitness levels. Dance experience is not necessary. Come join the party.

**RETRO AEROBICS:** Flashback to the 80s for this high-energy low-impact dance style class. Work out to your favorite retro tune by artists that made the decade so fun. Let’s get physical!

**J CLASSIC STEP + SCULPT:** A dynamic and challenging aerobic step choreographed class. Step class is taught in a fun, innovative and logical progression of step patterns. Topped off with core sculpting exercises.

**LINE DANCING:** A fun calorie-blasting form of exercise that improves physical, mental and emotional wellness.

**DANCE CORE CONDITION:** This class combines cardio dance segments while placing an emphasis on dance conditioning. Developing a stronger core will improve your technique for all dance formats. Strengthening the body’s core will result in effortless dancing.

## Specialty Classes

Open to fitness-minded members and non-members.

**SPACE IS LIMITED; RSVP ONLINE AT [JCCDALLAS.ORG/SPECIALTY](http://JCCDALLAS.ORG/SPECIALTY).**

### TAKES TWO TO DANCE

Wednesdays, Oct. 30 & Nov. 6

7:45 - 8:45 pm

This dance class combines varies elements of dance and movement using the frequency as the main guide. Led by Susan and Ernesto Plazolo.

### SOUND FLOAT MEDITATION

Thursday, November 14

8:00 - 9:00 pm

Blending live music, meditation, and waves of warm water allows you to find a new meaning to inner calm. Limited space; RSVP early.

### LOVING SOUND MEDITATION

Sunday, December 15

2:30 - 3:45 pm

Join Stefanie Tovar in a practice of Yoga sounds to cleanse body, mind, and spirit as we prepare for 2020. Get ready to release the stresses of 2019 as we set our intention to embrace the New year.

### DO YOU STROOP?

Come to the J and get your Stroops group fitness workout on! What is Stroops? It’s only the hottest elastic product to hit the fitness market; elastic encased with a safety sleeve called a Slastix. You will find variations of the Stroops product used in our Strive Strong Boot Camp, Rowing, and Vertical Pilates Barre classes.



# Group Fitness Class Schedule

SEPTEMBER 3 - DECEMBER 31, 2019



### LOVING SOUND MEDITATION

SUNDAY, DECEMBER 15 | 2:30 - 3:45 PM

### SPORTS & FITNESS HOURS

Monday - Thursday: 5 am - 10 pm

Friday: 5 am - 6 pm

Saturday/Sunday: 7 am - 6 pm

WELCOME DESK 214-239-7158

KIDS CLUB CARE 214-239-7186

Classes are subject to instructor change. Classes with low participation subject to cancellation. Weather and holidays can disrupt schedules. Facility alerts are posted at [JCCDALLAS.ORG](http://JCCDALLAS.ORG). Added fee applies.



AARON FAMILY JEWISH COMMUNITY CENTER  
7900 NORTHAVEN ROAD, DALLAS, TX 75230