

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core X-plosion 6:10–7:10 a.m. Olga (GES2)	*Pilates Reformer 6:10–7:10 a.m. Ashley (PS)	MX4 6:10–6:40 a.m. Harold (FC)	*Pilates Reformer 6:10–7:10 a.m. Diana (PS)	BootCamp 6:10–7:10 a.m. John (G)	*Pilates Reformer 8:00–9:00 a.m. Sally (PS)	Cycling 7:35am–8:35 a.m. Olga (CS)
Yoga 7–8:00 a.m. Orly (GES1)	**Kettlebell Training 7:00–8:00 a.m. Chandler (PG)	Yoga 7–8:00 a.m. Orly (GES1)	**Kettlebell Training 7:00–8:00 a.m. Chandler (PG)	Cycling 7:30–8:30 a.m. Olga (CS)	MX4 9:00–9:30 a.m. Harold (FC)	Pilates Mat/Barre 8:00–9:00 a.m. Sally (GES1)
Cycling 8:00–9:00 a.m. Alex (CS)	FitBoxing 8:30–9:30 a.m. John Paul (G)	Cycling 8:00–9:00 a.m. Alex (CS)	FitBoxing 8:30–9:30 a.m. John Paul (G)	TRX 8:00–9:00 a.m. Chandler (PG)		MX4 9:00–9:30 a.m. Harold (FC)
TRX 8:30–9:30 a.m. Nico (PG)	Pilates Buff Bones 9:00–9:45 a.m. Sally (GES1)	TRX 8:30–9:30 a.m. Nico (PG)	MX4 9:00–9:30 a.m. Harold (FC)	ChairFlex 9:00–9:45 a.m. Harold (GES2)		
Pilates Buff Bones 9:00–9:45 a.m. Diana (GES1)	SilverSneakers 9:00–9:45 a.m. Olga (GES2)	Chair Yoga 9:30–10:15 a.m. Diana (GES2)	ChairFlex 9:00–9:45 a.m. Sally (GES2)	Aquacize 9:45–10:30 a.m. Tony (P)		
Cardio Barre 9:30–10:15 a.m. Lisa (GES2)	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. Olga (GES2)	Cardio Barre 10:00–10:45 a.m. Lisa (GES2)		
Aquacize 9:45–10:30 a.m. Nico (P)	Dance with Tony 11:00–11:45 a.m. Tony (G)	SilverSneakers 10:30–11:15 a.m. Olga (GES2)	Rock Steady Boxing 12:00–1:00 p.m. Dany (G)	Dance with Tony 11:00–11:45 a.m. Tony (G)	(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	
Chair Yoga 11:00–11:45 a.m. Diana (GES2)	Rock Steady Boxing 12:00–1:00 p.m. Dany (G)	Tai Chi 12:00–1:00 p.m. Rigo (GES2)	Cycling 5:00–6:00 p.m. Vivi (CS)	Chair Yoga 11:00–11:45 a.m. Diana (GES2)		
Tai Chi 12:00–1:00 p.m. Rigo (GES2)	Cycling 5:00–6:00 p.m. Vivi (CS)	Yoga 4:30–5:30 p.m. Alex (CS)				
X-Training 7:00–8:00 p.m. Olga (FC)		Core X-plosion 7:00–8:00 p.m. Olga (FC)				

Register for classes online via the Mindbody app  
 For more information, please call 305.932.4200 x121

\*Paid Class: Pilates Reformer \*\*Pilot Class

Shaded classes for Mature Adults

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

# MAR | FITNESSCENTER

## 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.

**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.

**BootCamp:** Boot camp training is a type of group exercise that mixes traditional calisthenics and bodyweight exercises with interval training and strength training. Boot camp is designed to maximize your power and strength, improve your agility, and build your endurance through a series of high-energy drills.

**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.

**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.

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

**Dance with Tony:** 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.

**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.

**Dance with Tony:** 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.

**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.

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**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.

**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.

**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.

**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.

**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.

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