

2017 Winter/Spring Schedule • Feb - May

Monday

GROUP EXERCISES	MIND BODY	PACE	CYCLING	THE RIG/AQUATICS
				5:30 am \$ Masters Swim
			6 am Laura	6:30 am TRX Level 2/Lloyd
	7 am Yoga/Annette	7 am PACE I/Rachel		
	8 am Core/Rachel	8 am PACE I/Mary		8 am Aqua Aerobics/Christy
9 am Advanced Step/Rhina	9 am Zumba/J.Lynne	9 am PACE I/Mary	9 am Amy	9 am TRX/Lloyd
10 am Body Pump/Rhina	10 am Tai Chi/Shuping	10 am PACE II/Mary		
	11 am Body Sculpt/Annette			
	12 pm Yoga/Kristin			
		1 pm PACE I/Mary		
	2-4 pm Reserved ECE			
4:30 pm \$Youth Body Pump				
5:30 pm Zumba/J. Lynne	5:30 pm Hatha Yoga/Pamela		5:30 pm Jodi	

Tuesday

GROUP EXERCISES	MIND BODY	PACE	CYCLING	THE RIG/AQUATICS
5:45 am Body Pump/Laura & Mary				
			6 am Leilani	
	7 am Yoga All Levels /Shari			
8 am BodyCombat/Gary	8 am Core/	8 am PACE I/Mary		
9 am Beg Tai Chi/Shuping	9 am Step & Sculpt /Bonnie		9 am Claudine	9 am TRX Level 2/Amy
10 am Dance Party /Rhina	10 am Zumba Gold/Sasha			10 am TRX Level 1/Shelley
11:15 am Silver Sneakers /Mary	11 am Stretch/Lois			
4:30 pm Int. Step/Bonnie				
5:30 pm BodyCombat-Pump/Nichole	5:30 pm Yoga All Levels /Annette		5 pm Amy	
7:30 pm \$ Israeli Dance/Lisa				

Wednesday

GROUP EXERCISES	MIND BODY	PACE	CYCLING	THE RIG/AQUATICS
				5:30 am \$ Masters Swim
			6 am Laura	6:30 am TRX Level 2/Lloyd
7 am Body Shape/Mary	7 am Yoga All Levels /Lois	7 am PACE I/Rachel		
	8 am Core/Rachel	8 am PACE I/Mary		8 am Aqua Aerobics/Elsbeth
9 am Advanced Step/Rhina	9 am Zumba/Patricia	9 am PACE I/Mary	9 am Heart Zones/Shelley	
10 am Body Pump/Rhina	10 am Barre/Megan	10 am PACE II/Mary		
11 am Chair Yoga /Ellen				
12 pm Qigong/Jason		1 pm PACE I/Mary		
	3-5 pm Reserved J Care			
4:30 pm Int. Step/Bonnie			4:30pm \$ Youth Cycling	
5:30 pm Zumba/J. Lynne			5:30 pm Lani	

Thursday

GROUP EXERCISES	MIND BODY	PACE	CYCLING	THE RIG/AQUATICS
5:45 am Body Pump/Laura				
			6 am Lani	
	7 am Yoga All Levels /Shari			
8 am BodyCombat-Pump/Nichole	8 am Tai Chi/Shuping	8 am PACE I/Mary		
	9 am PiYo/Lani		9 am Rhina	
	10 am Stretch/Elsbeth			10 am TRX Level 2/Lani
11:15 am Silver Sneaker /Mary	11 am Hatha Yoga /Shalmali			
5 pm Dance Party/Rhina	5:30 pm Yoga All Levels /Annette		5 pm Pamela	
6 pm Body Pump/Lauren				

Friday

GROUP EXERCISES	MIND BODY	PACE	CYCLING	THE RIG/AQUATICS
5:45 am BodyCombat/Jodi				5:30 am \$ Masters Swim
			6 am Leilani	
7 am Body Shape/Mary		7 am PACE I/Rachel		
	8 am Core/Nichole	8 am PACE I/Mary		8 am Aqua Aerobics/Judi
9 am Zumba/J. Lynne	9 am Insanity/Nichole	9 am PACE I/Mary	9 am Heart Zones/Shelley	
10 am Body Pump/Laura	10 am Stretch & Mobility/Maralyn	10 am PACE II/Mary		10 am TRX Level 1/Jen
	11 am Fit/Maralyn			
2 pm Chair Yoga/Ellen				
3 pm Beg Tai Chi/Shuping	3:30 pm Gentle Yoga/Pamela			
	4:30 pm \$ Youth Yoga			

Saturday

GROUP EXERCISES	MIND BODY	PACE	CYCLING	THE RIG/AQUATICS
8 am Fit/Eileen				
9 am Body Pump/Jodi	9 am Barre/Alisa		8 am Joel	
10 am Zumba Gold/Sasha	10 am Yoga/Maralyn			

Sunday

GROUP EXERCISES	MIND BODY	PACE	CYCLING	THE RIG/AQUATICS
8 am Fit/Eileen			8:30 am Laura	7:30 am \$ Masters Swim
9 am BodyCombat/Gary	9 am Feldenkrais/Bill			10 am TRX Level 2/Rhina
10 am Zumba/Colin	10 am Core/Steve		10 am Heart Zones/Shelley	11 am TRX Level 1/Laurie
	4 pm \$Line Dance/Karen			
5 pm \$ Israeli Dance/Brandi				

*Classes Subject to Change



SPECIALTY CLASSES Feb - May 2017

JXT Small Group Training
Start Date: Week of March 13
Time: Multiple-See Website
Instructor: Brandon Wagner & Lloyd Lewis
Class Fee: See Website for Pricing

Meditation
Start Date: Monday, March 6
Time: 4:30pm
Instructor: Pamela Adler
Individual Class Fee: \$12/\$10 Member

Stroller Boot Camp
Start Date: Thursday, February 9
Time: 8am
Instructor: Lani Randle
Individual Class Fee: \$5/\$4 Member

The Groove Method
Start Date: Monday, February 6
Time: Wed & Fri 1:30pm
Instructor: Diane Turner
Individual Class Fee: \$15/\$12 Member

PWR! Up for Parkinson's
Start Date 1: Monday, April 24
Time: Mon & Wed 11am
Instructor: Mary Byrnes
Class Fee: \$400/\$320 Member

Ride and Roll Summer Slump - Buster
Start Date: Monday, June 19
Time: 11:15am
Instructor: Mary Maher
Individual Class Fee: \$325/\$288 Member

Belly Dancing
Start Date: Tuesday, March 28
Time: 6:30pm
Instructor: Brittany Breedlove
Individual Class Fee: \$15/\$12 Member

Memory Training
Start Date: Wednesday, April 5
Time: 10am
Instructor: TMC Senior Services
Class Fee: \$50/\$50 Member

Fat-Blaster Challenge
Start Date: Tuesday, April 18
Time: 6:15pm
Instructor: Shelley Russell
Class Fee: \$220/\$190 Members

University of Arizona Cancer Center FREE Lectures
Event Date: Thursday, March 2 & April 6
Time: 6:30pm
Free and Open to the Public

Tucson Family Triathlon
Event Date: Sunday, April 23
Time: 6:30am
See website for details

**REGISTER ONLINE AT
TUCSONJCC.ORG**

RETURNING CLASSES

BEST Protocol for Osteoporosis Wednesday, March 29 at 11am, 12pm or 1pm

Weightlifting for Women Wednesday, March 1 at 5:30pm Friday, March 3 at 9am

Krav Maga Thursday, April 6 at 7pm

Youth Tri Team Tuesday, February 28 at 4pm

*See Website for Additional Dates and Times

FEB-MAY

FITNESS DESCRIPTIONS

GROUP EXERCISES

AEROBIC & HIGH IMPACT

ADVANCED STEP: Step Up to the Challenge! Fuse athletic choreography moves for high energy cardio and intervals using the step and other equipment. Get ready to start your day with inspiration, dripping with sweat, and smiling.

BODYCOMBAT: This fiercely energetic program is inspired by great music and martial arts. BodyCombat draws from a wide array of disciplines such as, karate, boxing, taekwondo, tai chi and muay thai.

BODYPUMP: BodyPump uses high repetition with light to moderate weights to give a full body workout. Squats, presses, lifts, and curls challenge major muscle groups. Great music and your choice of weights inspire you to achieve results.

BODYCOMBAT-PUMP: BodyCombat-Pump fuses these two favorite classes for a high intensity, strength training workout.

BODY SCULPT/SHAPE: Body Sculpting exercises use lightweight and high volume repetitions. Additionally, the class involves stretching and body weight exercises.

DANCE PARTY: Blast A Move In Dance Party! A dance fitness program for everyone, regardless of dance experience. You will get a mix of Latin moves and other dance styles (samba, quick step, jive, funk, top 40) to bring you a fun, full-body dance workout!

FIT: Functional Interval Training classes include strength, mobility, stretch, and core exercises. Performed primarily through bodyweight exercise intervals or with small handheld equipment, FIT classes are open to all levels of fitness.

INSANITY: INSANITY is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. INSANITY is a predesigned interval class that requires the equipment and is easy to learn and fun to participate in.

INTERMEDIATE STEP: Incorporates basic-to-intermediate Step choreography, utilizing the original concept of Step.

ISRAELI DANCE: Sunday evenings: (2nd & 4th Sunday of each month).

SLINE DANCE: A type of Country-Western dancing in which dancers line up in a row without partners and follow choreographed steps to music.

SILVER SNEAKERS: This chair exercise class is designed to build strength and aerobic endurance in a safe manner using bands, balls,

and weights. The class incorporates balance and focus. 30 participants maximum.

STEP: Step Aerobics utilizes an adjustable height platform for a high intensity, multi-level workout. Participants control intensity by adjusting the height of the platform.

STEP & SCULPT: Beginner step moves are paired with upper and lower body kettle type combinations for a full body workout.

ZUMBA GOLD: Active older adults will enjoy the medley of dance styles, including merengue, cha-cha, belly dance, cumbia, rumba, salsa, and tango. Zumba Gold is specifically designed to address the psychological, physiological, and anatomical needs of older adults.

ZUMBA: Zumba encompasses Latin fusion and international music, unique dance, and dynamic combinations for participants of all levels. Easy-to-follow dance steps and routines and body-sculpting movements maximize caloric output and toning. *Please note: some of our Zumba classes are held in our Mind Body studio due to scheduling.*

MIND BODY

STRETCH, CORE & FOCUS

CHAIR YOGA: Chair yoga is designed to meet the specific needs of senior adults 55+, and is structured to benefit everyone at any level of health and fitness. Adapted yoga poses combine breathing and stretching exercises designed to relieve stress, increase mobility, calm the mind, and create balance and body awareness.

CORE: Low-impact class emphasizing flexibility, endurance, and muscular strength. The smooth, dance-like motions, fluid movements and specific breathing patterns engage deep abdominal muscles throughout the workout.

FELDENKRAIS: "Awareness Through Movement" lessons are the foundation of the Feldenkrais Method of somatic education. Each lesson guides the participant through purposeful movement, while improving awareness of self.

GENTLE YOGA: Bring balance to your life with soothing Gentle Yoga. This gentler version of our basic yoga class is designed for total relaxation in body and spirit.

HATHA YOGA (75 MIN): This all-abilities class emphasizes the achievement of correct alignment of poses incorporating props to achieve that goal. This educational class is designed to give students a better understanding of yoga as a full mind-body system. The last class of the month is restorative, consisting of relaxation and breath work.

PIYO: A hybrid, athletic workout, which combines the mind/body practices of yoga and Pilates, as well as the principles of stretch, strength training, conditioning and dynamic movement

QIGONG (CHEE-GONG): Ancient wisdom teaches that cultivating qi (life force energy) is the foundation of health, vitality, and longevity. Qigong exercises combine simple movements with relaxation, contemplative mental focus and intentional breathing to build, circulate and restore qi.

STRETCH AND RELAXATION: Increase healthy flexibility in mind and body. Improve range of motion, flexibility, and muscle extensibility. Relaxation techniques are also implemented.

TAI CHI: Tai Chi, described simply as "meditation in motion," was originally developed as a martial art. This ancient practice utilizes the ancient philosophy of Yin-Yang and the Five Element Theory for its foundation. The slow and meditative movements improve overall health, balance, and relaxation, reduce tension, and give a greater sense of peace.

TAI CHI FOR BEGINNERS: Each student can learn this "moving meditation" at their own pace. These low impact movements increase balance, flexibility, relaxation, mental focus, and overall well-being.

ULTRA BARRE: A fusion of ballet barre, Pilates, and dance conditioning designed to lengthen and tone the muscles using principles of biomechanics. Ultra Barre improves balance, posture, and coordination, while improving muscular endurance, strength, and precision.

YOGA: A contemporary approach to traditional yoga techniques that facilitates the development of proper body alignment and breathing effectiveness.

PACE

RESISTANCE & BALANCE

PACE I: A total body, machine-based workout for all levels. Light weight resistance enables participants to progress at their own pace. P.A.C.E. I incorporates a floor workout.

PACE II: P.A.C.E. II is a 45-minute workout (no floor work). Classes include balance and stretching.

CYCLING

AEROBIC, ANAEROBIC & LOW IMPACT

CYCLING: Our group cycling classes accurately replicate the feel of cycling on the road. Experience hills and flats using various sitting and standing positions. Control the resistance on your bike to make the pedaling as easy or difficult as you choose. Cycling is for everyone at any fitness level.

Heart Zone (HZ) System: a device-based system named by Triathlon Hall of Fameer, Sally Edwards, displays real-life feedback from multiple sensors for engagement and motiva-

tion. Sensors are provided free of charge and on a first-come-first-served basis to members who provide the necessary data to J instructors. Participation in the program is strictly optional and not required to enjoy this cycling class.

THE RIG

STRENGTH & CONDITIONING

TRX: The TRX Suspension Trainer utilizes your own body weight to deliver a fast and effective total-body workout. This class will focus on balance, flexibility, technique and strength to promote mobility, stability and develop core strength. Level 1 and Level 2 available. Participants must take Level 1 a minimum of 3 times prior to taking Level 2, unless approved by instructor.

AQUATICS

AEROBIC, BALANCE & LOW IMPACT

AQUA AEROBICS: Water aerobics exercises focus on cardiovascular and strength benefits. Participants may use buoyant water weights and noodles. Classes are suitable for all fitness levels because of the low-impact format.

MASTER'S SWIM: An organized team-style workout by a professional and experienced master's coach. Intermediate to advanced participants only. Please register at the Sports & Wellness Desk. Member and nonmembers welcome.

18 and older, \$53/\$28 member

THE FOLLOWING CLASSES REQUIRE A PREREGISTRATION DUE TO LIMITED SPACE:

**CYCLING TRX BODY PUMP
PACE SILVER SNEAKERS**

SIGN-UP SHEETS ARE AVAILABLE
70 MINUTES BEFORE CLASS BEGINS

J-Play Babysitting

Monday - Friday 7:45 am - 12:30 pm
Monday - Thursday 4 pm - 7 pm
Saturday 7:45 am - 1 pm
Sunday 7:45 am - 2 pm
J-Play closed on Holidays

Fitness Center Hours

Monday - Thursday 5:30 am - 10 pm
Friday 5:30 am - 6 pm
Saturday 7 am - 6 pm
Sunday 7 am - 8 pm

***CLASSES SUBJECT TO CHANGE**

J HEALTH & WELLNESS

FEB-MAY 2017

Did you know we offer these classes with your Membership

**BodyCombat • Heart Zone Cycling
Barre • PiYo • Insanity • Aqua Aerobics**
We offer Personal Training*

See The Class Descriptions for more information



Helpful Hints...

FAT LOSS

- STAY AWAY FROM REFINED SUGAR
- IF YOU ARE HUNGRY AND WANT TO SNACK, CHOOSE PROTEIN WITH A GOOD FAT OVER A REFINED CARBOHYDRATE
- TRY FIT, INSANITY OR CYCLING TO BURN AS MANY CALORIES AS YOU CAN IN AS SHORT AMOUNT OF TIME AS POSSIBLE

LEAN MUSCLE GAIN

- LEAN MUSCLE GAIN
- DO NOT CONFUSE YOUR GOALS-TO GAIN MUSCLE, YOU MAY GAIN WEIGHT
- NEVER MISS A MEAL. NEVER!
- TRY BODY PUMP AND TRACK YOUR PROGRESS WITH EACH WORKOUT SO YOU CAN MODIFY AND ADD MORE REPS AND/OR WEIGHT WHEN POSSIBLE

SPORT-SPECIFIC TRAINING

- EDUCATE YOURSELF ON WHAT RATIOS OF PROTEIN, CARBOHYDRATES AND FATS ARE BEST TO SUPPORT YOUR TRAINING, OR WORK WITH A PROFESSIONAL PERSONAL TRAINER OR NUTRITIONIST
- SET REALISTIC GOALS AND ENJOY THE JOURNEY
- TRY TRX, PIYO OR YOGA TO CROSS TRAIN IN SEVERAL DIMENSIONS IN ORDER TO AVOID OVERUSE INJURY