

# ULTIMATE FITNESS

For Ultimate Members only



## WEEKLY CLASS SCHEDULE — August 2019 \*starts Aug 3

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 Jacob 8:15-9:15AM	FitLine FitLine Studio Grant 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 DeAnne 8:30-9:30AM	H.E.A.T. Cycle HIIT Studio Brodney 8:30-9:30AM	LIFT! FitLine Studio Grant 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 Jacob 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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<p><b>OPEN GYM</b> FitLine Studio 4:00-7:00PM</p>	<p><b>OPEN GYM</b> FitLine Studio 4:00-7:00PM</p>	FitLine FitLine Studio Jacob 1:45-2:45PM	<p><b>OPEN GYM</b> FitLine Studio 4:00-7:00PM</p>
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H.E.A.T. Cycle HIIT Studio Danny 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>OPEN GYM</b> FitLine Studio 4:00-7:00PM</p>	<p><b>OPEN GYM</b> FitLine Studio 4:00-7:00PM</p>	DryTri Cycle HIIT Studio Danny 5:00-6:00PM
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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>	Pilates Reformer Pilates Studio Yenwen 6:30-7:30PM
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Follow us on Facebook for great fitness updates, motivation, and more!



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

**MJCCA**  
**Kid Zone**  
**DROP-OFF CHILDCARE**  
**6 WEEKS TO 10 YEARS**

MJCCA Ultimate and Preferred Members receive two FREE hours of Kid Zone childcare per family per day, for all children on the membership, while working out at the MJCCA Zaban Park Campus!

**RESERVATIONS:**  
[kidzone@atlantajcc.org](mailto:kidzone@atlantajcc.org)  
 678.812.3830  
[atlantajcc.org/kidzone](http://atlantajcc.org/kidzone)