

Spring schedule 2017

Effective Monday May 22nd 2017

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|---|--|
| Early, Early Morning classes | | | | | | |
| 6:30-7:15am Cycle Anne-Marie | | 6:30-7:15am Cycle Ian | | 6:30-7:15am Cycle Derek |  <p>The Miles Nadal JCC is proud to partner with the University of Ottawa Heart Institute to promote heart health among our members. While all of our group exercise classes offer a variety of exercise options at different levels of intensity, the Heart Wise logo next to a class indicates an instructor who has taken the Heart Wise training to work with individuals with cardiovascular disease, as well as recovery from stroke or heart attack</p> | |
| 7:15-8:15am Pilates Derek | 7:15-8:15am Total Body Sculpt Evgenia | 7:15-8:15am Ashtanga Yoga Jonny | 7:15-8:15am Total Body Sculpt Leigh G | 7:15-8:15am Yoga flow Eliana | | |
| | | | | | | |
| Morning Classes | | | | | | |
| 8:30-9:25am Fundamental Fitness Betty | 8:30-9:25am Gentle Yoga Karen R. | 8:30-9:25am Pilates Brigitte | 8:30-9:25am Classic Stretch Arianne | 8:30-9:25am Fundamental Fitness Betty | 8:30-9:25am Power Yoga Angela | 8:20-9:15am Aquafit Sue/Christina |
| | 9:00-9:55am Aquafit R.O.M Emre (Shallow end) | | 9:00-9:55am Aquafit R.O.M Ecil (Shallow end) | | | 8:30-9:25am Gentle Yoga Karmit  |
| 9:30-10:15am Cycle Lesley | | | 9:30-10:25am Athletic Intervals Studio 4/5 Zeiad | | 9:30-10:25am Power Cycle Allison | 9:30-10:15am Cycle Carmen |
| 9:30- 10:30am  Deb | 9:30- 10:25am  Althea  | 9:30 -10:30am  Deb | 9:30- 10:25am  Althea  | 9:30-10:15am Cycle Ian | 9:30-10:25am  Clarice | 9:30-10:30am Cardio Sculpt Debra |
| 9:30- 10:25am Stretch & Strength Active 55 Ava (St. 4/5) | | 9:30- 10:25am Stretch & Strength Active 55 Cindy (St. 4/5) | | 9:30- 10:25am Mind Body Ana  | | |
| 10:35-11:30am Fundamental Fitness Maureen | 10:30-11:25am Pilates Paulina | 10:35-11:30am Fundamental Fitness Betty | 10:30-11:25am Power Yoga Robert | 10:30-11:25am  Liz | | 10:30-10:55am Awesome Abs Debra |
| 10:30-11:25am Cardio Strength Active 55  Ava (St. 4/5) | | 10:30-11:25am Cardio Strer Active 55  Cindy (St. 4/5) | | 10:30-11:25am Classic Stretch Active 55  Katelynn (St. 4/5) | 10:30-11:25am  Leigh | |
| 11:00-11:55am Aquafit Intermediate Jane | | 11:00-11:55am Aquafit Intermediate Irene | | 11:00-11:55am Aquafit Intermediate Jane | | 11:00-11:55am Yoga Flow Dale |

See Reverse for Mid-Day and & Evening Classes

Mid-Day and Evening Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|--|--|--|--|
| Mid Day Classes | | | | | | |
| 11:30-12:45pm Yoga Flow Studio 4/5 Dale | | 11:30-12:25pm  Cindy  | | 11:30-12:30pm Yoga Flow Studio 4/5 Jonny | 11:30-12:55pm Power Yoga Janet | |
| 12:00-12:55pm Functional Conditioning Julian | | | | 12:00-12:55pm Functional Conditioning Julian | | 12:00-1:00pm  Liz |
| 1:00-1:45pm Cycle Julian | 12:00-12:45pm Cycle Allison | 12:00-12:55pm Cycle & Sculpt Derek | 12:00-12:45pm Cycle Carmen | 1:00-1:45pm Cycle Julian | | |
| 12:30-1:25pm Aquafit Advanced Christina | 12:30-1:25pm Aquafit Advanced Emre | | 12:30-1:25pm Aquafit Advanced Christina | | 12:30-1:25pm Aquafit Sue | |
| 1:00-2:00pm  Tanya | | 1:00-2:00pm  Tanya | | 1:00-2:00pm  Tanya | | 1:05-2:00pm Pilates Karen R. |
| | 1:00-2:00pm Yoga Flow Karmit | | 1:00-2:15pm Restorative Yoga Dale | | 1:00-2:15pm Restorative Yoga Dale | 2:15-3:30pm Stretch & Release Karen R. |
| Late Afternoon and Evening Classes | | | | | | |
| 4:30-5:25pm Pilates/ Barre Karen R. | 4:30-5:25pm Pilates Shari | 4:30-5:25pm Power Yoga Robert | | | Tokens are required for all classes and are available at reception 15 minutes prior to class. | |
| 5:30-6:30pm  Shannon | 5:30-6:25pm  Leigh | 5:30-6:30pm Total Body Sculpt Robert | 5:15-6:10pm Pilates Karen | | Wristbands are available at reception 1 hour prior to Aquafit classes and must be worn in order to participate. | |
| 6:00-6:45pm Cycle Victoria | 6:05-7:00pm Light Athletics Zeiad (Gym) | 6:00-7:00pm Cycle Carmen | 5:30-6:25pm Yoga Flow Julie(studio 4/5) | 5:30-6:25pm Stretch and Release Karen | All cycle classes are held in Studio 6 All other classes are held in studio 7 unless otherwise noted. | |
| | | | | | Classes that do not maintain an average of 10 participants are subject to change or cancellation. | |
| 6:30-7:25pm Body H.I.I.T Meaghan | 6:30-7:25pm Pilates Karen | 6:35-7:25pm  Hailey | 6:15-7:10pm Chisel IT! Zeiad | | Late Policy All classes have a 10 minute late policy You will not be admitted into a class if you arrive 10 minutes after of other class participants | |
| | 6:30-7:15pm Cycle (NEW) Anne-Marie | | 6:30-7:15pm Cycle (NEW) Marcio | | | |
| 7:30-8:45pm Ashtanga Yoga Jonny | | 7:30-8:15pm B.L.T (butt, legs thighs) Meaghan | 7:15-8:00pm Functional Conditioning Marcio | For any questions/ comments please contact your Group Exercise Manager; Carmen at: Groupex@mnjcc.org | | |

Group Exercise Class Descriptions

CARDIO CLASS DESCRIPTIONS:

Cardio Sculpt- The best of both worlds, get your cardio fix and sculpt those muscles.

Cycle (45 min), - Get your cardio fix in our dynamic cycle classes.

Cycle & awesome Abs- 30 minutes of cycle followed by 30 minutes of core conditioning.

Light Intervals- a combination of strength and cardio endurance intervals. Beginner to intermediate

Cardio Strength Circuit- provides a variety of exercises for burning calories, while gaining strength with little impact on the joints.

BODY H.I.I.T.-High Intensity Interval Training combining short bursts of cardiovascular and functional fitness exercises.

Fundamental Fitness- 1/3 low impact cardio, 1/3 muscle conditioning and 1/3 stretch. Great for seniors, and novice participants.

Chisel IT -Use weights and calisthenics to sculpt and shape muscles Plyometrics and low impact options are provided.

MUSCLE CONDITIONING CLASS DESCRIPTIONS:

Group Power -Your hour of Power! This barbell class strengthens all your major muscle groups. All fitness levels welcome.

Total Body Sculpt- This is a conditioning class using a variety of equipment such as dumbbells, balls & bands.

Awesome Abs - 25 minutes to focus on strengthening your core.

Functional Conditioning -Warm up with a Yoga flow mobility sequence. Master 3 rounds of 6 Primal movement patterns. Peak your performance with intervals of Cardio and Core conditioning

Lengthen & Strengthen- uses a variety of techniques to improve flexibility and strength in the muscles of the core and spine.

Stretch & Strength- uses elements from Yoga, Pilates and fitness to strengthen your core and body while increasing your flexibility.

B.L.T (Butt, Legs and thighs) - This class focuses strengthening and toning the lower body. Welcome to all levels

MIND BODY CLASS DESCRIPTIONS:

Yoga Flow-A synchronization of mind, body and breath by moving through a series of standing and seated postures. Participants are left feeling relaxed, centered and energized. **Gentle Yoga Flow** offers a slower pace.

Restorative Yoga- A gentle healing of Hatha Yoga using props. Please arrive early for proper set up. Entrance into class after start time is not permitted.

Power Yoga-influenced by Ashtanga Yoga, this is a dynamic form of Yoga, where one posture moves seamlessly into the next.

Ashtanga- a vigorous style of specific asanas (postures) sequenced to emphasize breath, strength, flexibility & endurance.

Classic Stretch- is designed to improve flexibility, posture and reduce stress. Slow extended stretches and proper body alignment are the emphasis.

Stretch & Release- is a myofascial stretch and body release program for better circulation, detoxification, and full body health.

Pilates- combines stretching and strengthening exercises to improve posture, breathing and core strength.

Pilates/ Barre- combines mat Pilates with Ballet moves using the Equalizer Bars for overall conditioning.

DANCE CLASS DESCRIPTIONS:

Zumba- Your workout will feel like a party while you perform simple choreography to great Latin music.

Groove- is a dance based fitness class with a limited emphasis on choreography and a larger focus on movement exploration. **Fundamental Groove** offers a gentler version of Groove.

AQUA CLASSES

Aquafit - is a cardio conditioning class done in the water.

Aquafit R.O.M. -This aquafit class emphasizes range of motion exercises. This is a great class for participants with conditions/ailments such as Arthritis, Osteoporosis, Fibromyalgia etc. with zero impact on the joints in a safe, effective and enjoyable environment.