




CLASS DESCRIPTIONS

BODY&MIND	FOREVER YOUNG	SPINNING	SCULPTING	CHOREOGRAPHY	ATHLETIC TRAINING
YOGA 55 MIN <i>All levels welcome! Enjoy this wonderful combination of various Yoga Practices</i>	EZ ENERGY 55 MIN <i>Improve mobility&stability as well as cardiovascular health in this soft impact class We complete this fun class with functional core and stretch</i>	SPIN 55 MIN <i>Fire up your cardio fitness in this super-sweaty cycling Workout!</i>	PUMPED PLUS 55 MIN <i>Get strong and defined as we WORK all major muscle groups! We improve our muscular STRENGTH, ENDURANCE & POWER! By adding in explosive movements!</i>	POWERSTEP 55 MIN <i>Traditional Step fitness Super-fun and flowing choreography followed by Core training and stretch</i>	TABATA 45 MIN <i>PUSH HARD and REST Intervals with a variety of equipment will greatly improve over-all fitness! Nothing fancy, just fierce!!! * CARDIO TABATA has no equipment and is 55 MIN</i>
ZEN BLEND 55 MIN <i>A beautiful BLEND of Tai Chi, Yoga and Pilates Improving Strength Balance, flexibility *special attention to the core</i>	EVER FIT 55 MIN <i>This gentle-moving class will improve over-all fitness including strength, balance and cardiovascular health *options provided</i>	SPIN&PUMP 55 MIN <i>We will SPIN you into shape and then... PUMP your major muscle groups to fatigue!</i>	SETS 55MIN <i>Super Set City!!! All Sculpt!! Using only dumb bells we do full body super-sets see new and amazing results!</i>	ZUMBA 55 MIN <i>Join the Party! Latin flavor Hi&Low Impact dance based movement & awesome music will make you forget it's a workout!</i>	CARDIOCUTZ 55 MIN <i>You have your own station to work all of your Training Systems In this seamless combination of powerful cardio and multi-muscular strength and endurance intervals</i>
VITALITY Stretch 55 MIN <i>Enjoy this slow paced stretch and flexibility class We move slowly and methodically to renew length and balance in our bodies</i>	ZUMBA GOLD 55 MIN <i>Join the Party! Low Impact dance based movement & awesome music will make you grin from ear to ear ZUMBA = fun fitness!</i>	MORNING SPIN 45 MIN <i>Start your day off right! Spin your way to a stronger heart and better health!</i>	SETSPLUS 55MIN <i>We kick up our regular SETS By adding an interval of... Explosive Muscular Power BETWEEN Each Super Set!!! We challenge our muscular</i>	HIGH FITNESS 55 MIN <i>A Sweaty Blast!! Fun: Popular music new and old Intensity: Intervals, plyometrics and easy to follow cardio Consistency: All instructors teach the same choreography!</i>	CARDIOPUMP 55 MIN <i>A Great start to your week! intervals of high-low and step cardio, and muscle-work will give you super results!</i>
PILATES 55 MIN <i>Improve your posture strengthen your core and make all of your everyday activities easier to perform!</i>	WACKY WEDNESDAY 55 MIN 9:00 ANYTHING GOES!! <i>Every Wednesday a different CARDIO class!</i> <i>Check out the monthly schedule So that you never miss out on Something NEW!!</i>		SETSPLUS 55MIN <i>We challenge our muscular</i> STRENGTH, ENDURANCE & POWER! 	MULTI STEP 55 MIN <i>ADVANCED STEP FITNESS! SO FUN, SO CHALLENGING AND GREAT FOR THE BRAIN! We use 2 or more steps each!! CAUTION: HIGHLY ADDICTIVE! *Previous Step Experience required PLEASE NOTE: LIMITED SPACE AVAILABLE PLEASE REGISTER AT THE FRONT DESK 24 HOURS BEFORE CLASS.</i>	HIIT CARDIO 55 MIN <i>High Intensity Interval Training Using only your body weight no fancy choreography Just crazy intense intervals of cardio</i> STRONG BY ZUMBA 60 MIN <i>THIS IS NOT A DANCE CLASS! Created by Zumba This class is a high intensity interval training style class set to BUMPIN' MUSIC! GET YOUR SWEAT ON!</i>

ALL CLASSES ARE SELF-PACED AND INCLUDED IN YOUR JCC MEMBERSHIP DROP-INS AVAILABLE

ANY QUESTIONS PLEASE EMAIL OUR GX COORDINATOR MICHELE COOMBS AT: mcoombs@cjcc.ca