

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga 7:00-8:00 a.m. Alex (GES1)	*Pilates Reformer 7:45-8:45 a.m. Katie (PS)	Yoga 7:00-8:00 a.m. Alex (GES1)	*Pilates Reformer 7:45-8:45 a.m. Katie (PS)	Yoga 7:15-8:15 a.m. Vivi (GES1)	*Pilates Reformer 8:00-9:00 a.m. Sally (PS)	PIYo 7:30-8:30 a.m. Katie (GES1)
Cycling 8:00-9:00 a.m. Alex (CS)	Yoga with Iris 8:00-9:00 a.m. Iris (DS1)	Cycling 8:00-9:00 a.m. Alex (CS)	Yoga with Iris 8:00-9:00 a.m. Iris (DS1)	Slow Flow Yoga 8:15-9:00 a.m. Diana (GES2)	Yoga 9:00-10:00 a.m. Katie (GES1)	Pilates Mat/Barre 9:00-10:00 a.m. Marie (GES1)
MX4 8:30-9:00 a.m. Harold (FC)	Silver Cycling 8:00-8:45 a.m. Tony (CS)	Yoga 8:15-9:15 a.m. Orly (DS2)	Silver Cycling 8:00-8:45 a.m. Tony (CS)	Cycling 8:30-9:30 a.m. Vivi (CS)	Zumba 9:30-10:30 a.m. Deena (GES2)	MX4 10:00-10:30 a.m. Harold (FC)
Zumba 8:30-9:30 a.m. Deena (DS1)	FitBoxing 8:30-9:30 a.m. John Paul (G)	Zumba 8:30-9:30 a.m. Deena (DS1)	FitBoxing 8:30-9:30 a.m. John Paul (G)	Zumba 8:30-9:30 a.m. Deena (GES1)	Cycling 10:45-11:45 a.m. Deena (CS)	Cycling 10:00-10:00 a.m. Marie (CS)
Pilates Buff Bones 8:45-9:30 a.m. Diana (GES2)	Low Impact 9:00-9:45 a.m. Tony (Katz)	Chair Yoga 8:30-9:15 a.m. Diana (GES2)	Low Impact 9:00-9:45 a.m. Tony (KB)	PIYo 9:00-10:00 a.m. Katie (DS1)	ChairFlex 11:45 a.m.-12:30 p.m. Tony (GES2)	TRX 11:45 a.m.-12:45 p.m. Harold (PG)
TRX Total Boot Camp 8:45-9:45 a.m. Nico (PG)	*Pilates Reformer 9:00-10:00 a.m. Marie (PS)	TRX 8:30-9:30 a.m. Nico (PG)	*Pilates Reformer 9:00-9:45 a.m. Harold (GES2)	*Pilates Reformer 9:00-10:00 a.m. Marie (PS)		
Yoga 8:45-9:45 a.m. Orly (DS2)	SilverSneakers 9:00-9:45 a.m. Olga (GES2)	*Pilates Reformer 9:00-10:00 a.m. Marie (PS)	*Pilates Reformer 9:00-10:00 a.m. Sally (PS)	*Pilates Reformer 9:10-9:55 a.m. Harold (GES2)		
*Pilates Reformer 9:00-10:00 a.m. Katie (PS)	MX4 9:45-10:15 a.m. John Paul (FC)	PIYo 9:00-10:00 a.m. Katie (GES1)	TRX Total Boot Camp 9:00-10:00 a.m. Alex (DS1/Outdoors)	Pilates with Props 9:30-10:15 a.m. Diana (Katz)		
Cycling 9:30-10:30 a.m. Marie (CS)	Aquacise 9:45-10:30 a.m. Harold (P)	MX4 9:30-10:00 a.m. Alex (FC)	Pilates Mat/Barre 9:00-10:00 a.m. Marie (GES1)	Aquacise 9:45-10:30 a.m. Tony (P)		
PIYo 9:45-10:45 a.m. Deena (DS1)	Cycling 10:10-11:10 a.m. Marie (CS)	Cardio Barre 9:30-10:15 a.m. Lisa (GES2)	Aquacise 9:45-10:30 a.m. Harold (P)	Pilates Mat/Barre 10:00-11:00 a.m. Marie (GES1)		
Cardio Barre 9:45-10:30 a.m. Lisa (GES2)	ChairFlex 10:00-10:45 a.m. Tony (GES2)	Slow Flow Yoga 9:45-10:30 a.m. Monica (LB)	Pilates Reformer 10:00-11:00 a.m. Alex (PS)	SilverSneakers 10:00-10:45 a.m. Deena (GES2)		
Aquacise 9:45-10:30 a.m. Nico (P)	Zumba 10:00-11:00 a.m. Deena (DS1)	Aquacise 9:45-10:30 a.m. Nico (P)	SilverSneakers 10:00-10:45 a.m. Tony (G)	Cycling 10:30-11:30 a.m. Olga (CS)		
*Pilates Reformer 10:00-11:00 a.m. Sally (PS)	Zumba Gold 11:00-11:45 a.m. Tony (G)	Cycling 10:30-11:30 a.m. Marie (CS)	Zumba Gold 11:00-11:45 a.m. Tony (G)	Zumba Gold 11:00-11:45 a.m. Tony (G)		
Chair Yoga 11:00-11:45 a.m. Diana (GES2)	Slow Flow Yoga 12:00-12:45 p.m. Diana (GES2)	SilverSneakers 10:30-11:15 a.m. Olga (GES2)	Chair Yoga 12:00-12:45 p.m. Diana (GES2)	Low Impact 12:00-12:45 p.m. Tony (G)		
Silver Sneakes 12:00-12:45 p.m. Monica (GES1)	Rock Steady Boxing 12:00-1:00 p.m. Tony (G)	Pilates with Props 11:30 a.m.-12:15 p.m. Sally (GES2)	Rock Steady Boxing 12:00-1:00 p.m. Tony (G)	Chair Yoga 1:00-1:45 p.m. Diana (GES2)		
Tai Chi 12:00-1:00 p.m. Rigo (GES2)	Cycling 5:15-6:15 p.m. Vivi (CS)	Tai Chi 12:15-1:15 p.m. Rigo (GES2)	Cycling 5:15-6:15 p.m. Vivi (CS)			
*Pilates Reformer 3:00-4:00 p.m. Sally (PS)	MX4 6:30-7:00 p.m. John Paul (FC)	*Pilates Reformer 3:00-4:00 p.m. Sally (PS)	X-Training 6:30-7:30 p.m. Olga (FC)			
Cycling 5:15-6:15 p.m. Vivi (CS)	Yoga 7:00-8:00 p.m. Katie (PS)	Yoga 4:30-5:30 p.m. Alex (CS)	Yoga 7:00-8:00 p.m. Katie (GES1)			
Pilates Mat/Barre 6:00-7:00 p.m. Katie (PS)		Cycling 5:30-6:30 p.m. Vivi (CS)				
X-Training 6:30-7:30 p.m. Olga (FC)		Pilates Mat/Barre 6:00-7:00 p.m. Asselva (DS2)				

(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
 (SP) Scheck Plaza
 (TH) Theatre
 (LB) Library
 (KB) Kibliskey

MARJCC GROUP EXERCISE CLASS DESCRIPTIONS

<p>Aquacise: 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.</p>	<p>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, a fun workout for all fitness levels.</p>	<p>PiYo: PiYo combines the strengthening benefits of Pilates with the flexibility-enhancing effects of yoga. Set to music, this dynamic, energetic program will have you challenged. PiYo is a low-impact exercise that doesn't involve jumping, lowering the risk of soft-tissue injuries including sprains, strains, and bruises.</p>	<p>TRX: Developed by U.S. Navy SEALs and used extensively in training all four military branches, 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.</p>
<p>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 and elongate the muscles.</p>	<p>Low Impact: This class is a lower impact version of the Total Body Conditioning class specifically for seniors. One foot is kept on the ground at all times to reduce joint impact. Low Impact classes finish with core conditioning and stretching for a relaxing and challenging workout for older adults.</p>	<p>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 participants for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork, and overall strength.</p>	<p>TRX Total Boot Camp: Developed by U.S. Navy SEALs and used extensively in training all four military branches, TRX Suspension Training coupled with other calisthenics methods 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.</p>
<p>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.</p>	<p>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.</p>	<p>SilverSneakers: This class focuses on strengthening muscles and increasing the range of motion for daily life activities by using hand-held weights, elastic tubing with handles, and hand-held exercise balls.</p>	<p>X-Training: This class promotes building muscle tone and increasing strength by using bands and weights and incorporating classic and proven exercises in a fun-filled routine.</p>
<p>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.</p>	<p>Pilates Mat/Barre: Based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, emphasizing challenging the core muscles with each movement. Classes will be taught using slow, controlled movements.</p>	<p>Slow Flow Yoga: In a typical Slow Flow class, students practice half the number of poses practiced in a Flow class. The pace is meditative, emphasizing peace and calm in body and mind. Poses are held longer, taking several rounds of breaths in each pose, instead of moving after each breath.</p>	<p>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 are welcome. Zumba: Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.</p>
<p>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 fun and challenging ride.</p>	<p>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. Pilates Buff Bones is adaptable to varying levels and is even safe for those with osteoporosis.</p>	<p>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.</p>	<p>Zumba Gold: Zumba Gold is a lower-intensity version of the typical Zumba class and was designed to meet seniors' anatomical, physiological, and psychological needs. Zumba Gold provides a suitable option for older adults seeking alternative means of reaching their exercise goals.</p>