

May 2012

Shaw JCC of Akron

Group Exercise Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:00 am	6-6:45 Spinning™ <i>Spin Room</i>	5:45-6:45 Sunrise Circuit* <i>Fitness Center</i>	6-6:45 Spinning™ <i>Spin Room</i>	5:45-6:45 Sunrise Circuit* <i>Fitness Center</i>	6-6:45 Spinning™ <i>Spin Room</i>	
8:00 am	8:15-9:15 Beg. Pilates <i>Area 2</i>	8:00-8:30 Upper Express <i>Studio</i>		8:00-8:30 Upper Express <i>Studio</i> 8:15-9:15 Adv. Pilates* <i>Area 2</i>	8:15-9:15 Yoga Motion <i>Area 2</i>	
8:30 am		8:30-9 Core Conditioning <i>Studio</i>	8:30-9:30 Beg. Yoga <i>Area 2</i>	8:30-9 Core Conditioning <i>Studio</i>		8:30-9:30 Spinning™ <i>Spin Room</i>
9:00 am	9-10 Aqua Arthritis* <i>Indoor Pool</i> 9:15-10:15 Jazzercise* <i>Studio</i>	9:00-10:00 Aqua Arthritis* <i>Indoor Pool</i> 9:00-9:30 Circuit Express <i>Gym</i> 9:15-10:15 Jazzercise* <i>Studio</i>	9-10 Aqua Arthritis* <i>Indoor Pool</i> 9:15-10:15 Jazzercise* <i>Studio</i>	9-10 Aqua Arthritis* <i>Indoor Pool</i> 9:00-9:30 Circuit Express <i>Gym</i> 9:15-10:15 Jazzercise* <i>Studio</i>	9-10 Aqua Arthritis* <i>Indoor Pool</i> 9:15-10:15 Jazzercise* <i>Studio</i>	
9:30 am	9:30-10:30 Spinning™ <i>Spin Room</i> 9:30-10:30 Step & <i>Sculpt Gym</i>	9:30-10:30 Boot Camp <i>Gym</i> 9:45-10:30 Senior Strength <i>Auditorium</i>	9:30-10:30 Spinning™ <i>Spin Room</i>	9:30-10:30 Boot Camp <i>Gym</i> 9:45-10:30 Senior Strength <i>Auditorium</i>	9:30-10:30 Spinning™ <i>Spin Room</i> 9:30-10:30 Step & <i>Sculpt Gym</i>	9:30-10:30 Spinning™ <i>Spin Room</i> 9:30-10:30 TNT <i>Studio</i>
10:00 am	10-11 Senior Aerobics <i>Auditorium</i>		10-11 Senior Aerobics <i>Auditorium</i>		10-11 Senior Aerobics <i>Auditorium</i> 10-11 Water Aerobics <i>Indoor Pool</i>	
10:30 am	10:30-11:15 Bell Basics <i>Studio</i>	10:30-11:15 Turbo Kick™ <i>Studio</i>	10:30-11:15 Bell Basics <i>Studio</i> 11-11:45 Gentle Stretch <i>Area 2</i>	10:30-11:15 Turbo Kick™ <i>Studio</i>	10:30-11:15 Bell Basics <i>Studio</i>	10:30-11:15 Kickboxing <i>Studio</i> 11:30-12:30 Zumba™ <i>Studio</i>
5:30 pm	5:30-6:30 Adv. Pilates* <i>Area 2</i> 5:30-6:30 Straight Strength <i>Studio</i>	5:30-6:30 TNT <i>Studio</i> 5:45-6:30 Water Aerobics <i>Indoor Pool</i>	5:30-6:30 Pilates/Yoga Fusion <i>Area 2</i> 5:30-6:30 Straight Strength <i>Studio</i>	5:30-6:30 TNT <i>Studio</i> 5:45-6:30 Water Aerobics <i>Indoor Pool</i>		2-3 Karate Kick* <i>Studio</i> 3-4 Karate/Self Defense* <i>Studio</i>
6:00 pm	6:15-7:15 Spinning™ <i>Spin Room</i>	6:15-7:15 Spinning™ <i>Spin Room</i> 6:00-7:00 Beg. Pilates <i>Area 2</i>	6:15-7:15 Spinning™ <i>Spin Room</i>	6:15-7:15 Spinning™ <i>Spin Room</i>		
6:30 pm	6:30-7:30 Beg. Yoga <i>Area 2</i> 6:30-7:30 Boot Camp <i>Studio</i>	6:30-7:30 Zumba™ <i>Studio</i>	6:30-7:30 Boot Camp <i>Studio</i>	6:30-7:30 Zumba™ <i>Studio</i> 6:30-7:30 Beg. Yoga <i>Area 2</i>		
7:30 pm	7:30-8:15 Turbo Kick™ <i>Studio</i>	7:30-8:15 PiYo™ <i>Studio</i>	7:30-8:15 Turbo Kick™ <i>Studio</i>	7:30-8:15 PiYo™ <i>Studio</i>		

• **Fee Associated with Class**

** Classes subject to change without notice.*

Class Descriptions

Aqua Arthritis: This great low-impact water workout is designed to exercise your muscles and joints. Splash on in! (All Levels).

Members: \$30 (10 classes); Nonmembers: \$50 (10 classes).

Beginning Pilates: This class focuses on the basic instruction of the pilates method; class focuses on core strengthening. Benefits include increased muscular definition, improved body awareness and coordination. (Beginner/ All Levels)

Bell Basics: This strength training workout incorporates a variety of exercises to challenge your major muscle groups utilizing kettlebells and dumbbells. (All Levels)

Boot Camp: Get ready for camp! This class utilizes a variety of cardiovascular endurance and strength-training drills and tools to challenge the body. (All Levels)

Circuit Express: This 30-minute cardiovascular and strength-training class keeps you moving minute by minute. Come and challenge your body with an express workout utilizing multiple fitness equipment stations and styles (All Levels)

Core Conditioning: Let's get to the core of conditioning! This class focuses on utilizing a variety of equipment to strengthen and stabilize your core. (All Levels)

Gentle Stretch: The Gentle Stretch class will strengthen your "powerhouse" core muscles while increasing flexibility and postural alignment awareness.

Hips, Buns, & Thighs (HB&T): Strengthen the muscles of your legs, glutes and thighs. This 30-minute class focuses on various strength-training exercises to shape up those "problem" areas. (All levels)

Jazzercise: A 60-minute class blending jazz dance and exercise includes cardio and strengthening. (All Levels) Please contact Pam Coy at 330-753-6640 for price information.

Karate Kick: This high-energy workout burns fat, builds and tones muscle and allows you to release STRESS by punching and kicking hand-held targets. This class is designed for both the karate student and people who just want to improve overall fitness. (All Levels). Members: monthly rate: \$56; \$30 for 8 sessions. Nonmembers: \$69/month; nonmember family (2 persons): \$99; (3 persons): \$129; (4 persons): \$159; Walk-in: \$8/class

Karate / Self Defense: Black belt instructors will show you how to use karate and jujitsu techniques for self defense. (All Levels). Members: monthly rate: \$56; \$30 for 8 sessions Nonmembers: \$69/month; nonmember family (2 persons): \$99; (3 persons): \$129; (4 persons): \$159; Walk-in: \$8/class

Kickboxing: This high-energy workout burns fat, builds and tones muscle and allows you to release STRESS by punching and kicking fixed targets. Kick and punch your way to be physically fit. This class offers a variety of aerobic and kickboxing moves to keep you motivated. (All levels)

Pilates: Intermediate/Advanced - The Advanced Pilates class will strengthen your "powerhouse" core muscles while increasing flexibility and postural alignment awareness. Pilates Versa Tubes and Pilates Rings will be featured to provide targeted resistance for abdominal and back muscles. Improve strength, postural alignment, balance and coordination. (Intermediate and Above)

Minimum 6 participants

Purchase a Mind & Body Punch Card : Member fee: \$20; Nonmember \$40

Pilates & Yoga Fusion: This class is the perfect blend of core strengthening Pilates exercise and traditional yoga exercises. Muscular conditioning for abdominals, back, and glutes, combined with stress-relieving yoga

Senior Strength Training: This 45-minute class strengthens muscles, tendons, and ligaments, improves balance, increases range of motion, and, best of all, gives you ENERGY! (All Levels) Nonmembers: \$30 for 10 classes

Spinning: Are you ready for an energetic stationary group cycling experience? This class is approximately 40 minutes and takes place on stationary bikes that simulate bike riding on the road. This class uses a variety of interval, strength, endurance and cardiovascular training challenges. (All Levels)

Straight Strength: This 60 minute challenge for the muscles. Come work your major muscle groups the arms, back, chest, legs, hips, thighs, abdominals and buttocks. This class utilizes bands, bars and bells. This is a true total body workout! (All levels)

Step & Sculpt: This class utilizes a mixture of basic cardio step patterns and drills along with strength training to get the cardiovascular system pumping. This class utilizes interval training to intensify your workout. (All Levels)

Sunrise Circuit: Are you an early riser, or do you need help getting up in the morning? This small group circuit training class combines cardiovascular and strength-training to get you fit with one of our trainers. Meet us at the JCC for an eye -opening, energizing exercise to get the day started. (All Levels) \$15 per class or \$109 per month.

Tone and Tighten (TNT): This class is a challenge for the muscles. Come work your major muscle groups the arms, back, chest, legs, hips, thighs, abdominals and buttocks. This class utilizes a variety of equipment. Come and sculpt your body. (All Levels)

Turbo Kick™: Do you want to sweat? During this class ,you will gain endurance, flexibility & control while focusing on the techniques of kicks and punches. Burn calories while conditioning the muscles. (All Levels)

Water Aerobics/S.W.E.T. (Shallow Water Exercise Training): This class is high energy, aerobic activity in the shallow water consisting of aquatic movements that encourage cardiovascular fitness and is designed to maximize your muscle condition. No swimming ability necessary, and all fitness levels are welcome.

Upper Express: Strengthen the muscles of your arms, back and chest. This 30 minute class focuses on strengthening the upper body utilizing a variety of bars, bands and bells! (All levels)

Yoga: This introductory yoga class is ideal for those who are new to yoga. Basic yoga poses, techniques and breathing are the focus of this beginner class. (All Levels)

Yoga Motion: Places emphasis on improvement of your mental well-being

Group Exercise Level Guide

Beginner: For those just beginning an exercise program, these classes will teach you the fundamentals of each format.

Intermediate: For those currently exercising regularly, these classes will utilize additional choreography and move at a faster pace.

Advanced: For those who feel they have mastered the technique and form of a group exercise and are ready to progress to a higher level.

All Levels: These classes allow participants to work at their own pace and comfort level.