

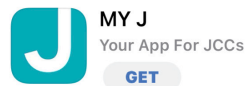
FITNESS SCHEDULE

FALL 2022
All Fitness Classes are by Reservation Only

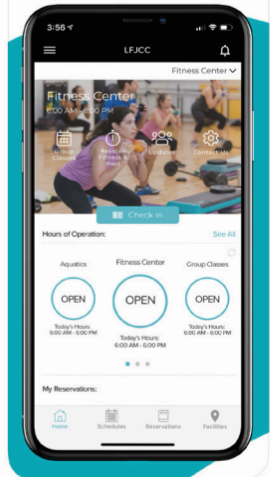
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Download the "My J" app to reserve your spot class, access the latest schedule and receive reminders.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 - 7 am 20/20/20 Lois Forte Dance Studio	6 - 6:45 am TRX \$ Lois Forte Field	7 - 8 am Full Body HIIT Andreina Reyna Dance Studio	7 - 8 am Core Power Yoga Michael Travis Field	6 - 7 am Cycle 60 Lois Forte Cycle Studio	9:15 - 10 am Cycle 45 Courtney Landsman Cycle Studio	7:30 - 8:15 am Waterobics Lois Forte Pool
7:15 - 8 am Cycle 45 Lois Forte Cycle Studio	7 - 7:45 am Strech N Restore Lois Forte Dance Studio	8:15 - 9 am Waterobics Lois Forte Pool	8 - 8:45 am Core Pilates Training Michelle Schucher Dance Studio	7 - 7:45 am Strech N Restore Lois Forte Dance Studio	10:15 - 11 am Core Assets Courtney Landsman Dance Studio	9 - 9:45 am Lower Body HIIT Andreina Reyna Dance Studio
8:15 - 9 am Waterobics Lois Forte Pool	8 - 9 am Body!Bang! Michelle Schucher Field	8:15 - 9 am S.W.E.A.T. Michelle Schucher Dance Studio	9 - 10 am Power Sculpt Courtney Landsman Dance Studio	8 - 9 am Gentle Yoga Lois Tepper MP1	11 am - 12 pm Yogalataes Ximetta Mires Dance Studio	9 - 10 am Gentle Yoga Lois Tepper MP1
8:15 - 9 am S.W.E.A.T. Michelle Schucher Dance Studio	8 - 9 am Gentle Yoga Lois Tepper MP1	9 - 10 am TRX \$ Courtney Landsman Field	9 - 10 am Cycle 60 Michelle Schucher Cycle Studio	8:15 - 9 am Waterobics Lois Forte Pool	11 am - 12 pm Zumba & Tone Sharyn G Dance Studio	9:15 - 10 am Cycle 45 Amanda Halpern Cycle Studio
9:15 - 10 am Lower Body HIIT Andreina Reyna Dance Studio	8:15 - 9 am Circuit Fusion Courtney Landsman Dance Studio	9 - 10 am Core Power Yoga Michael Travis Dance Studio	10 - 11 am Yogalataes Ximetta Mires Dance Studio	8:15 - 9 am S.W.E.A.T. Michelle Schucher Dance Studio		10 - 11 am Zumba Sharyn G Dance Studio
9:15 - 10 am Cycle 45 Michelle Schucher Cycle Studio	9:15 - 10 am 6 Pack Attack Michelle Schucher Dance Studio	9:15 - 10 am Cycle 45 Michelle Schucher Cycle Studio	10:15 - 11 am Cycle 45 Courtney Landsman Cycle Studio	9:15 - 10 am Cycle 45 Michelle Schucher Cycle Studio		10 - 11 am Cycle 60 Andreina Reyna Cycle Studio
10 - 11 am Zumba Tali Levinson Dance Studio	9:15 - 10 am Cycle 45 Courtney Landsman Cycle Studio	10:15 - 11 am Cycle 45 Amanda Halpern Cycle Studio	10:15 - 11:15 am TRX CORE \$ Michelle Schucher Field	9:15 - 10 am Lower Body HIIT Andreina Reyna Dance Studio		11 am - 12 pm Strength & Alignment Sharyn G Dance Studio
10:15 - 11 am Cycle 45 Courtney Landsman Cycle Studio	10 - 11 am Zumba Tammy Reznik Dance Studio	10:15 - 11 am Booty Blast Michelle Schucher Dance Studio	11 am - 12 pm Yoga Flow Michael Travis Dance Studio	10 - 11 am Zumba Tammy Resnik Dance Studio		
10:15 - 11:15 am TRX \$ Michelle Schucher Field	11 am - 12 pm Yoga Flow Ximetta Mires Cycle Studio	11:30 am - 12:30 pm Restorative Yoga Ximetta Mires Dance Studio	12 - 1 pm Cardio Dance Fusion Sharyn G Virtual	10:15 - 11 am Cycle 45 Amanda Halpern Cycle Studio		
11 am - 12 pm Sculpt & Stretch Courtney Landsman Dance Studio	12 - 1 pm Cardio Dance Fusion Sharyn G Dance Studio	12:30 - 1:30 pm Pilates Fusion Jessica Greenfield Dance Studio		11 am - 12 pm Cardio Dance Fusion Sharyn G Dance Studio		
12:30 - 1:30 pm Pilates Fusion Jessica Greenfield Dance Studio			6 - 7 pm Zumba Tammy Reznik Dance Studio			
6 - 7 pm Power Sculpt Karl Williams Dance Studio	6 - 7 pm Cycle 60 Andreina Reyna Cycle Studio	6 - 7 pm Power Sculpt Karl Williams Dance Studio	6:30 - 7:30 pm Cycle 45 Amanda Halpern Cycle Studio			



1. Download from App
2. Login to App with email associated with your membership.
3. Create your password
4. Start using the App



GROUP FITNESS DESCRIPTIONS

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

Cycle 60: Our 60 minute signature performance indoor cycling class will have you climbing sprinting and jumping. Challenge your stamina and endurance as you up your energy, burn major calories, and jump-start your metabolism.

Cycle 45: Work to the beat of the music in this 45 minute class as you challenge both upper and lower body in this cross-training ride. This class is like a party on a bike!

F.I.T Camp: Fun, Intense Training! An innovative high energy style "boot camp" designed to jump start your morning and motivate you to push your limits. This full body workout incorporates interval & circuit body resistance training to test not only your body but your mind.

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 while focusing on breathing and body awareness.

E.T.N.: Exercise Training and Neuroplasticity. Specially designed for seniors

TRX: Born from the Navy SEALs, TRX® Suspension Training® simultaneously develops strength, power, endurance, mobility, balance, flexibility, and core stability by leveraging gravity and bodyweight.

Power Sculpt: This class includes a combination of aerobic conditioning and toning with weights, bands, and other "fitness tools"

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, and Sweat!

Yoga: This general yoga class utilizes the classical yoga postures and different sequencing for the purpose of strengthening, opening, and cleansing the body. You'll feel stronger, more centered, and refreshed after this class.

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? This rigorous Yoga class demands strength postures that will have you moving, breathing and sweating! This class focuses on building and engaging your core strength to support you in more advanced postures.

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.

Sculpt and Stretch: Start your day with a low-impact workout that challenges all muscle groups. Incorporates dynamic and static stretches that helps to lengthen the muscles.

Stretch n' Restore: De-stress and refresh yourself with this class which includes a combination of static stretch and techniques to increase your flexibility; using both short and long holds for a more efficient elastic change. Props may be used.

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.

Zumba: 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

Stretch & Tone: A multi-level stretch and strength training class focusing on mind-centering types of exercise to improve your strength, flexibility, and overall wellbeing

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.

Full Body HIIT: This intermediate/advanced full body workout of high intensity interval training working for time under tension till failure. This class will keep your heart rate up for the entire hour while burning FAT!

Lower Body HIIT: This intermediate/advanced fat blasting class utilizes high intensity movements focusing on building muscle and sculpting curves in the lowed body with slower movements to help lift tighten and chisel the perfect booty and legs. Get ready to sweat your butt off!

Barre Burn: This 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.

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

Body!Bang!: Power your most important assets using body weight exercises. This workout strengthens the entire body with essential conditioning moves. Build power and mobility all in one intense workout. Unleash your inner athlete.

Cardio Dance Fusion: A multi-level class combining dance with stretching and sculpting in a fun party atmosphere. Get ready to move while improving your strength, flexibility, coordination, and overall well being

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!