

# Fitness Schedule

**WINTER 2019**

EFFECTIVE: JANUARY 2

You belong here.®

**MONDAY**

**6:15 - 7 am**  
Cycle  
Monique Botero

**7:30 - 8:15 am**  
Core Pilates Training  
Mor Haim

**8:15 - 9:15 am**  
Waterobics  
Lois Forte

**8:30 - 9:30 am**  
S.W.E.A.T  
Michelle Schucher

**9 - 10:45 am**  
Cycle Sculpt  
Courtney Landsman

**9:30 - 10:30 am** \$  
Pilates Reformer  
Mor Haim

**10:15 - 11 am**  
Cycle  
Andreina Reyna

**10:30 - 11:30 am** \$  
Pilates Reformer  
Mor Haim

**10:45 - 11:45 am**  
Zumba  
Elizabeth Soto

**12 - 1 pm**  
Yoga  
Nathalie Yordi

**1 - 2 pm**  
Tai Chi  
Judd Zisquitt

**2 - 3 pm**  
Exercise Training & Neuroplasticity  
Fabiana Luzardo

**4:30 - 5:15 pm** \$  
Teen Cycle  
Tessa Koschel

**4:30 - 5:30 pm** \$  
Pilates Reformer  
Mor Haim

**5:30 - 6:30 pm** \$  
Teen Pilates Reformer  
Mor Haim

**6 - 6:45 pm**  
Booty Blast  
Karl Williams

**6:45 - 7:30 pm**  
Arm + Abs  
Karl Williams

**7:15 - 8 pm**  
Cycle  
Lois Forte

**8 - 9 pm**  
Yoga Flow  
Nathalie Yordi

**TUESDAY**

**6 - 7 am**  
20/20/20  
Chavonne Baron

**8 - 9 am**  
Below the Belt  
Jessica Bigio

**9:15 - 10:15 am**  
Cycle  
Jessica Bigio

**9:15 - 10:15 am**  
Stretch & Tone  
Sharon G.

**10:15 - 11:15 am**  
Tred N Shred ♀FC  
Lois Forte

**10:30 - 11:30 am**  
Gentle Yoga  
Lois Tepper

**10:30 - 11:30 am**  
Cycle & 6 Pack  
Michelle Schucher

**11:45 am - 12:45 pm** \$  
TRX  
Michelle Schucher

**12:30 - 1:30 pm**  
Pilates Fusion  
Jessica Greenfield

**2 - 3 pm**  
Core Power Yoga  
Angela Vinas

**5 - 6 pm** \$  
Pilates Reformer  
Lois Forte

**6 - 6:45 pm**  
Arms by #amyspin  
Amy Segal

**6:30 - 7:15 pm**  
Cycle  
Andreina Reyna

**6:45 - 7:30 pm**  
Strong by #amyspin  
Amy Segal

**7:30 - 8:30 pm**  
Dance Pilates  
Mor Haim

**WEDNESDAY**

**6:15 - 7 am**  
Cycle  
Monique Botero

**7:30 - 8:15 am**  
F.I.T. Camp  
Courtney Landsman

**8:15 - 9:15 am**  
Waterobics  
Lois Forte

**8:30 - 9:30 am**  
Pilates Reformer  
Mor Haim

**9 - 10 am**  
Cycle  
Michelle Schucher

**9 - 10 am**  
Power Sculpt  
Courtney Landsman

**9:30 - 10:30 am** \$  
Pilates Reformer  
Mor Haim

**10:15 - 11 am**  
Cycle  
Courtney Landsman

**10:15 - 11:15 am** \$  
TRX  
Michelle Schucher

**10:15 - 11:15 am**  
Zumba  
Tamara Roy

**10:30 - 11:30 am** \$  
Pilates Reformer  
Mor Haim

**11:30 am - 12:30 pm**  
Core Pilates Training  
Elisa Palermo

**2 - 3 pm**  
Exercise Training & Neuroplasticity  
Fabiana Luzardo

**4:30 - 5:15 pm** \$  
Teen Strength & Conditioning  
Tessa Koschel

**6 - 7 pm**  
Zumba  
Tali Levinson

**7 - 8 pm**  
Yoga  
Nathalie Yordi

**7:15 - 8 pm**  
Cycle  
Andreina Reyna

**THURSDAY**

**6 - 7 am**  
20/20/20  
Lois Forte

**7:15 - 8:15 am**  
Core Power Yoga  
Michael Travis

**8:30 - 9:30 am**  
S.W.E.A.T.  
Michelle Schucher

**9:30 - 10:15 am**  
Circuit Fusion  
Courtney Landsman

**9:45 - 10:45 am**  
Cycle  
Michelle Schucher

**10:15 - 11 am**  
Strong by #amyspin  
Amy Segal

**10:15 - 11:15 am**  
Tred N Shred ♀FC  
Lois Forte

**11 am - 12 pm**  
Zumba  
Nivia O'Keefe

**12:30 - 1:30 pm**  
Core Power Yoga  
Angela Vinas

**1:30 - 2:30 pm**  
Pilates Fusion  
Jessica Greenfield

**3 - 4 pm**  
Tai Chi  
Judd Zisquitt

**6 - 7 pm**  
Barre Burn  
Lois Forte

**7 - 8 pm**  
Zumba  
Nathalie Yordi

**7:15 - 8 pm**  
Cycle  
Lois Forte

**FRIDAY**

**6:15 - 7 am**  
Cycle  
Chavonne Baron

**7:15 - 8 am**  
Core Conditioning  
Chavonne Baron

**8 - 9 am**  
Above the Belt  
Jessica Bigio

**8:15 - 9:15 am**  
Waterobics  
Lois Forte

**9:15 - 10:15 am**  
Zumba  
Tali Levinson

**9:30 - 10:30 am**  
Cycle  
Michelle Schucher

**10 - 11 am** \$  
Pilates Reformer  
Lois Forte

**10:45 - 11:30 am**  
Cycle  
Andreina Reyna

**10:30 - 11:30 am**  
20/20/20  
Michelle Schucher

**12 - 1 pm**  
Gentle Yoga  
Elisa Palermo

**1 - 2 pm**  
Forever Fit  
Sharon G.

**SATURDAY**

**9:15 - 10:15 am**  
Zumba & Tone  
Nathalie Yordi

**9:30 - 10:15 am**  
Cycle  
Jessica Bigio

**10:15 - 11 am**  
Core Conditioning  
Jessica Bigio

**11 - 11:45 am**  
Stretch & Tone  
Sharon G.

**12 - 1 pm**  
Yoga  
Nathalie Yordi

**SUNDAY**

**8 - 9 am**  
Waterobics  
Lois Forte

**9:15 - 10:15 am**  
Gentle Yoga  
Lois Tepper

**9:30 - 10:30 am**  
F.I.T. Camp ♀F  
Andrew Opitz

**9:30 - 10:15 am**  
Cycle  
Monique Botero

**10:45 - 11:45 am**  
Zumba  
Sharon G.

**12 - 1 pm**  
Strength & Alignment  
Sharon G.

**GUIDE**

**Group Fitness Class**  
Free for Members

**Pilates Reformer, Teen Fitness & TRX**  
Fee-based Classes

**Cycle Class & Tred N Shred**  
In order to guarantee a bike or treadmill a \$5 pre-registration fee may be paid up to a week in advance.

♀FC  
Fitness Center

♀F  
Field

**More information on the back!**

- Specialized Fitness Fees
- Specialized Fitness Descriptions
- Group Fitness Descriptions

As of 12/24/18. Subject to change.  
For holiday schedules visit mbjcc.org.

CONTACT **STACEY HATCH**  
FOR MORE INFORMATION  
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➔ **REGISTER FOR CYCLE & TREAD N SHRED AT THE FRONT DESK**  
✉ service@mbjcc.org | ☎ x0

# Group Fitness CLASS DESCRIPTIONS

## GROUP TRAINING CLASSES

**20/20/20:** 20 minutes of cardio/20 minutes of muscle strengthening/20 minutes of core work; all combined in a fast-paced challenging workout.

**Above the Belt:** Strength your upper body and core with a combination of high and low intensity isolated movements. This intermediate/ advanced class will push you beyond your limit.

**Arms + Abs:** Focus on the upper body and abdominals. You will love the feeling of a stronger core and lean, firmer arms.

**Barre Burn:** This barre workout is a blend of ballet, fitness, and Pilates-inspired movements done at a calorie burning pace. Alternate between floor and barre segments designed to burn fat, elongate your muscles, and tone your whole body.

**Below the Belt:** This intermediate/advanced fat blasting class utilizes high intensity movements focusing on building muscle and sculpting curves in the lower body with slower movements to help lift tighten and chisel the perfect booty and legs. Get ready to sweat your butts ON!

**Booty Blast:** Strengthen and shape your waistline with this challenging and innovative class targeting the quads, glutes, hammies, and abs. This 45 minute class consists of lower body exercises designed to increase muscle definition and strength, while toning and tightening. If you want to firm, lift, and define, then this class is a must!

**Circuit Fusion:** A small group training session involving a system of different stations set up to exercise specific muscle groups while burning calories and working your whole body. Training stations alternate strength and endurance exercises with cardiovascular intervals.

**Core Conditioning:** A non-aerobic, muscle-toning class, focusing on core strength. This challenging class works to tone and condition all major muscles of the torso with the aim of increasing spinal stability, essential for posture and health. A fun and challenging way to whittle your waist.

**FIT Camp:** Fun, Intense Training! An innovative high energy style "boot camp" designed to jump start your morning. This style of training will motivate you to push your limits. A full body workout incorporating interval & circuit body resistance training, Plyometrics, and Calisthenics to test not only your body but your mind.

**Power Hour:** Heart pumping cardio intervals combined with weight and strength training plus core work. This non-stop body movement workout is designed to work all of your muscle groups.

**Power Sculpt:** This class includes a combination of aerobic conditioning and toning with weights, bands and body bars. You'll get cardiovascular training and strength training in this calorie burning class.

**Speed & Agility:** Train like an athlete! This class combines resistance training with functional and plyometric movement to improve quickness, flexibility, coordination, and agility. You will learn proper technique to eliminate wasteful movements.

**Strength & Alignment:** Create a leaner, stronger, more flexible body using classic sculpting and stretching techniques. Classes use muscular resistance and isolation in order to build strength while increasing flexibility and improving balance.

**S.W.E.A.T.:** Strength, Willpower, Energy, and Aerobic Training will get you through this workout which alternates segments of cardio, lower body work, and upper body work for a complete full body blasting workout. Get ready to feel the burn!

**Tred N Shred:** An indoor Boot Camp style class combining 25 to 30 minutes of interval cardiovascular training on the treadmill and 25 to 30 minutes of strength and conditioning training with free weights, steps, and other functional equipment.

**Zumba:** Zumba is a Colombian dance fitness program, which involves dance and aerobic elements. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Come join our party!

**Zumba & Tone:** Designed for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Combine the Latin inspired dance rhythms with the benefits of strength and resistance training for a complete workout.

## MIND AND BODY CLASSES

**Core Pilates Training:** A 45-minute class that combines challenging strength and body-sculpt conditioning exercises with Pilates-based core work to create lean muscle mass and a more flexible body. This mat-based workout is designed to establish core strength and stability and heighten mind body awareness.

**Core Power Yoga:** Ready to sweat? Core Power Yoga 2 is a rigorous yoga class with demanding strength postures that will have you moving, breathing and sweating! True to its name, this class focuses on building and engaging your core strength to support you in more advanced postures. Come strengthen, balance, detoxify and exhilarate your body and mind.

**Dance Pilates:** A rhythmic and creative flow of Pilates and Yoga inspired dance movement. A total body workout with choreographed sequences set to the beat of the music.

**Exercise Training and Neuroplasticity:** ETN is a class specially designed for Parkinson's patients. This class is supported by a grant from the Parkinson's Foundation.

**Gentle Yoga:** Modified postures and sequences allow all participants to enjoy the benefits of Yoga. Classes are built around health goals and levels of fitness, providing the right challenge for each individual and laying a solid foundation for wellness.

**Pilates Fusion:** A mat Pilates class combining a series of controlled movements designed to enhance strength, flexibility, control and balance with an emphasis on conditioning the core (strength for abs and back), while focusing on breathing and body awareness.

**Tai Chi:** This class involves a series of slow, meditative body movements that were originally designed for self-defense and to promote inner peace and calm. Tai chi increases flexibility, strengthens muscles & tendons and aids in the treatment of heart disease, high blood pressure, arthritis, digestive disorders, skin diseases, depression, cancer, and many other illnesses.

**Yoga:** This general yoga class utilizes the classical yoga postures and different sequencing for the purpose of strengthening, opening, and cleansing the body. Emphasizing safety and alignment; modifications are offered so that everyone can work at their own pace with their own authentic breath. You will leave feeling stronger, centered and refreshed.

**Yoga Flow:** Sweaty and challenging movement set to great music with an emphasis on fluidity and fun all guided by steady breath and good vibes. This class synchronizes breath and builds strength through continuous movement. Come move, breathe deeply and sweat!

## CYCLE CLASSES

**Cycle:** Climb and sprint your way through our signature indoor cycling class. You will increase endurance, up your energy, burn major calories, and jump-start your metabolism in this fun and inspiring instructor-led cardio class.

**Cycle & 6 Pack:** Our signature indoor cycling class plus 15 minutes of hard core ab exercises.

**Cycle Sculpt:** A 90-minute class combining an intense body strength workout with cycling, sculpting and toning. This intense class combines cardiovascular, stretching and strength-training exercises to help burn calories and tone muscles all at once.

# Specialized Fitness & Wellness CLASS DESCRIPTIONS & FEES

January 7 - March 1, 2019

## TRX SUSPENSION TRAINING

Born from the Navy SEALs, TRX® Suspension Training® bodyweight exercise simultaneously develops strength, power, endurance, mobility, durability, balance, flexibility, and core stability. TRX Suspension Training requires the use of the TRX® Suspension Trainer™, a portable performance training tool that leverages gravity and the user's bodyweight to enable hundreds of exercises that can be instantly scaled for anyone to reach their unique fitness or training goals.

### FEES:

Once/Week	\$170   Members: \$120
Twice/Week	\$320   Members: \$220
Drop-in	\$25   Members: \$20

## PILATES REFORMER

Innovative exercises focus on strengthening of muscles to help you to maintain a symmetrical and revitalized body. The exercises on the Pilates Reformer help you to develop long and slender muscles, strong shoulders, a strong chest, better biceps and triceps, leaner calves, slimmer hips and thighs, tighter buttocks, firm abdominals, increased flexibility, correct postures and better mind-body coordination.

*Pre-registration is required. A minimum of 3 participants is required to run each class. Classes will not run without minimum requirement.*

### FEES:

Once/Week	\$280   Members: \$200
Twice/Week	\$480   Members: \$320
Drop-in	\$40   Members: \$30

## TEEN CYCLE (11+ YEARS)

Teen Cycle classes are conducted under the supervision of our Group Fitness instructors who coach you through varying terrains to get you successfully to the end of the ride. The class combines muscular endurance, cardiovascular conditioning and strength training all in one workout.

*Minimum of 5 participants required to run each class and 18 person maximum per class.*

## TEEN STRENGTH & CONDITIONING (11+ YEARS)

This fun and challenging one-hour fitness boot camp class mixes traditional calisthenic and body weight exercises with interval training and strength training to promote fat loss, camaraderie and team effort. The trainer will use a variety of styles designed in a way that pushes you and resembles a military boot camp.

## TEEN PILATES REFORMER (11+ YEARS)

Innovative exercises focus on strengthening of muscles to help you to maintain a symmetrical and revitalized body. The exercises on the Pilates Reformer help you to develop long and slender muscles, strong shoulders, a strong chest, better biceps and triceps, leaner calves, slimmer hips and thighs, tighter buttocks, firm abdominals, increased flexibility, correct postures and better mind-body coordination.

*A minimum of 3 participants is required to run each class. Classes will not run without minimum requirement.*

### TEEN FITNESS FEES:

Once/Week	\$170   Members: \$120
Twice/Week	\$320   Members: \$220
Drop-in	\$25   Members: \$20