

JCC Marilyn Fox Building Fitness Class Descriptions

Cardio Ballet Barre: Want to feel like a dancer? Try this high energy, low impact workout incorporating the principles of ballet barre, cardiovascular, balance, stretching and poise...

Ballroom Dance: Dancing taught for anyone ages 13+. Wear comfortable dancing shoes. A partner is not required.

Basic Training: This class is your wake up call! This early morning workout is a great way to start the day and involves a combination of cardio and strength training intervals similar to a Boot Camp style personal training. A great introduction to small group personal training!

Cardio & Sculpt: A moderate intensity cardiovascular and strength class that will give you a great total body workout.

Cardio Circuit: Non-stop, one-minute intervals of cardio, sculpting and abdominals. This class is guaranteed to work your entire body, leaving you feeling renewed and energized.

Cardio Kickboxing: Kick, punch, and sweat your way to a higher fitness level! The class includes boxing combinations and athletic drills to challenge you to develop strength, stamina and agility. Learn proper form and technique. All levels welcome.

Cardio Pump: A low-intensity aerobic class combining strength and endurance, joint stability and mobility, balance and flexibility.

CORE: A 30-minute class that will strengthen and stabilize the abdominals and lower back through intense exercises targeting the CORE!

Deep Definition: An intense body sculpting class focusing on core strength, functional training, balance, flexibility and strength.

Early Express Circuit: Squeeze in a great total body workout in the early a.m.! You can jump into this circuit at any time during the class for strength training and cardio intervals.

Express Sculpt: This 45 minute sculpt class will give you the energy to get through the rest of the day as well as increase your strength and endurance.

"Fit After 50": This class emphasizes strength, balance, flexibility and agility and includes cardio endurance activities to enhance a healthy lifestyle.

Gentle Pilates: This Pilates class is gentle enough to attend everyday and ideal for students looking to begin their practice.

Gentle Yoga: This Yoga class is gentle enough to attend everyday and ideal for students looking to begin their practice.

Hip Hop: This low stress, high energy class provides technical instruction and encourages personal expression! No previous training in Hip Hop required.

jFit Kids: A unique exercise program designed for children ages 6-12. The class is led by a nationally certified instructor who will ensure the group is receiving the exercise they need to grow healthy and strong, while having a blast in a non-competitive environment.

jFit Teens: An exercise program designed for kids ages 13+. The class is led by a nationally certified instructor who will ensure the group is receiving the exercise they need to grow healthy and strong, while having a blast in a non-competitive environment.

Kettlebell Cross Train: A class that not only teaches you how to properly utilize kettlebell techniques using natural momentum, proper posture and alignment, but also includes some familiar resistance training techniques and equipment as well.

Pilates: A progressive series of exercises, based on the methods of Joseph Pilates, designed to increase the strength of your body's core (abdominals, back, gluteus and hips) while lengthening the muscles. All classes are "multi-level" unless otherwise noted.

PIYO: A dynamic, faster-paced class designed to effectively improve functional training and dynamic balance using moves inspired by Pilates, Yoga, Athletic Conditioning, and Functional Training.

R.I.S.E. Sculpt: Repetitions + Intensity + Sequencing + Energy...Combine these elements to lift every muscle in your body UP! In this class, you will cycle through various numbers of repetitions, intensity levels, and sequencing strategies to keep the muscles guessing!

Spin: An aerobic class that takes place on a stationary bike. Experience taking a ride while an instructor talks you through a visualized outdoor cycling workout with music!

Step: This choreographed step class includes dance moves! Challenge your fitness level while improving cardiovascular endurance, balance, and coordination.

Super Sculpt: Sculpt your total body, burn fat, increase lean muscle and improve endurance! This non-stop workout utilizes weights, tubing and your body weight.

Total Conditioning: This class combines anaerobic activity with plyometric and calisthenics drills to offer a challenging option to your cardio routine.

Treading: Experience the benefits of this 45 minute cardiovascular class taught on the treadmill. The class utilizes interval training principles including varying speeds and ramp heights. All levels welcome.

Turbo Kick: An energizing, cardio kickboxing interval class which includes intensity drills and increased energy sprints followed by work recovery segments.

Yoga: Build strength, flexibility and balance through a unique combination of breathing techniques and postures. All classes are "multi-level" unless otherwise noted; instructors will determine level of class.

ZUMBA: A fusion of Latin and International music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps.

AQUATIC CLASSES

Aqua Boot Camp: Try this high intensity boot camp class which includes cardio intervals and weights in the water!

Aqua Burn and Firm: An energetic and invigorating class that combines aqua aerobics and strength training for a total body workout.

Aqua Chi: Tai Chi is incorporated in the water with neurological exercises to increase balance, coordination and agility.

Arthritis Foundation Exercise: Program participants are led by trained personnel through a series of specially designed exercises which, with the aid of the water's buoyancy and resistance, can help improve joint flexibility.

Multiple Sclerosis Conditioning: Improve balance, flexibility, strengthen muscles, increase mobility and improve overall well-being.