

GROUP EXERCISE

WEEKLY CLASS SCHEDULE – November 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 45 <i>Jen P</i> 6:00-7:00 am Marcus/Mendel	BODYPUMP <i>Renea</i> 6:00-7:00 am Marcus/Mendel	Rev Cycle <i>Donna</i> 6:00-7:00 am Marcus/Mendel	Cycle HIIT 60 <i>Jen P</i> 6:00-7:00 am Marcus/Mendel	Studio Cycle <i>Donna</i> 6:00-7:00 am Marcus/Mendel	BODYPUMP <i>Susan</i> 8:15-9:15 am Marcus/Mendel	Studio Cycle <i>Allison</i> 8:15-9:15 am Marcus/Mendel
Morning Meltdown <i>Brodney</i> 7:30-8:30 am Marcus/Mendel	BODYSTEP <i>Susan</i> 9:00-10:00 am Marcus/Mendel	BODYPUMP <i>Kimberly H</i> 7:30-8:30 am Marcus/Mendel	BODYPUMP <i>Roz</i> 6:00 am-7:00 am Blank	BODYSTEP <i>Dana</i> 9:00-10:00 am Marcus/Mendel	BODYSTEP <i>Dana/Susan</i> 9:45-10:45 am Marcus/Mendel	Cycle HIIT 60 <i>Jen P</i> 9:45-10:45 am Marcus/Mendel
JumpStart <i>Brodney</i> 9:00-10:00 am Blank	Low & Light <i>Maureen</i> 10:00-11:00 am Blank	Core Motion <i>Dana</i> 9:00-10:00 am Marcus/Mendel	Body Weight Circuit <i>Maureen</i> 7:30-8:30 am Marcus/Mendel	BODYPUMP <i>Allison</i> 11:00 am-12:00 pm Marcus/Mendel		BODYATTACK <i>Dawn/Josh</i> 9:30-10:30 am Blank
Super Sculpt <i>Michele</i> 9:30-10:30 am Marcus/Mendel	NEW Zumba <i>Rachael</i> 11:00 am-12:00 pm Marcus/Mendel	Super Sculpt <i>Michele</i> 12:30-1:30 pm Marcus/Mendel	BODYPUMP <i>Allison</i> 9:00-10:00 am Marcus/Mendel			BODYPUMP <i>Renae</i> 12:30-1:30 pm Group Ex Studio
Core Intervals <i>Brodney</i> 11:00 am-12:00 pm Marcus/Mendel	Rev Cycle <i>Rachael</i> 2:00-2:45 pm Marcus/Mendel	BODYSTEP <i>Dana</i> 5:00-6:00 pm Marcus/Mendel	Core Intervals <i>Sitha</i> 11:00 am-12:00 pm Marcus/Mendel	PLEASE NOTE: Blank = Blank Gym Marcus/Mendel = Marcus/Mendel Gym Please visit atlantajcc.org/reopen to learn about all the details and procedures – including hours of operations – for engaging with the JCC. Group exercise classes will be held in the Blank and Marcus/Mendel Gyms with social distance markers to indicate where each class member should stand. Reservations must be made through MINDBODY for group exercise classes as there is a maximum of 15 participants per class. Instructions for using MINDBODY can be found at atlantajcc.org/mindbody . Members will be required to wipe off all equipment they touch with provided wipes. You must bring your own yoga mat and any		
BODYPUMP <i>Susan</i> 12:30-1:30 pm Marcus/Mendel	BODYPUMP <i>Roz</i> 5:00-6:00 pm Marcus/Mendel	BODYPUMP <i>Susan</i> 6:30-7:30 pm Marcus/Mendel	Dance HIIT Fit <i>Sitha</i> 12:30-1:30 pm Marcus/Mendel			
BODYSTEP <i>Susan</i> 5:00-6:00 pm Marcus/Mendel	BODYCOMBAT <i>Tricia</i> 6:30-7:30 pm Group Ex Studio		Quick Pedal <i>Sitha</i> 2:00-2:30 pm Marcus/Mendel			
BODYPUMP <i>Kimberly</i> 6:30-7:30 pm Group Ex Studio			Core Intervals <i>Danny</i> 5:30-6:30 pm Marcus/Mendel			

MIND BODY STUDIO

WEEKLY CLASS SCHEDULE – November 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga for Everyone <i>Joanna</i> 11:00 am-12:00 pm	Yoga for Everyone <i>Debra</i> 10:15-11:00 am	Yoga for Everyone <i>Geri</i> 11:00 am-12:00 pm	NEW BarreLaties 45 <i>Rachael</i> 10:00-10:45 am	Morning Meditation <i>Valerie</i> 8:00-8:30 am	Power Vinyasa <i>Kris</i> 9:00-10:00 am	YogaLaties <i>Joanna</i> 11:30 am-12:30 pm
VIRTUAL Mat Pilates <i>Karen</i> 4:00-4:45 pm	NEW Express Flow <i>Erika</i> 12:00-12:45 pm	VIRTUAL Mat Pilates with Props <i>Karen</i> 12:30-1:30 pm	VIRTUAL Body Flow <i>Karen</i> 10:00-11:00 am	Outdoor Power Vinyasa <i>Jenni</i> 8:15-9:15 am <i>At the Barn</i>	VIRTUAL Body Flow <i>Karen</i> 10:00-11:00 am	
VIRTUAL Vinyasa Flow <i>Karen</i> 5:30-6:30 pm	Vinyasa Flow <i>Julia</i> 1:00-2:00 pm	Power Vinyasa <i>Julia</i> 6:00-7:00 pm Outdoors	Tai Chi <i>Shane</i> 11:00 am-12:00 pm	Outdoor Gentle Vinyasa <i>Jenni</i> 9:30-10:30 am <i>At the Barn</i>		
	VIRTUAL Body Flow <i>Karen</i> 5:30-6:30 pm		YogaLaties <i>Joanna</i> 12:30-1:30 pm	NEW Vinyasa Flow <i>Erika</i> 11:00 am-12:00 pm		
			VIRTUAL Mat Pilates <i>Karen</i> 4:30-5:30 pm	VIRTUAL Body Flow <i>Karen</i> 12:30-1:30 pm		
			Mat Pilates Level 1 <i>Yenwen</i> 6:30-7:30 pm			

PLEASE NOTE:

Please visit atlantajcc.org/reopen to learn about all the details and procedures – including hours of operations – for engaging with the JCC.

Reservations must be made through MINDBODY for group exercise classes as there is a maximum of 6 participants per class. Instructions for using MINDBODY can be found at atlantajcc.org/mindbody. Virtual class participants should register in MINDBODY and they will receive a Zoom link by email.

Members will be required to wipe off all equipment they touch with provided wipes. You must bring your own yoga mat

ULTIMATE FITNESS

For Ultimate Members and Ultimate
Class Pass holders only



WEEKLY CLASS SCHEDULE – November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LIFT <i>Hunter</i> 11:00 am-12:00 pm	LIFT <i>Hunter</i> 10:00-11:00 am	Barn Bootcamp <i>Valerie</i> 7:00-8:00 am In the barn	HIIT BOXX <i>Valerie</i> 7:30-8:00 am	NEW Barn Bootcamp <i>Valerie</i> 6:30-7:30 am In the barn	Barn Bootcamp <i>Valerie</i> 9:00-10:00 am In the barn	Barn Bootcamp <i>Instructor Varies</i> 10:00-11:00 am In the barn
Pilates Reformer <i>Jennifer</i> 12:15-1:15 pm	HIIT BOXX <i>Stephanie</i> 5:00-6:00 pm	HEAT <i>Danny</i> 8:30-9:30 am In the Fitness Center	HEAT 30 <i>Valerie</i> 12:00-12:30 pm In the Fitness Center	HEAT <i>Valerie</i> 8:30-9:30 am In the Fitness Center	LIFT <i>Valerie</i> 11:00 am-12:00 pm	
OPEN GYM 4:30-6:00 pm		FitLine/LIFT <i>Danny</i> 11:00 am-12:00 pm	OPEN GYM 4:30-6:00 pm	LIFT <i>Valerie</i> 10:00-11:00 am		

PLEASE NOTE:

Please visit atlantajcc.org/reopen to learn about all the details and procedures – including hours of operations – for engaging with the JCC.

Ultimate classes are in the FitLine Studio unless otherwise indicated.

Reservations for Ultimate classes will be made through MINDBODY, limit 5 members per class and 8 members for Barn Bootcamp classes.

ULTIMATE CLASS PASS

INTRO PASS OFFER

\$55 / 5 CLASS PASS

* must use within 30 days of purchase date.

Unlimited	\$74/month
10 class pass	\$150 (use within 90 days)
8 class pass	\$136 (use within 60 days)

CLASS DESCRIPTIONS



Legend:

Magenta - Group Exercise Class
Yellow - Cycle HIIT Class
Green - Mind Body Class
Blue - Ultimate Class

BODYATTACK: High-energy moves that get you fit for the sport of life. Beginners and experts welcome.

BODYCOMBAT: High-energy, martial arts-inspired, non-contact workout. Punch, kick and strike your way to fitness.

BODYPUMP: Barbell workout for anyone looking to get lean, toned and fit. Use light to moderate weights with lots of repetition to get a total body workout.

BODYSTEP: Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP Athletic class you combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body.

Core Intervals: Short bursts of intense cardio and strength training to boost your metabolism, increase your anaerobic threshold, and build overall strength. Prepare to have fun, but work hard!

Core Motion: Through cardio and strength, focus on your core and major muscle groups using medicine balls, gliding discs, tubing, body bars, and your own body weight.

Core Zumba: Work on your core and earn your reward - a fun Latin dance party!

DanceHIITFit: Dance Cardio Fusion Class that incorporates repetitive dance moves with light weight exercises and toning.

Hard Core: Focus on your core and get a longer, leaner body!

LES MILLS TONE: The optimal mix of strength, cardio, and core training for a complete workout, using lunges, squats, functional training and tubing exercises. This great foundational class is perfect for all fitness levels.

LOW & LIGHT: low impact for all fitness levels. Class is split between low-impact cardio and sculpting with weights, bands and/or body weight.

POUND: A full-body jam session that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

Super Sculpt: Guaranteed to strengthen and challenge you using various resistance tools to sculpt and define.

ZUMBA: This fun dance workout fuses hypnotic Latin rhythms and easy-to-follow moves. An ego-free zone - no dance experience required.

CYCLE HIIT 60: Target multiple muscle groups for an efficient and effective total body workout. Alternate between spinning drills and floor work (cardio, strength training and functional moves).

CYCLE HIIT 45: Short on time? Get all of the benefits of CYCLE HIIT in just 45 minutes. See full description above.

Rev Cycle: Experience heart pumping hills, high intensity drills and all out sprints blended with choreographed strength work with light free weights.

RPM: Indoor cycling set to the rhythm of motivating music. Burn calories and get quicker & fitter, fast.

Studio Cycle: Burn max calories with rolling hills, steep climbs, flat roads and high speed interval training... Anything goes in this class!

BODYFLOW: Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

Jewish Meditation: Enjoy a meditation class with a Jewish twist! Instructed by Jewish educators who will take you on a journey and dive deeper in to your roots.

Mat Pilates: Focuses on core muscles that balance the body, awareness of breath and alignment of the spine. Can help ease or prevent back pain.

Morning Meditation: An easy morning meditation to check in with yourself and get ready for the day.

Power Vinyasa: Strengthen and open your body through fast-paced, total-body flows that develop your athleticism and provide mental benefits of a breath-based practice. For intermediate yogis.

Tai Chi: A Chinese martial art practiced for health and longevity; perfect for beginners who desire balance, strength, & focus.

Vinyasa Flow: a mixture of strength and cardio without losing the mindful essence of yoga. The perfect combo of sweat and shaking muscles for all fitness levels.

Yin Yoga: Hold floor poses for extended periods of time to develop a deeper awareness of your body and breathing.

Yoga for Every Body: Experience a gentle flow yoga practice appropriate for those returning to physical movement after time away; also great for beginners.

Dry Tri: Train like a triathlete without water with running, biking, and mystery weighted exercises.

FITLINE: Functional fitness provides all fitness levels with strength, stability, power, and endurance through basic functional movement like pushing, pulling, squatting, rotating, etc.

H.E.A.T.: High-intensity interval workout with core and sculpting drills between cardio breaks.

H.E.A.T.-30: Express format of our H.E.A.T. class. See full description above.

LIFT: Learn the fundamentals of Olympic Weightlifting (Clean, Jerk, Snatch) through technique drills and progressions.

OPEN GYM: Use our functional fitness equipment to complete your WOD, work on specific skills, or do your own thing. For most sessions, a coach will be available for questions and guidance.

TRX: SEAL-inspired suspension training bodyweight exercises develop strength, balance, flexibility and core stability.

Questions? Let us know!
fitnessclasses@atlantajcc.org
678.812.4022
All fitness schedules online at:
atlantajcc.org/groupexercise

FITNESS CENTER HOURS STAGE 2 OPENING

Monday-Thursday: 6:00 am-8:00 pm
Friday: 6:00 am-6:00 pm
Saturday and Sunday: 8:00 am-6:00 pm