

Group Exercise

Summer 2018 June 18th - September 9th



Harold & Elaine
Shames
Jewish
Community
Center
on the Hudson



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM Cycle - Cycle Studio Tamicka	8:00 AM Hydro H.A.T - Pool Carol	5:30 AM Cycle - Cycle Studio Tamicka	5:30 AM "Power Up" Men Only Mickey	5:30 AM Cycle - Cycle Studio Tamicka	8:00 AM Cycle - Cycle Studio Anna
7:00 AM "Walk It Off" Michelle	8:30 AM Cycle - Cycle Studio Denise	7:45 AM Aqua Aerobics - Pool Tamicka	8:00 AM Hydro H.A.T - Pool Carol	7:45 AM "Sunrise" Surrender Alison	9:00 AM Tabata/F.I.T. Training - Main Anna
7:45 AM Aqua Aerobics - Pool Tamicka	8:30 AM Hi-Lo Sculpt - Main Sharon	8:30 AM Hi-Lo Sculpt - Main Sharon	8:30 AM HIIT - Main Studio Karie	8:15 AM Aqua Zumba- Pool Mayellin	9:00 AM Cycle - Cycle Studio Tamicka
8:30 AM Hi-Lo Sculpt - Main Studio Sharon	9:30 AM Tabata Training - Main Christina	8:45 AM "Warrior" Bootcamp Anna	8:45 AM Yogalates - Mind/Body Juliana	8:30 AM Hi-Lo Sculpt- Main Sharon	10:00 AM Vinyasa Flow- Mind/Body Gemma
9:00 AM Cycle - Cycle Studio Carine	10:00 AM Tai Chi - Mind/Body John	9:45 AM Cycle - Cycle Studio Anna	9:15 AM Cycle - Cycle Studio Tamicka	9:00 AM Mat Pilates- Mind/Body Elena	10:00 AM Zumba® - Main Karie
9:30 AM Hatha Flow - Mind/Body Michelle	10:30 AM Heart Strong - Main Deirdre	10:15 AM Mat Pilates - Mind/Body Juliana	9:30 AM Step It Up - Main Deirdre	9:30 AM Cycle - Cycle Studio Christina	11:15 AM Aqua Aerobics - Pool Tamicka
9:30 AM Dance Fitness - Main Karie	10:30 AM Cycle - Cycle Studio Guild	11:00 AM Senior Strength/Cardio - Main Guild	10:30 AM Tai Chi (Int.) - Mind/Body John	10:15 AM Zumba® - Mind/Body Karie	12:00 PM Mat Pilates - Main Studio Elena
10:00 AM TRX/QUEENAX - Fitness Mickey	11:30 AM Arthritis Fitness - Main Deirdre		10:15 AM "Xceptional Performance" Andrew	11:00 AM Arthritis Fitness - Main Deirdre	
10:30 AM Zumba Gold® - Main Karie	11:15 AM Aqua Zumba - Pool Mayellin		11:15 AM Aqua Aerobic - Pool Tamicka	12:00 PM Zumba Gold® - Main Karie	SUNDAY
11:45 AM Arthritis Fitness - Main Deirdre	12:15 PM Aqua Arthritis - Pool TBD	12:15 PM Aqua Arthritis - Pool Steven	12:15 PM Aqua Arthritis - Pool Tamicka	12:15 PM Aqua Arthritis - Pool Steven	8:30 AM Cycle - Cycle Studio Cecilia
12:15 PM Aqua Arthritis - Pool Nick	12:30 PM F.I.T. - Main Deirdre				9:30 AM Piloxing - Main Carol
	4:30 PM Gentle Yoga - Mind/Body Lisa		5:45 PM F.I.T. - Main Anna	- Outdoor Summer Classes	10:00 AM Cycle - Cycle Studio Carine
6:30 PM Hatha Yoga - Mind/Body Lisa	5:45 PM Cardio Circuit - Main Anna		6:45 PM Zumba® - Main Studio Karie	- All Aqua classes are 45 minutes	10:30 AM Barre Stretch - Main Susie
6:45 PM Zumba® - Main Studio Karie	7:00 PM "Sunset" Hatha Yoga Markela	6:30 PM Hatha Yoga - Mind/Body Lisa	7:00 PM Cycle - Cycle Studio Christina	-Please look at pool schedule for more details on pool classes.	11:30 AM Tai Chi - Main John
7:45 PM Barre Stretch - Main Susan	7:00 PM Cycle - Cycle Studio Eugene	7:00 PM Cycle - Cycle Studio Eliza	7:00 PM Vinyasa Flow - Mind/Body Markela	-All Yoga and Tai Chi classes 60 minutes - All other classes 50 minutes.	

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CLASS DESCRIPTIONS

CARDIO / STRENGTH:

Arthritis Fitness: Exercise in a sitting or standing position to improve posture, balance, mobility and core strength.

Barre Stretch: Full body class incorporating the toned and lengthened muscles of barre, the precision and core strengthening of Pilates and the mindfulness and flexibility of yoga.

Cardio Circuit: A combination of cardio and intense muscle work. Guaranteed to give you a total body workout with a focus on calorie burning.

Cycle: This indoor class is a great cardiovascular workout. Pedal through hill climbs, sprints, and other challenging drills and exercises. All levels are welcome.

Dance Fitness: Uses music with different genres to create a dance party environment. Dance your way to health and fitness with easy-to-follow dance routines.

F.I.T.: Full body interval training this class uses a variety of equipment for a full body workout. A challenging resistance workout complemented by intense cardio bursts. Take your endurance to the next level.

Heart Strong: This class blends step aerobics with Pilates, Barre and Yoga. Guaranteed to get a total body workout.

HIIT: High Intensity Interval Training is a training technique that gives you intense bursts of exercise, followed by short recovery periods.

Hi-Lo Sculpt: This total Body workout includes intervals of cardio, strength training, core toning and stretch.

Piloxing: A non stop mix of Pilates, dance, and boxing moves that progress in 3 minute rounds, alternating standing sculpting exercises from ballet and Pilates with the power punches and footwork of boxing.

Senior Strength & Cardio: A low impact workout designed for our active older adults. Class consist of warm-up, cardio routine, muscle strengthening and cool down.

Tabata Training: Class is focused on muscle strength and toning for the whole body includes cardiovascular work on timed burst to help burn calories.

TRX/Queenax Circuit: Challenge your workout with high intensity, powerful movements at a faster tempo. Timed interval sets combining TRX, weights and cardio drills.

Zumba Gold®: Active older adults who are looking for a modified Zumba® class that recreates the original moves that people love but at a lower-intensity.

Zumba® : Latin-inspired, cardio-dance workout to reach maximum calorie burn. The upbeat music and easy-to-follow dance moves will encourage cardiovascular health and weight loss.

STRETCH & MOBILITY:

Chair Yoga: This is the gentlest form of yoga; it is easier on your muscles, and is for people who find it difficult to get up and down from the floor.

Gentle Yoga: Combines yoga postures, breathing and meditation at a beginning level. Provides a beautiful way to gently wake the body up and stretch yourself out.

Hatha/Hatha Flow Yoga: A multi-level strength based practice which incorporates a series of poses that flow smoothly. Combines breath and movement during traditional sun salutations.

Mat Pilates: Mind-body class that improves flexibility, builds strength and develops control and endurance in the entire body.

Surrender: A soft style yoga and soft stretch class utilizing yoga poses and meditative breathing to gently mobilize joints and engage muscles. Through sequences of specific yoga poses participants will work on gaining flexibility and increased range of motion.

Tai Chi: Our mind/body program uses simplified "24-Step" Yang Style forms, considered to be the Tai Chi Form most widely practiced worldwide. Helps improve balance, flexibility, mental focus, concentration and peripheral blood circulation, reducing fall risks and pain.

Vinyasa Flow: Open level aims to unite movement with breath through flowing sequences which build on each other culminating with specific pose or message. Poses and sequences will be modified for all abilities.

Yogalates: Combines Pilates and yoga for a total body workout focused on increasing your fitness level, developing your core strength, and improving your flexibility and muscular strength.

OUTDOOR SUMMER CLASSES:

Power Up: This strong man class will help build power, strength and stamina.

Walk It Off: Come join us on a two mile nature walk a great way to soothe your mind. Appreciate nature's tranquility and subtle gifts while still getting some exercise.

Xceptional Performance: This outdoor obstacle course will incorporate interval drills, plyometrics and stability training.

Warrior Bootcamp: Whole-body toning workout that mixes traditional calisthenic and body weight exercises with interval and strength training.

We want to hear from you! For comments or concerns contact:

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