

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	10:00 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		11:00 AM Chair Yoga Mind/Body Bari	12:00 PM Zumba Gold® - Main Karie	SUNDAY
11:45 AM Arthritis Fitness - Main Deirdre	12:15 PM Aqua Arthritis - Pool Andrea	12:15 PM Aqua Arthritis - Pool Steven	11:15 AM Aqua Aerobic - Pool Tamicka	12:15 PM Aqua Arthritis - Pool Steven	8:30 AM Cycle - Cycle Studio TBD
12:15 PM Aqua Arthritis - Pool Nick	12:30 PM F.I.T. - Main Deirdre		12:15 PM Aqua Arthritis - Pool Tamicka		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 body strengthening exercises.

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 low impact aerobics, strength training, core and flexibility exercises.

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.

Step it up: Incorporates fast paced step routines with free weights.

Tabata Training: This high intensity class focuses on timed intervals of strength and cardio with short recovery to challenge the entire body.

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.

Tai Chi: Our mind/body program uses simplified "24-Step" Yang Style form. 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. Modifications provided.

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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