

# Group Exercise

Fall/Winter 2018 September 10th - January 20th



Harold & Elaine  
Shames  
Jewish  
Community  
Center  
on the Hudson



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM Cycle - Cycle Studio Tamicka	5:30 AM Cycle - Cycle Studio Eliza	5:30 AM Cycle - Cycle Studio Tamicka	5:30 AM Cycle - Cycle Studio Eliza	5:30 AM Cycle - Cycle Studio Tamicka	
7:45 AM Aqua Aerobics - Pool Tamicka	8:00 AM Hydro H.A.T - Pool Carol	7:45 AM Aqua Aerobics - Pool Tamicka	8:00 AM Hydro H.A.T - Pool Carol	7:45 AM Surrender - Mind/Body Alison	8:00 AM Cycle - Cycle Studio Anna
8:30 AM Hi-Lo Sculpt - Main Sharon	8:30 AM Cycle - Cycle Studio Denise	8:00 AM Cycle - Cycle Studio Anna	8:30 AM HIIT - Main Studio Karie	8:00 AM Aqua Zumba - Pool Mayellin	9:00 AM Tabata/F.I.T. Training - Main Anna
9:00 AM Cycle - Cycle Studio Carine	8:30 AM Hi-Lo Sculpt - Main Sharon	8:30 AM Hi-Lo Sculpt - Main Sharon	8:45 AM Yogalates - Mind/Body Juliana	8:30 AM Hi-Lo Sculpt - Main Sharon	9:00 AM Cycle - Cycle Studio Tamicka
9:30 AM Cardio Hip Hop -Main Karie	9:30 AM Tabata Training - Main Christina	9:00 AM Bootcamp - Mind/Body 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	10:00 AM Tai Chi - Mind/Body John	10:15 AM Mat Pilates - Mind/Body Juliana	9:30 AM Step It Up - Main Deirdre	9:30 AM Cycle - Cycle Studio Christina	10:00 AM Vinyasa Flow- Mind/Body Gemma
10:30 AM Zumba Gold® - Main Karie	10:30 AM Heart Strong - Main Deirdre	11:00 AM Senior Strength/Cardio - Main Guild	10:00 AM Tai Chi (Int.) - Mind/Body John	10:15 AM Zumba® - Mind/Body Karie	11:15 AM Aqua Aerobics - Pool Tamicka
11: 45 AM Fitt 4 Life- Main Deirdre	10:30 AM Cycle - Cycle Studio Guild	11:15 AM Deep Water HIIT- Pool Andrea	11:00 AM Chair Yoga- Mind/Body Bari	11:00 AM Fit 4 Life - Main Deirdre	3:00 PM Mat Pilates - Main Elena
12:15 PM Aqua Arthritis - Pool Nick	11:15 AM Aqua Zumba - Pool Mayellin	12:15 PM Aqua Arthritis - Pool Steven	11:15 AM Aqua Aerobic - Pool Tamicka		
	11:30 AM Fit 4 Life - Main Deirdre		12:15 PM Aqua Arthritis - Pool Steven	12:00 PM Zumba Gold® - Mind/Body Karie	<b>SUNDAY</b>
	12:15 PM Aqua Arthritis - Pool Andrea			12:15 PM Aqua Arthritis - Pool Steven	8:00 AM Barre Stretch - Main Cecilia
5:45 PM Define - Main Lisa B.					9:00 AM Cycle - Cycle Studio Cecilia
6:30 PM Hatha Yoga - Mind/Body Lisa S.	4:30 PM Gentle Yoga - Mind/Body Lisa S.	4:30 PM F.I.T. - Main Deirdre	5:45 PM F.I.T. - Main Anna		9:30 AM Piloxing - Main Carol
7:00 PM Cycle - Cycle Studio Louis	5:45 PM Cardio Circuit - Main Anna	5:45 PM Define - Main Karie	6:45 PM Zumba® - Main Karie		10:30 AM Cycle - Cycle Studio Carine
7:30 PM Zumba® - Mind/Body Daisy	7:00 PM Cycle - Cycle Studio Eugene	6:30 PM Hatha Yoga - Mind/Body Shannon	7:00 PM Cycle - Cycle Christina		11:30 AM Tai Chi - Main John
7:45 PM Barre Stretch - Main Susan	7:00 PM Hatha Yoga- Mind/body Markela	7:00 PM Cycle - Cycle Studio Louis	7:30 PM Vinyasa Flow - Main Markela		

# CLASS DESCRIPTIONS

## CARDIO / 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.

**Cardio Hip Hop:** Learn basic dance moves that will increase your heart rate and tone your body.

**Define:** Get strong by using your body as weight and some weights to build strong bones. (Not a cardio workout)

**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.

**Fit 4 Life:** This arthritis fitness class incorporates sitting or standing positions to improve posture, balance, mobility and core strength.

**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.

**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.

## All Yoga & Tai Chi -

60 minute classes

## All Regular classes & Cycle -

50 minute classes

## All Water -

45 minute classes

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

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