

# PJCC Group Exercise Schedule February 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:55 am <b>Spinning**</b> Tina	6:00 - 6:55 am <b>Spinning**</b> Sylvia	6:00 - 6:55 am <b>Spinning**</b> Tina	6:00 - 6:55 am <b>Pilates Mat</b> Rosalie	6:00 - 6:55 am <b>Spinning**</b> Jory	8:00 - 8:55 am <b>Body Sculpt</b> Tina / Mike	8:00 - 8:55 am <b>Pilates Mat</b> Rosalie
7:30 - 9:00 am <b>Tai Chi &amp; Qigong</b> Marlon (S)	9:00 - 9:55 am <b>Aqua Fitness</b> Laurie (indoor pool) (S)	7:30 - 9:00 am <b>Tai Chi &amp; Qigong</b> Marlon (S)	9:00 - 9:55 am <b>Aqua Fitness</b> Laurie (indoor pool) (S)	8:00 - 8:55 am <b>Aqua Fitness</b> Carol (indoor pool) (S)	8:00 - 8:55 am <b>Spinning**</b> Tina / Sylvia	8:00 - 8:55 am <b>Spinning**</b> Sylvia / Sara S.
8:00 - 8:55 am <b>Aqua Fitness</b> Laurie (indoor pool) (S)	9:15 - 10:10 am <b>Spinning**</b> Sara	8:00 - 8:55 am <b>Aqua Fitness</b> Laurie (indoor pool) (S)	9:15 - 10:10 am <b>Spinning**</b> Tina	8:30 - 9:25 am <b>Cardio Kickboxing</b> Erik	8:25 - 9:20 am <b>Aqua Fitness</b> Ginger (indoor pool) (S)	9:00 - 10:00 am <b>Spinning**</b> Sylvia / Sara S.
9:00 - 9:55 am <b>Aqua Fitness</b> Les (indoor pool) (S)	9:15 - 10:10 am <b>Athletic Conditioning</b> Tina	9:00 - 9:55 am <b>Aqua Fitness</b> Les (indoor pool) (S)	9:15 - 10:10 am <b>Athletic Conditioning</b> Mike	9:00 - 9:55 am <b>Aqua Fitness</b> Maryam (indoor pool) (S)	9:00 - 9:55 am <b>Athletic Conditioning</b> Tina / Mike	9:00 - 10:10 am <b>Cardio Kickboxing &amp; Sculpt</b> Dina
9:15 - 10:10 am <b>Pilates Mat</b> Mary	10:30 - 11:25 am <b>Light &amp; Easy</b> Ginger (S)	9:15 - 10:10 am <b>Pilates Mat</b> Mary	10:30 - 11:25 am <b>Light &amp; Easy</b> Ginger (S)	9:30 - 10:25 am <b>Pilates Mat</b> Monique	9:00 - 10:00 am <b>Spinning**</b> Tina / Sylvia	10:15 - 10:40 am <b>Core Conditioning</b> Dina
9:15 - 10:10 am <b>Spinning**</b> Scott	12:00 - 12:55 pm <b>Beg. Weapons (\$)</b> Marlon Drop-ins available	9:15 - 10:10 am <b>Spinning**</b> Nancy	12:00 - 12:55 pm <b>Zumba</b> Lizelle	9:15 - 10:10 am <b>Spinning**</b> Pam	9:00 - 10:15 am <b>Kids' Fitness</b> Staff (Dan Cook Gym)	10:45 - 12:00 pm <b>Cardio Kickboxing &amp; Sculpt</b> Dina
11:00 - 11:55 am <b>Beg. Pilates Mat</b> Pam (S)	4:00 - 4:55 pm <b>Kids' Fitness</b> My	11:00 - 11:55 am <b>Beg. Pilates Mat</b> Pam (S)	4:00 - 4:55 pm <b>Kids' Fitness</b> John	10:30 - 11:25 am <b>Stretch &amp; Move</b> Debbie (S)	10:00 - 11:15 am <b>Hip Hop</b> Jacqueline	4:00 - 5:00 pm <b>Zumba</b> Asia
1:00 - 1:55 pm <b>Zumba Gold</b> Lizelle (S)	5:30 - 6:25 pm <b>Spinning**</b> Jory	12:00 - 12:55 pm <b>Zumba</b> Kim	5:30 - 6:25 pm <b>Cardio Kickboxing &amp; Sculpt</b> Toshie	3:30 - 4:25 pm <b>Kids' Yoga &amp; Fitness</b> My / Kristi (yoga studio)	11:30 - 12:30 am <b>Bollywood (\$)</b> Ram (1/21-3/10, drop-ins available)	
5:30 - 6:25 pm <b>Spinning**</b> Sylvia	5:30 - 6:25 pm <b>Low Impact Cardio Fitness</b> Ginger (S)	1:00 - 1:55 pm <b>Zumba Gold</b> Ginger (S)	6:00 - 7:00 pm <b>Spinning**</b> Wendy	5:30 - 6:25 pm <b>Power Fitness</b> Chris L. (Registration Required)	5:00 - 5:55 pm <b>Sanshou Youth (\$)</b> Ted & Master Song	
5:30 - 6:25 pm <b>Cardio Kickboxing</b> Chris L. (Registration Required)	6:30 - 7:30 pm <b>H.I.T.T. (\$)</b> Chris L. (Meet in Lobby)	3:30 - 4:25 pm <b>Kids' Fitness</b> Mike (Dan Cook Gym)	6:30 - 7:30 pm <b>H.I.T.T. (\$)</b> Robert (Meet in Lobby)	6:30 - 7:30 pm <b>Impact Training (\$)</b> Chris L. (Free Class Fri. Feb. 3)	6:00 - 6:55 pm <b>Sanshou Adult (\$)</b> Ted & Master Song	
6:30 - 7:25 pm <b>Aqua Fitness</b> Cher (indoor pool) (S)	6:30 - 7:25 pm <b>Body Sculpt</b> Suzanne	5:30 - 6:25 pm <b>Body Sculpt</b> Chris L. (Registration Required)	6:30 - 7:25 pm <b>Body Sculpt</b> Suzanne			
6:30 - 7:25 pm <b>Zumba</b> Cat	6:30 - 7:30 pm <b>Spinning**</b> Blair	6:00 - 6:55 pm <b>Spinning**</b> Jory	7:30 - 8:25 pm <b>Zumba</b> Dina	<b>ANNOUNCEMENTS:</b>  <b>SPECIAL CLASSES:</b> <ul style="list-style-type: none"> <li>• Friday, Feb. 3 – <b>Impact Training Free Trial Class</b>, 6:30-7:30 pm Registration Required, Chris L.</li> <li>• <u>Saturday Feb. 4</u> - <b>Feldenkrais</b> Specialty Class, 12:00-1:15 pm with Serena</li> <li>• <u>Saturday, Feb. 11</u> – <b>Beginning Tai Chi Workshop (\$)</b> 1:00-3:00 pm</li> <li>• <u>Sunday, Feb. 12</u> -<b>Family Zumba: Zumbatomic</b>, 1:00-1:45 pm with Toshie</li> <li>• <u>Friday, Feb. 24</u> – <b>Bring a Friend Friday Presents: Spinning Goes to the Movies</b> 6:30-7:30 pm</li> <li>• <u>Sunday, Feb. 26</u> -<b>Family Zumba: Zumbatomic</b>, 3:00-3:45 pm with Joyce</li> <li>• <u>Sunday, Feb. 26</u> – <b>Wellness Expo</b> 11:00-3:00 pm</li> </ul>		
7:30 - 8:25 pm <b>Zumba</b> Dina	7:30 - 8:25 pm <b>Zumba</b> Joyce	6:30 - 7:25 pm <b>Aqua Fitness</b> Cher (indoor pool) (S)				
8:30 - 8:45 pm <b>Abs Lab</b> Dina		6:30 - 7:25 pm <b>Dance</b> Jacqueline				
		7:30 - 8:25 pm <b>Pilates Mat</b> Alyssa				

(S) = Stay Fit for Life • (\$) = Fee-based class; registration required. Contact Byer Athletic Center at 650.378.2703. \*\* = Spin Area in Fitness East. All classes are held in the Group Exercise Studio and are 55 minutes unless otherwise noted. This schedule is subject to change.

For more information, contact: Group Exercise & Pilates Manager, Michele Mandell at mmandell@pjcc.org or 650.378.2771.

# PJCC Group Exercise Schedule February 2012



## GROUP EXERCISE CLASSES

**Abs Lab**– 15 Minute Core training to round out your workout

**Aqua Fitness** – Take your workout to the pool with this invigorating, non-impact class. Use water resistance to develop strength and cardiovascular endurance. Swimming experience is not necessary. *Appropriate for all levels of fitness.*

**Athletic Conditioning** – A cross-training class that incorporates cardiovascular training with resistance to create a full body workout. The class is fun, motivating and results-oriented.

**Beginning Traditional Weapons (\$)** – Practicing the traditional weapons of Taiji (Tai Chi) combines mind-body, power and balance. The class will start by learning “Jian” (straight sword) using the Taiji principles of body alignment to generate soft internal power. No experience needed.

**Body Sculpt** – Dumbbells, body bars, exercise bands, BOSUs and stability balls will be used during this sculpting class.

**Cardio Kickboxing** – A cardiovascular workout using the basic techniques of kickboxing to develop overall endurance, conditioning and stamina.

**Core Conditioning** – A 25-minute class specifically targeting the core. Exercises may be done on the floor, standing, on a stability ball or using the BOSU. This class will help you to focus on strength and stabilization of your core muscles.

**Dance** – You don't have to go to the dance studio; you can take a dance class right here at the PJCC. This class will keep you moving doing traditional jazz, Latin, funk and hip-hop choreography. *No special shoes required.*

**H.I.T.T. (\$)** – High Intensity Team Training- push-ups, abdominal crunches, jumping jacks, running & jumping. Chris Luera will keep you moving from drill to drill as you shape your entire body.

**Hip Hop** – This high energy, attitude filled, cardiovascular workout combines street dancing, funk and Jazz dancing choreographed to radio hits. *No dance experience or special shoes necessary.*

**Impact Training (\$)** A partner-based kickboxing and boxing class that will enhance your skills or develop new ones. Improve your cardiovascular fitness, core & upper and lower body strength, flexibility all in this heart-pumping motivating class that will make you sweat.

**Kids' Fitness** – This after school fitness class is all about fun and fitness for Kindergarten – 2<sup>nd</sup> Grade Fri., Sat. and Tues. & 3<sup>rd</sup> to 5<sup>th</sup> grade Wed. & Thurs. This class includes jumping, running, obstacle courses, balance, agility and coordination drills. Your kids' fitness is important; bring him/her to us to help maintain his/her health and develop a life-long love for movement. Friday's class will be held in the Yoga studio and will combine Yoga & Fitness.

**Light & Easy** – Light on the joints and easy to follow, this low-impact aerobics class uses simple choreographed movement patterns that emphasize full range of motion. This class increase cardiovascular endurance and develop balance, stability and flexibility. *Appropriate for all fitness levels, including older adults.*

**Low Impact Cardio Fitness** – This class combines cardiovascular training without a lot of impact but still gives you a great workout. Add sculpting to the end and you have an all in one class. Come try it out! *Appropriate for all levels of fitness.*

**Beg. Pilates Mat** – This class introduces the fundamentals and basic principles of Pilates. Explore this system of training as a new way to gain core strength, flexibility and improve posture through movement.

**Pilates Mat** – An all levels class to further challenge participants' training in balance and core stability.

**Power Fitness** - Combine athletic movements, cardiovascular drills, strength and endurance training and you have 60 min. of kick-butt calorie burning fun. Join Chris for this perfect way to start the weekend. Pre-registration is required. See special notices below.

**Sanshou (\$)**- Chinese Kickboxing for adults and children. The children's Sanshou program (ages 6-12) is focused on building up your child's skills physically, mentally and socially. Coordination, self-confidence and discipline are key during a child's early developmental stages. Our program builds the foundation and creates these attributes in your child's

life. The adult program will also include self-defense in addition to fitness, coordination, speed and agility training.

**Spinning** – An indoor cycling workout using music, visualization and actual cycling techniques to reach a higher level of cardiovascular fitness and lower body strength.

**STEP Interval** – This class gives you a great all-around calorie-burning workout! You'll alternate between segments of step aerobics (4 – 6 minutes long), and segments of muscle conditioning (2 – 3 minutes long).

**Stretch & Move** – Warm up with low impact and non-impact movements. Continue with a variety of exercises designed to increase muscle and bone strength, range of motion and balance. *This class is designed for older adults, but everyone is invited to attend*

**Tai Chi & Qigong** – Tai Chi & Qigong offer a low-stress and low-impact routine that combines mental focus with physical progress for a healthy lifestyle. *Appropriate for all fitness levels.*

**Zumba** – Ditch the workout and stay for the PARTY! Every Zumba class is a party. This class is a mix of Latin, Top 40 and Hip Hop music to energize Latin-inspired, fitness and hip hop dance moves.

**Zumba Gold** – This is a class with a mix of Latin and World Music geared to the more mature exerciser. It is also appropriate for beginners or those returning to exercise after an injury.

## NOTES

1. Reservation process for the group fitness classes listed below:

Monday 5:30 pm Kickboxing – Wednesday 5:30 pm Body Sculpting – Friday 5:30 pm Power Fitness.

- Reservations are accepted on the Group Exercise Reservation email account only.
- Due to popularity of these classes, a reservation process is in effect. You may reserve a space in class two (2) days in advance of the class by emailing [GroupXReservations@pjcc.org](mailto:GroupXReservations@pjcc.org) between 12:00 –7:00 pm only.
- Please provide your first and last name, membership number and daytime phone number.
- When all spaces have been filled, your name will be placed on a waitlist and you will be notified by email. You may show up and wait to see if there is an opening for additional students.
- Reservations called in before 12:00 pm and after 7:00 pm will not be accepted. You will not be notified.
- No reservations on the day of class will be accepted.
- If your name does not appear on the class roster, regardless of whether or not you have received a phone call, you must wait to see if space is available.

2. FREE Pilates Trial Classes – Email [pilates@pjcc.org](mailto:pilates@pjcc.org) for more information

3. To receive weekly emails with updated list of subs and alternating instructors plus special events, please request emails at [mmandell@pjcc.org](mailto:mmandell@pjcc.org)

## STUDENT ETIQUETTE:

- Please refrain from talking during the Aqua Classes.
- For **safety** and the **respect** of other students, **be on time for class** and **stay until the end of the class**. Both the warm-up and the cool-down and stretch are important parts of the class.
- Please be aware of others “space” in class. Please try to stay in your “space” and give others room to move.
- No one will be admitted into the spinning classes 10 minutes after the start of the class.
- “Saving” bikes, in the Spinning classes, is not allowed. If no one is sitting on a bike 5 minutes before a class begins, the bike is free and anyone can ride it.
- Yoga Students – Please bring your own mat and leave shoes outside the Yoga Studio on the shoe rack.
- Bring water in a closed container to class.