

Dwares JCC Virtual Group Exercise Class Descriptions

Bootcamp

Our Bootcamp classes are designed to keep you on your toes! We want to keep you guessing - each class is designed to be different and we will challenge you every class! We want you to have tons of fun – but be prepared for some high intensity training!

Mat Pilates

A holistic approach to total body conditioning emphasizing the use of the mind and breath for the execution of controlled and concentrated movements.

Zumba!

ZUMBA® is a fusion of Latin and International rhythms that create a dynamic, exciting, dance fitness class that is based on the principle that a workout should be "FUN AND EASY TO DO." All levels are welcome as the instructor will guide you through the movement. Ditch the workout and join the dance party!

Family Fitness

A mix of body weight strength exercises, calisthenics, and foundational movements performed mainly in circuit and Tabata style. Family Fitness appeals to all ages.

Bodyweight Wake Up

Start your day with a full-body workout focused on cardiovascular fitness and strength. This class will challenge most fitness levels using high intensity intervals mixed with body-weight strength and core-training. No equipment necessary.

Get Moving!

Let's move and have fun! This class is perfect for those looking for low impact aerobics and light cardio.

Kick & Strength

Punch and kick your way to a total-body workout! This class will keep your heart rate up while strengthening various muscle groups at the same time.

Cardio Core

This class will get your heart pumping and strengthen your core muscles through a variety of Tabata or interval style exercises.

Barre / Barre Bootcamp

A non-impact total body workout combining elements of Pilates, yoga, and ballet. Target all major muscle groups to reshape the entire body. The results are improved posture, toned arms and legs and a strong core. No ballet or dance experience needed!

Chair Yoga

A gentle Iyengar yoga class which focuses on alignment and using a chair to modify the poses when needed. This class includes mindfulness, relaxation, and breathing exercises.

Strength & Conditioning (S&C)/Muscle Sculpt

These classes focus on muscle toning and strengthening. Emphasis varies by class and instructor, but you'll always come out of class stronger! Exercises can be completed with bodyweight or light weights.

Dance Fitness

This class incorporates easy-to-follow dance routines that are designed to improve cardiovascular fitness and build muscle tone. No dance experience required. All levels welcome!

Senior Strength

This class uses functional training exercises for full body strengthening. All you need is light weights and a chair!

Core & Stretch

A focus on slow, controlled core/abdominal strength exercises to begin class, followed by a long series of total body mat stretches, with the occasional use of a foam roller for additional muscle release.

Stability Sculpt

Grab your stability ball (if you have one!) and slow things down in this class as we isolate specific muscles in the hips, glutes, and abdominals to improve balance, stability, and core strength. Stability ball recommended, but not required.

Balance Training

Everybody could use this class which focuses on single-sided (unilateral) movements to correct imbalances in the strength and improve balance and stability. If you're looking for a class with slow, fluid movements with an emphasis on the breath, this is the class for you!

Senior Movement & Mobility

This class uses strength and functional training as well as balance exercises. Range of motion exercises focus on the joints to help maintain quality of living.

Yoga

Tone your body and mind and improve strength, stamina, flexibility, structural alignment, and balance. You will leave feeling relaxed and refreshed.

Senior Sunday Cardio Strength

A combination of low-impact aerobics and functional training exercises. This class focuses on gentle, full body strengthening from your head to your toes!

Meditative Cardio

Dust off your treadmill, elliptical, indoor bike or other favorite cardio equipment and join us for some meditative cardio! Participants enjoy music while working at a pace that is comfortable and relaxing for them. The goal of this class is to encourage meditation with the added benefit of cardio activity.

Slow Flow for Aquatics

This class is designed for swimmers that are looking for moderate to slow activity. Slow Flow for Aquatics strives to achieve a similar meditative mindset to swimming with a focus on breathing techniques and light stretching. This class is open to all physical capabilities and swimmers of all ages!

HIIT (High Intensity Interval Training)

Ready for a challenge? This a training technique in which you give all-out 100% effort through quick intense bursts of exercise followed by short, sometimes active, recovery periods. HIIT workouts build cardiovascular fitness while improving strength, building lean muscle, and maximizing calorie burn during and after the workout.