

# SUMMER 2017

June 2017– August 2017

All Classes 50 minutes  
unless otherwise noted.



# Group Exercise

MON	TUES	WED	THURS	FRI	SAT
<b>5:30 AM</b> Cycle Tamicka Cycle Studio		<b>5:30 AM</b> HIIT Tamicka Main Studio		<b>5:30 AM</b> Cycle Tamicka Cycle Studio	
<b>6:30 AM</b> HIIT Tamicka Main Studio	<b>7:00 AM</b> Mat Pilates Juliana Mind/Body Studio	<b>6:30 AM</b> Cycle Tamicka Cycle Studio			
<b>8:30 AM</b> Hi-Lo Sculpt Sharon Main Studio	<b>8:30 AM</b> Cycle Denise Cycle Studio	<b>8:30 AM</b> Hi-Lo Sculpt Sharon Main Studio		<b>8:30 AM</b> Hi-Lo Sculpt Sharon Main Studio	<b>8:00 AM</b> Cycle Anna Cycle Studio
<b>9:15 AM</b> Hatha Flow Yoga Michelle Mind/Body Studio		<b>8:45 AM</b> Bootcamp Anna Basketball Court	<b>8:45 AM</b> Yogalates Juliana Mind/Body Studio	<b>9:00 AM</b> Mat Pilates Juliana Mind/Body Studio	<b>9:00 AM</b> Strength Training Anna Main Studio
<b>9:30 AM</b> Dance/Fitness Karrie Main Studio	<b>9:30 AM (\$)</b> Cardio Circuit Fitness Center		<b>9:30 AM (\$)</b> TRX Circuit Training Fitness Center	<b>9:30 AM</b> Cycle Christina Cycle Studio	
	Heart Strong Deirdre Main Studio	<b>9:45 AM</b> Cycle Anna Cycle Studio	Heart Strong Deirdre Main Studio	<b>9:45 AM</b> Zumba Karrie Main Studio	
<b>10:00 AM (\$)</b> TRX Circuit Training Fitness Center		<b>10:15 AM</b> Mat Pilates Juliana Mind/Body Studio			<b>10:00 AM</b> Vinyasa Flow Gemma Mind/Body Studio
<b>10:30 AM</b> Tai Chi Glenn Mind/Body Studio	<b>10:15 AM</b> Cycle Guild Cycle Studio				
	<b>11:00 AM</b> Arthritis Fitness Deirdre Main Studio		<b>11:00 AM</b> Chair Yoga Bari Mind/Body Studio	<b>11:00 AM</b> Arthritis Fitness Deirdre Main Studio	<b>8:30 AM</b> Cycle TBD Cycle Studio
	<b>12:10 PM</b> F.I.T Deidre Main Studio		<b>12:10 PM</b> F.I.T Deidre Main Studio		<b>9:30 AM</b> Tai Chi Glenn Mind/Body Studio
	<b>4:30 PM</b> Gentle Yoga Lisa Mind/Body Studio				Piloxing Carol Main Studio
<b>5:30 PM</b> Zumba® Susie Main Studio	<b>5:30 PM</b> Cardio Circuit Anna Main Studio		<b>5:30 PM</b> F.I.T Anna Main Studio		
			Tai Chi Glenn Mind/Body Studio		
<b>6:30 PM</b> Hatha Yoga Lisa Mind/Body Studio	<b>6:30 PM</b> Cycle Eugene Cycle Studio	<b>6:30 PM</b> Hatha Yoga Lisa Mind/Body Studio	<b>6:45 PM</b> Zumba Susie Main Studio		
	<b>7:00 PM</b> Hatha Yoga Markela Mind/Body Studio	<b>7:00 PM</b> Cycle Eugene Cycle Studio	<b>7:00 PM</b> Vinyasa Flow Yoga Markela Mind/Body Studio		

## SUN

# Class Descriptions

We want to hear from you!  
For comments or concerns contact:  
[avazquez@shamesjcc.org](mailto:avazquez@shamesjcc.org)



371 South Broadway  
Tarrytown, NY 10591  
914-366-7898

## CARDIO / STRENGTH:

**Arthritis Fitness** - Exercise in a sitting or standing positions to improve posture, balance,, mobility and core strength. Emphasis on form with special attention to joint and back health.

**Boot Camp** - Whole-body toning workout that mixes traditional callisthenic and body weight exercises with interval and strength training.

**Cardio Challenge** - A cardiovascular endurance class that promotes sports conditioning techniques designed to improve athletic performance. Exercises include load-bearing movements that focus on proper alignment for joint safety and core conditioning for optimum endurance.

**Cardio Circuit** - A combination of cardio and intense muscle work. Guaranteed to give you a total body workout with a large focus on calorie burning.

**Cycle** - This indoor cycling class is a great cardiovascular workout. Pedal through hill climbs, sprints, and other challenging drills and exercises. All levels are welcome. Remember to bring your water bottle.

**Dance Fitness** - Uses music with different genres to create a dance party environment. Dance your way to health and fitness with this music-based program and easy-to-follow dance routines.

**F.I.T** - *Full body interval training this 45 minute class uses a variety of equipment for a full body workout, Be ready for challenging resistance workout complimented by intense cardio burst. Take your coordination, joint mobility and overall endurance to the next level when you come out to get F.I.T*

**Heart Strong** - Geared towards the active crowd, this class blends step and aerobics with Pilates, Barre, and Yoga. Guaranteed to get a full body workout.

**HIIT** - High Intensity Interval Training is a training technique that gives you intense bursts of exercise, followed by short recovery periods..

**Hi-Lo Sculpt** - This total Body workout includes intervals of cardio, strength training, core toning and stretch.

**Piloxing** - A non stop mix of Pilates, dance, and boxing moves that progress in 3 minute rounds, alternating standing sculpting exercises from ballet and Pilates with the power punches and footwork of boxing

**Senior Cardio** - Low-impact cardio workout designed with the older adult in mind. Class consists of warm-up, cardio routine, muscle strengthening and cool down/relaxation.

**Senior Strength** - A circuit class that incorporates strength exercises for the whole body. Over time you will feel steady and more confident when you move and engage in daily activities.

**Strength Training** - Class is focused on muscle strength and toning for the whole body. Class will include cardiovascular work to help burn calories.

**Zumba®** - Latin-inspired, cardio-dance workout to reach maximum calorie burn. Have fun while you perform an exhilarating dance with choreographed steps. The upbeat music and easy-to-follow dance moves will encourage cardiovascular health and weight loss.

## STRETCH & MOBILITY:

**Chair Yoga** - This is the gentlest form of yoga; it is easier on your muscles, and is for people who find it difficult to get up and down from the floor. .

**Hatha/Hatha Flow Yoga** - A multi-level strength based practice which incorporates a series of poses that flow smoothly. This class also combines breathe and movement during traditional sun salutations. While increasing strength and flexibility, you will build your practice by advancing through modification while creating a calmer mind and healthier body.

**Gentle Yoga** - Combines yoga postures, breathing and meditation at a beginning level. Gentle Yoga provides a beautiful way to softly wake the body up and stretch yourself out.

**Mat Pilates** - Mind-body class that improves flexibility, builds strength and develops control and endurance in the entire body. Using a mat, Pilates will have a large focus on developing your core.

**Tai Chi** - Our mind/body program uses simplified "24-Step" Yang Style forms, considered to be the Tai Chi Form most widely taught and practiced worldwide. Designed to benefit and accommodate all fitness levels. It helps improve balance, flexibility, mental focus, concentration and peripheral blood circulation. Helps reduce fall risks and pain.

**Vinyasa Flow** - Open level aims to unite movement with breath through flowing sequences which build on each other culminating with specific pose or message. As this is an open level class, poses and sequences will be modified for all abilities.

**Yogalates** - In this class, we combine Pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach. This low-impact workout will increase your fitness level. Develop your core strength and stabilization through Pilates poses, and improve your flexibility, muscular strength, posture and alignment through yoga poses, breathing and relaxation.

## Large Group Trainings:

**E9** - Endure 9 (E9) Targets nine core areas of your body in this energetic and complete workout. This group training will hit your shoulders, biceps, triceps, chest, back, core, glutes, quads and hamstrings.

**TRX Circuit** - Ready to challenge your workout with high intensity, powerful movements at a faster tempo. This class has timed interval sets combining TRX, weights and cardio drills. Guaranteed to keep your heart rate pumping and burning mega calories while engaging larger while engaged in intense body conditioning.