

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