

# JCC MEMBERSHIP

## BENDERSON FAMILY BUILDING GROUP FITNESS CLASSES

Schedule is subject to change without notice due to holidays and/or class participation levels

Classes open to those participants age 14 and over

### CLASSES BEGIN TUESDAY, JUNE 1

#### HY & MARJORIE SCHEFF FITNESS CENTER

Ann Vorburger 688-4114 x367

### CLASSES BEGIN MONDAY, JUNE 21

#### LEO CHAPIN POOL

Julie Kingsley 688-4114 x365

|               |                     |                |
|---------------|---------------------|----------------|
| <b>SUNDAY</b> | 20-20-20            | 9:00-10:00 AM  |
|               | Whittle Your Middle | 10:00-10:15 AM |
|               | Body Pump           | 10:15-11:15 AM |

|               |              |                |
|---------------|--------------|----------------|
| <b>MONDAY</b> | Hi/Lo        | 9:00-10:05 AM  |
|               | Flex-Ability | 10:10-10:40 AM |
|               | Osteo-Fit    | 10:45-11:30 AM |
|               | Step         | 5:30-6:30 PM   |
|               | Body Pump    | 6:30-7:30 PM   |

|                |                      |                |
|----------------|----------------------|----------------|
| <b>TUESDAY</b> | Beginner Mat Pilates | 9:00-10:00 AM  |
|                | Whittle Your Middle  | 10:00-10:15 AM |
|                | Basic Training       | 10:15-11:15 AM |
|                | Body Pump            | 12:00-1:00 PM  |
|                | Cycling              | 5:30-6:15 PM   |
|                | Body Pump            | 5:30-6:30 PM   |
|                | Body Blend           | 6:30-7:30 PM   |

|                  |              |                |
|------------------|--------------|----------------|
| <b>WEDNESDAY</b> | Hi/Lo        | 9:00-10:05 AM  |
|                  | Flex-Ability | 10:10-10:40 AM |
|                  | Osteo-Fit    | 10:45-11:30 AM |
|                  | Step         | 5:30-6:30 PM   |
|                  | Body Pump    | 6:30-7:30 PM   |
|                  | Yoga         | 6:30-7:30 PM   |

|                 |                     |                |
|-----------------|---------------------|----------------|
| <b>THURSDAY</b> | Body Pump           | 6:00-7:00 AM   |
|                 | Whittle Your Middle | 10:00-10:15 AM |
|                 | Body Pump           | 10:15-11:15 AM |
|                 | Body Pump           | 12:00-1:00 PM  |
|                 | Cycling             | 5:30-6:15 PM   |
|                 | Body Pump           | 5:30-6:30 PM   |
| Body Blend      | 6:30-7:30 PM        |                |

|               |                               |                |
|---------------|-------------------------------|----------------|
| <b>FRIDAY</b> | Cycling                       | 6:10-7:00 AM   |
|               | Hi/Lo                         | 9:00-10:00 AM  |
|               | Whittle Your Middle           | 10:00-10:15 AM |
|               | Yoga                          | 10:30-11:30 AM |
|               | <b>NEW!</b> Body Pump Express | 5:00-5:45 PM   |

|                 |            |                |
|-----------------|------------|----------------|
| <b>SATURDAY</b> | Body Pump  | 9:00-10:00 AM  |
|                 | Body Blend | 10:05-11:05 PM |

|               |                |                |
|---------------|----------------|----------------|
| <b>SUNDAY</b> | Water Aerobics | 10:00-11:00 AM |
|---------------|----------------|----------------|

|               |                          |               |
|---------------|--------------------------|---------------|
| <b>MONDAY</b> | Drills & Thrills*        | 8:25-9:00 AM  |
|               | Water Exercises          | 9:00-9:50 AM  |
|               | Water Aerobics (Outside) | 9:20-10:20 AM |
|               | Deep Water Flexercise    | 1:00-1:30 PM  |
|               | Flexercise               | 1:30-2:15 PM  |

|                |                       |               |
|----------------|-----------------------|---------------|
| <b>TUESDAY</b> | Small Group Interval* | 8:30-9:30 AM  |
|                | Small Group Interval* | 9:30-10:15 AM |
|                | Aqua Boogie (Shallow) | 9:30-10:30 AM |

|                  |                          |               |
|------------------|--------------------------|---------------|
| <b>WEDNESDAY</b> | Water Exercises          | 9:00-9:50 AM  |
|                  | Water Aerobics (Outside) | 9:20-10:20 AM |
|                  | Flexercise               | 1:30-2:15 PM  |

|                 |                       |               |
|-----------------|-----------------------|---------------|
| <b>THURSDAY</b> | Small Group Interval* | 8:30-9:30 AM  |
|                 | Small Group Interval* | 9:30-10:15 AM |
|                 | Aqua Boogie (Shallow) | 9:30-10:30 AM |

|               |                          |               |
|---------------|--------------------------|---------------|
| <b>FRIDAY</b> | Drills & Thrills*        | 8:25-9:00 AM  |
|               | Water Exercises          | 9:00-9:50 AM  |
|               | Water Aerobics (Outside) | 9:20-10:20 AM |
|               | Flexercise               | 1:30-2:15 PM  |

|                 |   |                |
|-----------------|---|----------------|
| <b>SATURDAY</b> | Aqua Kick (Alternating Saturday's)              | 11:15-12:00 PM |
|                 | <b>NEW!</b> Aqua Zumba (Alternating Saturday's) | 11:15-12:00 PM |

\*Members only, fee based, limited space, registration required. Limited to 15 participants.

**NO RESERVATIONS NEEDED - TRY ONE, TRY THEM ALL!**  
**CHECK OUT THE SCHEDULES FOR BOTH BUILDINGS TO FIND THE CLASS THAT MEETS YOUR NEEDS!**

## AEROBICS

**20-20-20** 20 minutes of low impact, 20 minutes of step or kardia kickboxing, 20 minutes of muscular endurance.

**HI-LO AEROBICS** A workout incorporating a combination of hi-lo impact moves and light resistance training for a fun intense cardio workout.

**STEP** Low impact class which utilizes 4, 6 or 8 inch steps. Beginners and advanced can both enjoy this class, tailored to all needs by the instructor. Includes muscular endurance training.

## CYCLING

**ALL FIRST TIME CYCLISTS PLEASE SEE INSTRUCTOR BEFORE FIRST CLASS**

to learn seat/handlebar adjustments, braking, grips, terminology, positions, rules, etc.

A 40 minute virtual stationary bicycle riding class. Riders expect varying degrees of intensity to promote cardiovascular fitness.

**ADMISSION INTO ALL CYCLING CLASSES WILL BE ON A FIRST COME, FIRST SERVE BASIS. BIKES CANNOT BE SAVED. PLEASE BRING A FULL WATER BOTTLE AND SMALL TOWEL TO CLASS.**

## ALTERNATIVE FITNESS

**WHITTLE YOUR MIDDLE**  
Whittle Your Middle. Make it little! Your middle that is. Join us for an intense 15 minutes of abdominal and back strengthening.

**YOGA**  
Encompasses the mind, body, and spirit while improving flexibility, building strength and promoting relaxation.

**BODY BLEND**  
Tone and increase flexibility. Allow Pilates to improve posture and balance, while Hatha yoga improves circulation. Tai Chi adds fluid motion.

**FLEX-ABILITY** Reduce stress, increase range of motion, balance and body awareness through this comprehensive stretching class.

**BEGINNER MAT PILATES**  
Joseph Pilates principles of concentration, control, centering, breathing and alignment. Increased flexibility, stronger back and abdominal muscles.

## AQUATICS

**AQUA BOOGIE**  
Low impact water aerobics in the shallow end with muscle conditioning deep end ab work and relaxation.

**FLEXORCISE** Walking, stretching, and range of motion exercises with a certified Arthritis Foundation instructor. No twisting, jumping or jogging.

**DRILLS & THRILLS**  
30 minutes of cardio conditioning and core strength work using a variety of equipment. Some Yoga and Pilates included.

**INTERVAL TRAINING**  
High intensity exercise for brief periods with moderate rests. Excellent cardiovascular workout.

**AQUA KICK** Water facilitated resistance training and cardio exercise without the impact of a land class. Held in the shallow end of the pool. Non-swimmers welcome!

**AQUA ZUMBA** Ditch the workout and join the party. Come dance and splash in the pool with Aqua Zumba.

**WATER EXERCISE**  
A moderate aerobic workout that concentrates on toning and stretching using resistance gloves or water weights. Many moves done suspended in deep water, though you may use the shallow end.

**WATER AEROBICS** Fun and effective workout at a moderate to intense pace. Cardiovascular, resistance training for upper and lower body toning and an abs strengthening segment. Lively water walking and full body stretches.

**SMALL GROUP INTERVAL**  
Maximize your cardio training with high intensity exercise intervals followed by brief rests. Work at your anaerobic threshold. Challenge your balance and core strength in the second portion of the class. Limited to 15 participants. Registration required.

**DEEP WATER FLEXORCISE**  
Exercising in a gravity free environment! The focus is on increasing flexibility and enhancing range of motion without any harm to joints. Use of floatation device required. Participants should be comfortable in deep water.

## RESISTANCE TRAINING

**BODYPUMP**  
The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you come for-and fast!

**BODYPUMP EXPRESS**  
The 45 minute version of the classic. All the great music, awesome instructors and choice of weights in less time!

**OSTEO-FIT**  
A 45 minute beginner level program. This class involves a short and mild cardiovascular warm-up followed by light weight lifting. Excellent for those just beginning an exercise program and those with osteoporosis.

**BASIC TRAINING**  
Strength training, agility drills, and high-intensity intervals to ignite your metabolism and maximize your exercise time. Dynamic and functional training for increased strength and core control. This super-charged class will get out of your comfort zone and into the fit zone.

**FOR  
MORE  
INFO**

**BENDERSON FAMILY BUILDING**

**Fitness  
Aquatics**

**Ann Vorburger  
Julie Kingsley**

**688-4114 x367  
688-4114 x365**