

# ULTIMATE FITNESS

For Ultimate Members only



## WEEKLY CLASS SCHEDULE — September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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FitLine FitLine Studio Grant 5:35-6:35AM	FitLine FitLine Studio Amir 5:35-6:35AM	FitLine FitLine Studio Grant 5:35-6:35AM	H.E.A.T. Fitness Center DeAnne 5:35-6:35AM	FitLine FitLine Studio Amir 5:35-6:35AM	FitLine FitLine Studio Grant 8:15-9:15AM	FitLine FitLine Studio Grant/Valerie 9:00-10:00AM
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FitLine FitLine Studio Grant 7:00-8:00AM	FitLine FitLine Studio Amir 8:15-9:15AM	FitLine FitLine Studio Grant 7:00-8:00AM	TRX FitLine Studio Brodney 7:00-8:00AM	FitLine FitLine Studio Amir 7:00-8:00AM	FitLine FitLine Studio Grant 9:15-10:15AM	FitLine FitLine Studio Grant/Valerie 10:00-11:00AM
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H.E.A.T. Cycle HIIT Studio Valerie 8:30-9:30AM	LIFT! FitLine Studio Grant 10:00-11:00AM	LIFT! FitLine Studio Jacob 8:15-9:15AM	LIFT! FitLine Studio Grant 8:15-9:15AM	FitLine FitLine Studio Jacob 10:00-11:00AM	LIFT! FitLine Studio Grant 10:15-11:15AM	
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FitLine FitLine Studio Valerie 10:00-11:00AM	H.E.A.T. 30 Cycle HIIT Studio Deanna B 12:30-1:00PM	H.E.A.T. Cycle HIIT Studio Danny 8:30-9:30AM	H.E.A.T. Cycle HIIT Studio Brodney 8:30-9:30AM	LIFT! FitLine Studio Jacob 1:45-2:45PM	<p><b>You must have an MJCCA Ultimate Membership to participate in classes on the Ultimate Fitness schedule.</b></p> <p><b>An Ultimate membership gives you:</b></p> <ul style="list-style-type: none"> <li>• Access to all Ultimate-level fitness classes</li> <li>• 10% reward on program fees</li> <li>• Complimentary bath towel services</li> </ul> <p><b>Try a FREE week of Ultimate classes! Contact Membership at 678.812.4060 or <a href="mailto:membership@atlantajcc.org">membership@atlantajcc.org</a>.</b></p> <p>See <a href="http://atlantajcc.org/saac">atlantajcc.org/saac</a> for details.</p>	
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TRX FitLine Studio Brodney 1:45-2:45PM	<p><b>OPEN GYM</b> FitLine Studio 4:00-7:00PM</p>	LIFT! FitLine Studio Jacob 10:00-11:00AM	FitLine FitLine Studio Grant 12:00-1:00PM	<p><b>OPEN GYM</b> FitLine Studio 4:00-6:00PM</p>
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<p><b>OPEN GYM</b> FitLine Studio 4:00-7:00PM</p>	<p><b>OPEN GYM</b> FitLine Studio 4:00-7:00PM</p>	LIFT! FitLine Studio Jacob 12:00-1:00PM	<p><b>OPEN GYM</b> FitLine Studio 4:00-7:00PM</p>
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		FitLine FitLine Studio Jacob 1:45-2:45PM	
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H.E.A.T. Cycle HIIT Studio Deanna B 5:30-6:30PM		<p><b>OPEN GYM</b> FitLine Studio 4:00-7:00PM</p>	H.E.A.T. Cycle HIIT Studio Susan 5:30-6:30PM
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<p><b>DryTri</b> Cycle HIIT Studio Deanna B 5:30-6:30PM</p>
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<p><b>Pilates Reformer</b> Pilates Studio Yenwen 6:30-7:30PM</p>
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Follow us on Facebook for great fitness updates, motivation, and more!



/mjccafitness

Schedule is subject to change; please check [atlantajcc.org/groupfitness](http://atlantajcc.org/groupfitness) for updates.

# 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, like walking up and down stairs, makes for a full-body cardio workout that tones your posterior chain (glutes and thighs).

**Butts & Guts:** Work your core with a challenging variety of exercises to tone and strengthen your midsection while gluteal-focused moves work your backside.

**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!

**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](mailto:fitnessclasses@atlantajcc.org)  
 678.812.4025  
 All fitness schedules online at:  
[atlantajcc.org/groupexercise](http://atlantajcc.org/groupexercise)

**FITNESS CENTER HOURS**  
 Monday-Thursday 5:30 am--10:00 pm  
 Friday 5:30 am--6:00 pm  
 Saturday 8:00 am--6:00 pm  
 Sunday 8:00 am--8:00 pm  
 Men Only: Sunday 6:00--7:00 pm  
 Women Only: Sunday 7:00-8:00 pm