

## CLASS DESCRIPTIONS

### AEROBIC CONDITIONING

**BASIC FITNESS:** Haven't been to the gym in a while or not sure where to start? Get back to basics to learn how to workout, not wear out your body. Alignment, execution and technique is emphasized in this challenging workout.

**CARDIO BASICS:** A basic hi/low impact workout for maximum fat-burning. Sweat and jam to the best of disco, dance and hip hop music while you lose yourself in the magic that is TruDog.

**CARDIO INTERVALS:** Challenge your body in this riveting class designed to challenge the body by building strength and endurance through interval training. Workout experience recommended. All levels welcome.

**CARDIO SCULPT:** Mix it up with Liz Barkan. This classic workout begins with a fun warm-up using the step platform then moves through a great fat burning segment and ends with a challenging sculpt and tone sequence.

**FITNESS PLUS:** This challenging class will inspire you to more than you thought possible, by blending the best of cardio and sculpting to take you and your workout to the next level. A great way to start your day!

### AQUA AEROBICS

**COED / WOMEN'S ONLY WATER EXERCISE:** Our drop-in water exercise classes are designed to improve strength, range of motion, and endurance by using the water's natural resistance and buoyancy. Held in both pools. Limited spaces available; please arrive on time!

### BOXING

**BOXERCISE:** Expect a rigorous, fun aerobic workout with former boxer Aubrey Sibanyoni. Release the tension of the day by hitting punching bags, Thai pads, and jumping rope. All levels and experience welcome.

**MUAI THAI KICKBOXING:** Take your workout to the next level. Firefighter & Thai Kick Boxer Eric Torres teaches kickboxing as a serious martial art. Train the body to strike and kick with precision and power.

### DANCE

**CARDIO JAZZ DANCE:** Whether you are a beginning or advanced student, get in shape with this sassy jazz-based workout. Dance your way through sequences that will lengthen your muscles & keep you feeling fine!

**JUST DANCE!** Fun and user friendly choreography, exploring different styles of dance each week. Open to all levels. A great way to stay in shape!

**THE MASALA BHANGRA WORKOUT:** A lively, effective cardio dance workout based on Indian dance. Masala means spicy and Bhangra deines the age old folk dance from Punjab, India. Put them together and you have a great Bollywood style workout that makes you smile and sweat simultaneously.

**NIA:** Kick off your shoes and rock your body & soul into shape the easy way. Crosstrain with movements from martial arts, yoga & dance. Heal your body or work towards your potential as you learn to move from the ground to standing. Awaken to the inner power that you have to heal your body, your heart and your life!

**NY URBAN GYPSY WORKOUT:** This middle eastern fusion dance class is a workout worth shaking about. Move your hips, shake your shoulders and develop your core in this amazingly challenging and fun workout.

**SALSA DANCE:** Let the Latin grooves move you as you take to the floor. Swing those hips, move those feet and let yourself be swept away as you learn the latest latin and Salsa Dance steps. All Levels welcome

**ZUMBA / ZUMBA GOLD:** Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

### MIND / BODY

**ALEXANDER TECHNIQUE:** Studied by actors and performers, the Alexander Technique teaches how the correct alignment of the head and spine can improve everything from your speech to your digestion. Become aware of unconscious patterns and habits that can create tension and ultimately pain. Alexander Technique teaches economy of motion so that you can learn to move with ease and efficiency.

### M.E.L.T.™

**M.E.L.T.™ Myofascial Energetic Length Technique:** Rehydrate your connective tissue & rebalance your reflexive & rooted core in this unique group exercise class. This one-of-a-kind technique improves posture, reduces the risk of injury, and assists in keeping you active and pain-free for a lifetime. All levels welcome.

**M.E.L.T.™ LENGTH:** The M.E.L.T. Method is a ground-breaking, group exercise technique that improves posture, joint range, muscle hydration, and even reduces the signs of cellulite.

**M.E.L.T. STRENGTH:** This technique improves core strength, alignment, and balance by reintegrating hip and shoulder stability. Learn how to rebalance common issues in the pelvis and shoulder girdle while improving joint range of motion and muscular timing. All levels welcome.

### PILATES

**PILATES MAT:** Developed by Joseph Pilates, this innovative system teaches body awareness by learning how to access your "power house" (core) to improve your posture, strengthen your core and ultimately change the shape of your body by bringing it into better alignment.

**PILATES FOR BUFF BONES™:** Using bone-strengthening techniques while focusing on alignment and balance, this unique workout emphasizes the back side of the body for a terrific workout. Adaptable and challenging, this workout is safe for those with osteoporosis and osteopenia.

### SPIN

**POWER HOUR SPIN:** Get into the groove as you spin an extra 15 minutes in this class to build endurance and increase stamina.

**RHYTHM RIDE:** Strengthen your cardiovascular capacity, reduce body fat, and burn maximum calories without "burning out" with this fun, rhythm-based ride. Learn how to use your heart rate as a guide for getting an honest workout. Heart Rate monitors are strongly recommended for this class. All levels welcome.

**SPIN:** Take a ride on the wild side with the best indoor cycling instructors NYC has to offer.

### SUSPENSION TRAINING

**UNNATA™ AERIAL YOGA:** Using suspended silks and yoga postures, this workout combines yoga with movements done on Aerial apparatus. All levels welcome.

### WEIGHT CONDITIONING & STRETCHING

**ACTIVE-ISOLATED (A.I.) STRETCH:** Learn a better way to stretch. A.I. Stretch uses a strap or rope to assist with range of motion and helps increase flexibility in all muscle groups. Stretching correctly prevents injury and helps the body recover from a workout more quickly.

**FLUIDITY:** Achieve the trim look of a dancer's body by using the patented, freestanding Fluidity Bar and your own body- weight. Combining the best of ballet, yoga and therapeutic movement, Fluidity will tighten & tone your whole body.

**P.A.C.E. (People With Arthritis Can Exercise):** A great class for those just beginning to exercise. This class will improve your circulation and teach you how to adapt your workout and protect your joints. Chairs and light weights will be provided. Learn safe exercises to increase range of motion and strength.

**SCULPT & TONE:** This classic workout is always a favorite. Perfect if you want a fun, straight forward workout that targets all the major muscle groups.

**SIMPLY SCULPT & ABS:** Just what it says- a simple but intense total body sculpting class to create lean, strong muscles and tone with a strong abdominal sequence. All levels welcome.

**TOTAL BODY CORE:** Designed by Liz Barkan, this class uses a variety of equipment from weights and bands to sculpt the body and foam rollers to increase motor function and coordination of the core.

**WEIGHT TRAINING AND CONVERSATION:** Full body conditioning designed to promote long, lean muscle tone. This class, complete with fitness tips, celebrity gossip and Cosmo Quizzes, is strong enough for a man, but designed for a woman! Men & Women welcome of all levels welcome!

**X-TREME MOVEMENT™:** Body strengthening & conditioning regimen using free weights, body bars & steps for resistance. A progression system of exercises, building upon a base level to more advanced and integrative movement. All levels welcome.

### YOGA

**ANUSARA /ANUSARA INSPIRED YOGA:** Inspired by the principles of John Friend, this class combines breath and movement in fluid sequences. Flow with grace & allow yourself to be energized by this safe, heart-oriented yoga practice.

**Chi Gung Yoga:** Created and designed by Vaishali in 1993. Chi Gung Yoga combines two profound Eastern healing practices for a synergistic result. Chi Gung from China and Yoga from India. Class enhances the immune system for better health, improves flexibility & body alignment for better circulation and posture, and is very calming and nurturing. Good for all levels, even the beginner.

**IYENGAR / IYENGAR FLOW YOGA:** Find your true alignment. Move with simplicity and power through the poses. Learn exactly how your bones are designed to support you.

**MEDITATIVE YOGA:** Gently flow through postures to cultivate mindfulness of breath and movement. Learn how slowing down and observing your breath can relax and revitalize you.

**VIGOROUS VINYASA:** This class combines a vigorous Hatha yoga practice with an equally strong foundation in spiritual teachings. Teachers use hands-on assists to gently guide you into true alignment. Pranayama & spiritual reading enhance this rigorous class. Previous yoga experience strongly recommended.

**VINYASA / FLOW YOGA:** Sequenced, dynamic yoga postures with a specific focus on breath. Flow through the postures to bring peace, awareness and power to your practice. Prior experience recommended.

**YOGA BASICS:** Suitable for beginners or anyone desiring to become familiar with different styles of yoga.

**YOGILATES:** Blending the core stability and strengthening of Pilates with Vinyasa yoga creates a dynamic practice of centering, breathing, stretching and strengthening from these two complimentary traditions. Experience with yoga or pilates is helpful but not required. All levels welcome.

## TAKE A CHANCE FREE CLASSES SATURDAYS 7:15 - 8:15 PM

*TAKE A CHANCE CLASSES are FREE for the community, members and nonmembers alike!*

**NOV - Tai Chi for Vitality and Longevity (except Nov 28)**

**DEC - Contact improv with Edo Cedar (except Dec 26)**

### ON GOING MEDITATION CLASSES

**Learn to meditate for FREE at the JCC.**

Complement your physical conditioning by learning how to meditate. Join gifted meditation teachers from a variety of disciplines. All sessions held in Makom's Meditation Oval on the 7th floor. No registration necessary.

Members and nonmembers are invited to attend the Meditation Classes for FREE!

**Monday - Friday 7:30 - 8:30 AM & Monday - Thursday 5:45 - 6:45 PM**

**JCC Drop In Fitness Classes are FREE to JCC Health club Members**

*To take a tour or inquire about Membership, call 646-505-5700*

**Class Pass Price List:**

**Single Class Pass: \$18/\$25 (expires in 1 week)**

**10-Class Pass: \$150 /\$195 (expires in 3 months)**

**20-Class Pass: \$265/315 (expires in 6 months)**

*A 10% discount on JCC Memberships & JCC Drop In Fitness Class Passes*

*for Seniors (62 years young).*

*Pool, community & non-members must purchase a class pass to attend Drop-in Fitness Classes.*