

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga 7:00–8:00 a.m. Orly (GES1)	Morning Hustle 6:10–7:10 a.m. Ceci (G)	BootCamp 6:10–7:10 a.m. John (G)	**Kettlebell Training 7:00–8:00 a.m. Chandler (PG)	BootCamp 6:10–7:10 a.m. John (G)	*Pilates Reformer 8:00–9:00 a.m. Sally (PS)	Pilates Mat/Barre 8:00–9:00 a.m. Sally (GES1)
*Pilates Reformer 7:45–8:45 a.m. Katie (PS)	**Kettlebell Training 7:00–8:00 a.m. Chandler (PG)	Yoga 7:00–8:00 a.m. Orly (GES1)	*Pilates Reformer 7:45–8:45 a.m. Katie (PS)	Yoga 7:15–8:15 a.m. Vivi (GES1)	Yoga 9:00–10 a.m. Katie (GES1)	Cycling 8:00–9:00 a.m. Olga (CS)
Cycling 8:00–9:00 a.m. Alex (CS)	*Pilates Reformer 7:45–8:45 a.m. Katie (PS)	Cycling 8:00–9:00 a.m. Alex (CS)	Yoga 7:45–8:45 a.m. Diana (GES1)	**TRX 8:00–9:00 a.m. Chandler (PG)		
**TRX 8:30–9:30 a.m. Nico (PG)	Low Impact 8:00–8:45 a.m. Diana (GES2)	**TRX 8:30–9:30 a.m. Nico (PG)	Pilates Buff Bones 8:00–8:45 a.m. Sally (GES2)	Cycling 8:30–9:30a.m. Vivi (CS)		
Pilates Buff Bones 8:45–9:30 a.m. Diana (GES1)	FitBoxing 8:30–9:30 a.m. John Paul (G)	Chair Yoga 8:30–9:15am Diana (GES2)	FitBoxing 8:30–9:30 a.m. John Paul (G)	ChairFlex 9:00–9:45 a.m. Harold (GES2)		
Cardio Barre 9:45–10:30 a.m. Lisa (GES2)	SilverSneakers 9:00–9:45 a.m. Olga (GES2)	Cardio Barre 9:30–10:15 a.m. Lisa (GES2)	ChairFlex 9:00–9:45 a.m. Sally (GES2)	Aquacize 9:45–10:30 a.m. Tony (P)		
Aquacize 9:45–10:30 a.m. Nico (P)	ChairFlex 10:00–10:45 a.m. Tony (GES2)	Aquacize 9:45–10:30 a.m. Harold (P)	SilverSneakers 10:00–10:45 a.m. Tony (GES2)	Zumba Gold 11:00–11:45 a.m. Tony (G)		
Chair Yoga 10:45–11:30 a.m. Diana (GES2)	Zumba Gold 11:00–11:45 a.m. Tony (G)	SilverSneakers 10:30–11:15 a.m. Olga (GES2)	Low Impact 11:00–11:45 a.m. Tony (G)	Chair Yoga 12:00–12:45 p.m. Diana (GES2)		
Tai Chi 12:00–1:00 p.m. Rigo (GES2)	Rock Steady Boxing 12:00–1:00 p.m. Dany (G)	Tai Chi 12:00–1:00 p.m. Rigo (GES2)	Rock Steady Boxing 12:00–1:00 p.m. Dany (G)			
Cycling 5:30–6:30 p.m. Olga (CS)	Cycling 5:00–6:00 p.m. Vivi (CS)	Yoga 4:30–5:30 p.m. Alex (CS)	Cycling 5:00–6:00 p.m. Vivi (CS)			
X-Training 7:00–8:00 p.m. Olga (FC)	Yoga 7:00–8:00 p.m. Katie (CS)	Core X-plosion 7:00–8:00 p.m. Olga (FC)	Yoga 7:00–8:00 p.m. Katie (CS)			

(CS) Cycling Studio
 (GES1) Group Fitness Studio #1
 (GES2) Group Fitness Studio #2
 (FC) Fitness Center
 (G) Scheck Family Gymnasium
 (PS) Pilates Studio
 (PG) Playground
 (FFHAF) Athletic Field
 (K) Katz Auditorium
 (DS1) Dance Studio 1
 (DS2) Dance Studio 2

Register for classes online via the Mindbody app.
 For more information, please call 305.932.4200 x121
 *Paid Class: Pilates Reformer
 **Pilot Class

MichaelAnn Russell JCC
 18900 NE 25th Avenue
 North Miami Beach, FL
 Updated 10.7.2020

MARJCC GROUP EXERCISE CLASS DESCRIPTIONS

Aquasize: This class increases aerobic, strength, and flexibility conditioning using aqua "toys" and equipment in the swimming pool. It is perfect for all ages and fitness levels. No swimming experience is required.

Chair Yoga: This gentle form of yoga is practiced seated in a chair or using it for support during standing poses. Chair yoga is especially suitable for older adults, people with balance or coordination issues, and those with disabilities. Chair yoga helps increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress.

Pilates Buff Bones: This class leverages bone-strengthening and balance techniques along with Pilates, functional movement, strength training, and therapeutic exercise to tone your arms, hips, back and abs. This class is adaptable to varying levels and is even safe for those with osteoporosis.

Tone & Bum: This class aims to tone abdominal muscles and increase core strength. Experience total body training using various movements with different types of high-intensity exercises, from plyometrics to pyramid sets.

Cardio Barre: This unique, high energy/no impact exercise class combines barre work and lightweights with continual calorie-burning motion. This class focuses on toning and resistance exercises for the buttocks, legs, torso, and arms to sculpt muscles and elongate the muscles.

FitBoxing: This cardio class sets intense boxing moves to motivating music. It's the ultimate cardiovascular challenge—a unique blend of intense intervals and strength/endurance training that is a fun workout for all fitness levels.

***Pilates Reformer:** Pilates is a method of exercise that consists of low-impact flexibility and muscular strength, and endurance movements. Pilates emphasizes proper postural alignment, core strength, and muscle balance.

****TRX:** Developed by U.S. Navy SEALs and used extensively to train all four branches of the military, TRX Suspension Training is a specialized form of performance exercise that utilizes straps to leverage the user's body weight against gravity. This incredibly effective workout challenges every angle of the body.

Core Xplosion: This class combines core-based circuit training with cardio exercises. The emphasis is on strengthening and tightening the low back and belly.

Zumba Gold: This class uses a fusion of Latin and International music to create a dynamic and exciting environment. Based on the principle that a workout should be "fun and easy to do," the routines feature low impact aerobic and fitness training with a combination of fast and slow rhythms that tone and sculpt the body.

Rock Steady Boxing (RSB): RSB is a non-contact fitness program designed specifically for people with Parkinson's. This class is formatted from boxing routines to condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork, and overall strength.

X-Training: This class promotes building muscle tone and increasing strength using bands and weights by incorporating classic and proven exercises in a fun-filled routine.

Cycling: A cardio workout on a stationary bike based on cycling principles. Classes are technique-based, and real-terrain based and focus on cadence, heart-rate zones, climbs, and sprints creating a ride that is fun and challenging.

Kettlebell Training: Kettlebell training combines strength training with a high-intensity cardio workout using fast and dynamic movements to build explosive power, increase joint mobility, and keep the heart rate elevated. Kettlebell exercises reveal and fix misalignments and relieve muscle stiffness and joint pain in the body.

SilverSneakers: This class focuses on strengthening muscles and increasing range of motion for daily life activities by using hand-held weights, elastic tubing with handles, and hand-held exercise balls.

Yoga: Reduce stress with this relaxing class that focuses on meditation and breathing. Smooth movements help participants achieve better posture, flexibility, balance, strength, and improved focus. All levels welcome.

ChairFlex: This seated-based class intends to relax tight muscles and relieve the body of stress. It includes lightweight resistance training and is open to all ages and fitness levels.

****MX4:** This 30-minute small-group training program has a capacity of eight people. This program focuses on progression at your own level—making it ideal for all fitness levels. The program format is unique and workouts have a different focus each week.

Tai Chi: Tai Chi consists of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. It addresses the key components of fitness—muscle strength, flexibility, balance, and, to a lesser degree, aerobic conditioning.

@marjccfitnesscenter



Sign up for classes online via the Mindbody app.
For more information, please call 305.932.4200 x121.

*Paid Class: Pilates Reformer

**Pilot Class

Michaell-Ann Russell JCC
18900 NE 25th Avenue
North Mimi Beach, FL