<table>
<thead>
<tr>
<th>TIME</th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30AM</td>
<td>V</td>
<td>Bootcamp</td>
<td>S1</td>
<td>Spin Allie</td>
<td>V</td>
<td>Cardio Core Dawn</td>
<td>V</td>
</tr>
<tr>
<td>7:00AM</td>
<td>S1</td>
<td>Spin Allie</td>
<td>S1</td>
<td>Mat Pilates Kim</td>
<td>S2</td>
<td>Strength &amp; Conditioning Nikki Flow Yoga Christine</td>
<td>S2</td>
</tr>
<tr>
<td>8:00AM</td>
<td>8:15am</td>
<td>S1</td>
<td>Barre Kim</td>
<td>S1</td>
<td>Mat Pilates Kim</td>
<td>V</td>
<td>Barre Bootcamp Kim</td>
</tr>
<tr>
<td>9:00AM</td>
<td>S1</td>
<td>Zumba! Nancy</td>
<td>S1</td>
<td>Zumba! Allie</td>
<td>S1</td>
<td>Vinyasa Flow Yoga Christine</td>
<td>S2</td>
</tr>
<tr>
<td>10:00AM</td>
<td>S1</td>
<td>Restorative Yoga Christine</td>
<td>S1</td>
<td>Senior Strength Allie</td>
<td>S1</td>
<td>Get Moving! Allie</td>
<td>S1</td>
</tr>
<tr>
<td>11:00AM</td>
<td>S1</td>
<td>Zumba! Nancy</td>
<td>S1</td>
<td>Get Moving! Allie</td>
<td>S1</td>
<td>Chair Yoga Naama</td>
<td>S1</td>
</tr>
<tr>
<td>12:00PM</td>
<td>S1</td>
<td>Senior Strength Allie</td>
<td>S1</td>
<td>Mobility &amp; Stretch Rob</td>
<td>S1</td>
<td>Senior Strength Allie</td>
<td>S1</td>
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<tr>
<td>3:00PM</td>
<td>S1</td>
<td>Step Allie</td>
<td>S2</td>
<td>Boxing Pierre</td>
<td>S2</td>
<td>Hard Core Allie</td>
<td>S2</td>
</tr>
<tr>
<td>4:00PM</td>
<td>S1</td>
<td>Spin Nikki</td>
<td>S1</td>
<td>Israeli Camp Dancing Elihay</td>
<td>S2</td>
<td>Cardio Strength Allie</td>
<td></td>
</tr>
<tr>
<td>5:00PM</td>
<td>S2</td>
<td>TRX® Allie</td>
<td></td>
<td>S2</td>
<td>Cardio Strength Allie</td>
<td></td>
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</tr>
<tr>
<td>6:00PM</td>
<td>S2</td>
<td>Cardio Core Kim</td>
<td>S1</td>
<td>Spin Nikki</td>
<td>S1</td>
<td>Mindful Strength Power Yoga Kim</td>
<td></td>
</tr>
</tbody>
</table>

**Missing out on Group Ex. updates?**
Join remind.com by emailing your name & cell # and/or email address to nlong@jewishallianceri.org

*Nikki Long, Director of Group Ex & Fitness Center Operations | nlong@jewishallianceri.org or 401.421.4111, ext. 210
401 Elmgrove Avenue | Providence, RI 02906 | jewishallianceri.org*
CLASS DESCRIPTIONS

**CARDIO & STRENGTH**

**Bootcamp**  
A total body sculpting workout using aerobic and strength training. Emphasis varies by class and instructor, but you can be sure you will walk out tired and toned.

**TRX® Circuit**  
A mix of body weight strength exercises, calisthenics, and foundational movements performed mainly in circuit style.

**Cardio Core**  
This High Intensity Interval Training (HIIT) class will get your heart rate up and strengthen your core muscles through a variety of Tabata or interval style exercises.

**Cardio Strength**  
This class targets every muscle and is designed to make you sweat and burn calories while also building muscular strength.

**Spin**  
Hop on a stationary bike for a heart pumping workout.

**Step**  
Get an intense cardio workout, using an adjustable step and combinations of step patterns set to music. Low impact movements on and around the step will create variety.

**Boxing**  
Punch and kick your way to a total-body workout by keeping your heart rate up while strengthening various muscle groups.

**Zumba!**  
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.”

**Strength and Conditioning/Muscle Sculpt**  
These classes are designed to increase physical strength through weight-bearing and resistance exercise. All major muscle groups are worked from head to toe. We finish with core.

**TRX®**  
Suspension Training® is a revolutionary method of leveraged bodyweight exercise that builds a strong core, strength, flexibility, and endurance. This workout harnesses the way your body naturally moves to improve your athletic performance.

**Hard Core**  
Challenge your core muscles and learn how to strengthen the muscles that stabilize your back, hips, and shoulders.

**MIND & BODY**

**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.

**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. No ballet or dance experience needed!

**Chair Iyengar Yoga**  
A gentle iyengar yoga class which focuses on alignment and using a chair to modify the poses when needed. Includes mindfulness, relaxation, and breathing exercises.

**Core & Stretch**  
A focus on slow, controlled core/abdominal strength exercises to begin class, followed by a long series of total body mat stretches.

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

**Restorative Yoga**  
Class begins with a short vinyasa flow, and then moves into holding passive stretches using props as needed. This class is for anyone looking to slow down, open the body, and relax.

**Vinyasa Flow Yoga**  
A yoga class for all levels, focused on linking the breath with movement as you flow from one pose to another.

**ACTIVE OLDER ADULTS**

**Get Moving!**  
Let’s move and have fun! Energetic, low-impact aerobics class.

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

**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.

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**Hours of Operation**

Monday-Thursday | 7:00am - 8:00pm  
Friday | 7:00am - 6:00pm  
Saturday | CLOSED  
Sunday | 7:00am - 2:00pm

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**Group Exercise Class Rules**

- Participants must be on time to class. Due to safety concerns classes may not be joined more than 5 minutes after they begin.
- Appropriate and functional attire and footwear must be worn at all times.
- All equipment must be wiped down after use.
- Coats, bags, etc. are not allowed in the exercise studios. J-Fitness is not responsible for lost personal items and recommends securing your belongings.
- Schedule and instructors are subject to change.
- **Classes with fewer than 5 participants are subject to cancellation.**