

Mandell JCC

LAND Group Exercise Schedule

Effective January 18, 2015-April 18, 2015 | Subject to change | Edited 1-23-15

(SPINNING AND WATER GROUP EXERCISE SCHEDULE ON REVERSE SIDE)

TIME	CLASS	LEVEL	STUDIO	INSTRUCTOR
SUNDAY				
8:25-9:00 am	Insanity	▲	1	Liz
9:15-10:15 am	BodyPump		1	Mike
10:30-11:30 am	Zumba		1	Stacie/Laurie
10:30-11:45 am	Yoga	■	2	Sara
1:00-1:45 am	Family Fitness		1/2	Various
MONDAY				
6:00-7:00 am	BodyPump		1	Jeff
7:15-7:55 am	Silver Strength	■	1	Joan
8:30-9:00 am	CXWorx		1	Mike
9:00-10:15 am	Yoga	▲	2	Deb
9:15-10:20 am	BodyCombat		1	Carmen E
10:25-11:25 am	Sweat & Sculpt		1	Carmen E
10:30-11:15 am	Tai Chi	■	2	Beth H
11:30 am-12:15 pm	Zumba Gold	■	1	Amy G
5:25-5:55 pm	CXWorx		1	Paul
6:05-7:05 pm	Zumba		1	Karin
6:30-7:15 pm	Mat Pilates		2	Carmen E/Lizzy
TUESDAY				
5:45-6:45 am	Yoga Pilates Fusion	▲	2	Farah
9:20-10:20 am	BodyPump		1	Kathy
9:30-10:25 am	Triple Fusion		2	Brenda R
10:30-11:25 am	Barre		1	Karin
10:30-11:45 am	Gentle Yoga	■	2	Sara
11:30 am-12:15 pm	Silver Strength	■	1	Lieba
5:10-6:10 pm	Zumba		1	Freddie
6:15-7:30 pm	Power Yoga	▲	2	Diana
6:20-7:20 pm	BodyPump		1	Mike
WEDNESDAY				
5:45-6:30 am	Insanity	▲	1	Jeff
7:15-7:55 am	Cardio Lite	■	2	Sara
7:25-7:55 am	CXWorx		1	Kathy
8:05-9:05 am	BodyPump		1	Farah
9:00-10:15 am	Kundalini Yoga		2	Viviana
9:15-10:20 am	Zumba		1	Stacey
10:25-11:25 am	Sweat & Sculpt		1	Stacey
10:30-11:15 am	Hoop Fitness	■	2	Stephanie
11:30 am-12:15 pm	Cardio Lite	■	1	Carmen E
5:25-5:55 pm	CXWorx		1	Mike
6:05-6:55 pm	BodyCombat		1	Lauren
6:00-6:45 pm	Tone & Tease		2	Steph
7:00-7:30 pm	CXWorx		1	Beth G
7:00-8:15 pm	Yoga		2	Ellen

TIME	CLASS	LEVEL	STUDIO	INSTRUCTOR
THURSDAY				
6:00-7:00 am	BodyPump		1	Jeff
8:00-9:00 am	Zumba		2	Karin
9:20-10:20 am	BodyPump		1	Kathy
9:30-10:25 am	BodyCombat		2	Carmen E
10:30-11:15 am	Tai Chi	■	1	Pete
10:30-11:15 am	Mat Pilates		2	Carmen E
11:30 am-12:15 pm	Silver Strength	■	1	Lieba
11:30 am-12:45 pm	Gentle Yoga	■	2	Veronica
5:10-6:10 pm	Zumba		1	Laurie
6:15-7:30 pm	Yoga	■	2	Deb
6:20-7:20 pm	BodyPump		1	Debbie
FRIDAY				
5:45-6:45 am	Step Pump Fusion		1	Lauren
6:35-7:05 am	CXWorx		2	Jeff
8:00-9:00 am	Gentle Yoga	■	2	Diana
8:30-9:00 am	CXWorx		1	Paul
9:15-10:20 am	Zumba		1	Lori
9:15-10:30 am	Power Yoga	▲	2	Diana
10:25-11:25 am	Sweat & Sculpt		1	Brenda R
11:30-12:15 pm	Silver Strength	■	1	Stacey
SATURDAY				
7:45-8:30 am	Insanity	▲	1	Farah
8:00-9:15 am	Yoga		2	Bethany/Ellen
8:30-9:15 am	BodyCombat		1	Farah
9:30-10:30 am	BodyPump		1	Mike/Farah/Lauren
9:30-10:30 am	Zumba		2	Helene
10:30-11:30 am	Barre		2	Karin
10:35-11:05 am	CXWorx		1	Beth G

All group exercise classes open to members 12 years and older.
For a class recommendation, please contact Carmen Erian,
860-231-6348, cerian@mandelljcc.org.

Group Exercise Policies:

Arrive on time to prevent injuries. For BodyPump, Spin, or Yoga, arrive 10 minutes early to set up. Wear proper footwear. During inclement weather please check website at www.mandelljcc.org or call 860-236-4571.

Classes are for all levels, unless otherwise noted:

■ = Entry Level ▲ = Challenging

Studio Key:

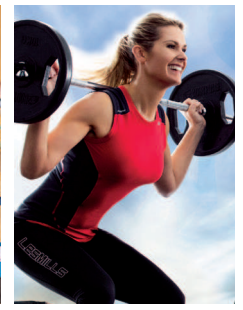
1 = Studio #1 on the 1st floor
 2 = Studio #2 on the 2nd floor
 S = Spinning studio on the 2nd floor.
 P = Pool (training or main)

Red = New Class

Purple = New Instructor

Green = New Time





SPINNING Group Exercise Schedule

Effective January 18, 2015-April 18, 2015 | Subject to change | Edited 1-23-15

TIME	CLASS	LEVEL	INSTRUCTOR
SUNDAY			
8:00-9:00 am	Spin Power		Jaime
9:15-9:45 am	Spin Power		Jaime
MONDAY			
5:45-6:30 am	Spin Power		Ari
9:30-10:15 am	Spinning		Phyllis/Lisa
6:15-7:15 pm	Spinning		Tim
TUESDAY			
5:45-6:30 am	Spinning		Jeff
8:00-8:45 am	Spin Power		Jen
9:30-10:15 am	Spin Power		Carmen E
5:30-6:00 pm	Quick Spin		Marji
6:15-7:00 pm	Spinning		Kim

TIME	CLASS	LEVEL	INSTRUCTOR
WEDNESDAY			
6:30-7:15 am	Spin Power		Kathy
9:30-10:15 am	Spin Power		Farrah
6:15-7:00 pm	Spin Power		Jamie
THURSDAY			
5:45-6:30 am	Spin Power		Ari
8:00-8:45 am	Spinning		Sue
9:30-10:15 am	Spin Power		Lauren E
5:30-6:00 pm	Spin Power		Mike
FRIDAY			
5:45-6:30 am	Spinning		Jeff
9:30-10:15 am	Spinning		Sue
SATURDAY			
8:30-9:15 am	Spin Power		Jen
9:30-10:30 am	Spin Power		Ari

WATER Group Exercise Schedule

Effective January 18, 2015-April 18, 2015

TIME	CLASS	LEVEL	INSTRUCTOR
SUNDAY			
10:15-11:00 am	Cardio Splash		Joan
MONDAY			
9:15-10:00 am	Deep Tabata	▲	Jaine
10:00-10:45 am	Cardio Splash		Lieba
5:45-6:30 pm	Cardio Splash		Brian
TUESDAY			
9:15-10:00 am	Pool Power & Pilates	▲	Lieba
10:00-10:45 am	Cardio Splash		Bonnie
11:00-11:45 am	Water Walking*	■	Jaine

TIME	CLASS	LEVEL	INSTRUCTOR
WEDNESDAY			
9:15-10:00 am	Deep H2O Run		Jaine
10:00-10:45 am	Cardio Splash		Jaine
5:45-6:30 pm	Deep Tabata	▲	Erika
THURSDAY			
9:15-10:00 am	Cardio Splash		Phyllis
10:05-10:50 am	Yoqua		Phyllis
11:00-11:45 am	Water Walking*	■	Brian
5:45-6:30 pm	Cardio Splash		Maureen
FRIDAY			
6:45-7:30 am	Deep H2O Run		Erika
9:15-10:00 am	Cardio Splash		Bonnie
10:00-10:45 am	Cardio Splash		Bonnie
SATURDAY			
9:00-9:45 am	Deep H2O Run		Jaine/TBA

*No class: February 17, 19 and April 14, 16

All group exercise classes open to members 12 years and older.
For a class recommendation, please contact Carmen Erian,
860-231-6348, cerian@mandelljcc.org.

Group Exercise Policies:

Arrive on time to prevent injuries. For BodyPump, Spin, or Yoga, arrive 10 minutes early to set up. Wear proper footwear. During inclement weather please check website at www.mandelljcc.org or call 860-236-4571.

Classes are for all levels, unless otherwise noted:

- = Entry Level
- ▲ = Challenging

Studio Key:

- 1 = Studio #1 on the 1st floor
- 2 = Studio #2 on the 2nd floor
- S = Spinning studio on the 2nd floor.
- P = Pool (training or main)

Red = New Class

- Purple = New Instructor
- Blue = Aquatic Exercise
- Green = New Time

Mandell JCC

Group Exercise Descriptions

BARRE

Tone, trim and transform your body with a fusion of ballet, Pilates and resistance training.

CARDIO LITE

A low-impact workout for the member who is looking to start a cardio workout. Appropriate for persons with joint problems, recovering from injuries, or other health considerations. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for seated and/or standing support.

CARDIO SPLASH

An energetic water workout with lots of jumping, strengthening, stretching and fun.

DEEP H2O RUN

An advanced class at the deeper end of the main pool. Feet are off the pool bottom and the body is suspended with the aid of an aqua jogger.

DEEP TABATA TRAINING

An intense form of interval training, alternating periods of short intense anaerobic exercise with less intense recovery periods.

GENTLE YOGA

A beginning yoga class to help with releasing, calming, and restorative postures.

HOOP FITNESS

Fitness is here using a big hoop. Release your inner child while getting fit in this fun, upbeat class.

INSANITY

Your Insanity instructor will push you past your limits through plyometric drills with non-stop intervals of strength, power, resistance, and core training moves.

KUNDALINI YOGA

Grateful to Yogi Bhajan for sharing this important technology for health, happiness, & wholeness. Kundalini Yoga brings awareness of the breath to every moment.

LES MILLS BODY PUMP®

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 & your choice of weight inspires you to get the results you came to class for.

LES MILLS CX WORX®

Based on cutting-edge scientific research, this program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body.

LES MILLS BODY COMBAT®

This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music, you strike, punch, kick and kata your way through calories to superior cardio fitness.

MAT PILATES

An exciting class that incorporates a Pilates-based workout with yoga postures and breathing techniques that will increase your overall core strength, flexibility and well-being.

POOL POWER & PILATES

With the use of bells, noodles and stretch ropes, power your way through a focused workout to develop your core, as well as your upper and lower body strength.

POWER YOGA

Challenge your inner strength through a yoga flow of power.

QUICK SPIN

This class is 30 minutes long. A quick workout fix to accommodate a busy day.

SILVER STRENGTH

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for seated and/or standing support.

SPINNING®

A group experience on a SPINNER® BLADE ION™. An instructor guides you through your ride, describing hills and simulating the terrain. You have the freedom to make your workout as challenging as you want.

SPINPOWER®

A group experience on a SPINNER® BLADE ION™ featuring technology which accurately measures your actual power output. The SPINPOWER® program is unique because it tells riders how hard they are working, allows them to measure progress, and tells them what fitness variables they need to change.

STEP PUMP FUSION

Two of your favorite classes together in one great 60-minute interval-style workout.

SWEAT & SCULPT

Total body conditioning that will sculpt your body. This class includes cardio movement in between stretching & muscle toning with hand-held weights, stability ball & tubing.

TAI CHI

Tai Chi is a traditional Chinese form of exercise that uses graceful movement and breathing techniques to improve posture, coordination, circulation, and restore a sense of well-being. Everyday professionals to runners, athletes and all levels of fitness are welcome to explore the practice of Tai Chi.

TRIPLE FUSION

Designed to take you through a series of cardio drills, strength training, & core focused exercises with relatively brief rest periods. This workout will include the usage of tubing, weights, and your own body weight to ensure fast dramatic fitness results.

TONE AND TEASE

Guaranteed to give you confidence, a little spice in your life and a few good laughs! This class is a sensual dance based class that take flirty dance moves and combines it with various toning and strength elements to give you one exotic workout. Cardio, toning, and flexibility are the key fitness components in this class.

WATER WALKING

Designed to reduce joint stress and inflammation. It is sure to enhance your flexibility, circulation and relaxation.

YOGA

Relax and quiet your mind, body and spirit with ancient yoga postures and controlled breathing techniques while you improve your flexibility and balance.

YOGA PILATES FUSION

A flowing mind and body class integrating Yoga and Pilates for strength, power, balance and flexibility.

YOQUA

Combines the soothing environment of the warm pool with the breathing, stretching, and meditative benefits of yoga.

ZUMBA

Using a fusion of Latin and International music, this class will get you dancing with dynamic, exciting, and high-energy steps and rhythms, creating a fun cardio based workout.

ZUMBA GOLD

This Zumba class is a great option for beginners, the active older adult, or anyone looking for a lighter/modified Latin dance cardio class.

FAMILY FITNESS

Fitness fun with the kids!

1st Sunday of the month: Zumba

2nd Sunday of the month: Hoop Fitness

3rd Sunday of the month: Yoga

4th Sunday of the month: Combat

No class the 5th Sunday

All group exercise classes open to members 12 years and older. For a class recommendation, please contact Carmen Erian, 860-231-6348, cerian@mandelljcc.org.

- Please help keep our studios clean and safe by not wearing "outdoor" shoes to class
- Place all coats, boots, and purses in the locker rooms or hooks outside the studio
- Please return all equipment to storage areas
- Please refrain from wearing colognes & perfumes
- Turn off cell phones

- No gum chewing
- Be courteous – no talking during class
- Please wait for previous class participants to return their equipment and exit the room before entering the room for the next class



www.mandelljcc.org  

Group Exercise Director: Carmen Erian, 860-231-6348, cerian@mandelljcc.org