

APJCC Group Exercise Class Schedule

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|---|--|--|--|---|---|---|
| 6am | Spinning (A) 6:00-7:00am Ria | Body Sculpt (A) 6:00-7:00am Debbi | Spinning (A) 6:00-7:00am Michael | Body Sculpt (A) 6:00-7:00am Debbi | Spinning (A) 6:00-7:00am Debbi | | |
| | | Cardio Tennis \$ 7:00-8:00am Tennis Court | | Cardio Tennis \$ 7:00-8:00am Tennis Court | | Spinning (A)  8:00-8:45am Judy | |
| 8am | Hatha Yoga (B) 7:30-8:30am Sara | Spinning (A) 8:30-9:30am Lorraine | Pilates Group Reformer (B) 8:15-9:15am \$ Lexi | Spinning (A) 8:30-9:30am Lorraine | Nia (B) 8:00-9:00am \$ Neta | Qigong (B) \$ 8:00-9:00am Christopter | Spinning (A)  8:30-9:30am Lorraine |
| | Cardio Kickbox (A) 9:00-10:00am Nanci | Cardio Dance (B) 8:30-9:30am Geno | Core Fusion (A) 9:00-9:30am Michelle | Cardio Dance (B) 8:30-9:30am Geno | Core Yoga (B) 9:00-10:00am Helga | Tai Chi (B) \$ 9:00-10:30am Christopter | Hip Hop (A) \$ 9:30-10:30am Kristen |
| 9am | Iyengar Yoga (B) 9:00-10:00am Barbara | AquaFit (P) 8:30-9:30am Abbey | Body Sculpt (A) 9:30-10:30am Michelle | On the Ball (A) 9:30-10:30am Lexi | AquaFit (P) 8:30-9:30am Abbey | Spinning (A)  9:00-10:00am Holly | Hatha Yoga (B) 9:30-10:45am Sara |
| | Stroller Fitness (Lobby) 9:30-10:30am Deborah | Hatha Flow (B) 9:30-10:45am Michelle | Gentle Yoga (B) 9:30-10:45am Erma | Hatha Flow (B) 9:30-10:45am Michelle | Body Sculpt (A) 9:30-10:30am Susan | Cardio Tennis \$ 9:00-10:00am Tennis Court | AquaFit (P) 9:45-10:45am Lorraine |
| 10am | Body Sculpt (A) 10:00-11:00am Rachel | Light & Easy (A) 10:30-11:30am Debbie | | Light & Easy (A) 10:30-11:30am Debbie | Pilates Group Reformer (B) \$ 10:15-11:15am Misha | AquaFit (P) 9:30-10:30am Irene | Body Sculpt (A) 10:30-11:30am Holly |
| 11am | Pilates Mat (B) 10:30-11:30am Kit | Pilates Group Reformer (B) \$ 11:00am-12:00pm Debbie C | | Pilates Group Reformer (B) \$ 11:00am-12:00pm Lexi | Stretch & Flex (A) 10:30-11:30am Rich | Core Fusion (A) 10:00-10:15am Holly | |
| 12pm | Spinning (A) 12:00-12:45pm Lexi | | Spinning (A) 12:00-12:45pm Lexi | | Pilates Group Reformer (B) \$ 11:15-12:15pm Misha | Hatha Flow (B) 10:30-11:30am Michelle | |
| | | | Pilates Mat (B) 12:00-1:00pm Sandy | | | Cardio Dance (A) 10:30-11:30am Rosie | |
| 4pm | | | | | | | |
| | Body Sculpt (A) 4:30-5:30pm Lexi | On the Ball (A) 4:30-5:30pm Lexi | REPS (A) 4:30-5:30pm Nanci | | | | |
| 5:30pm | Spinning (A) 5:30-6:30pm Rie | Athletic Action (A) 5:30-6:30pm Judy | Spinning (A) 5:30-6:30pm Heather | Body Sculpt (A) 5:30-6:30pm Holly | | | |
| 6pm | Cardio Dance (A) 6:30-7:30pm Geno | Hatha Yoga (B) 6:00-7:00pm Sara | AquaFit (P) 6:00-7:00pm Debbie | Yoga Fitness (B) 6:00-7:00pm Camille | Hatha Yoga (B) 6:00-7:00pm Sara | | |
| | Vinyasa Yoga (B) 6:30-7:30pm Jenna | Spinning (A) 6:30-7:30pm Rie | Cardio Dance (A) 6:30-7:30pm Geno | Spinning (A) 6:30-7:30pm Michael | | | |
| 7:30pm | | | Yin/Yang Yoga (B) 6:15-7:15pm Jenna | Pilates Group Reformer (B) \$ 7:15-8:15pm Debbie C | | | |
| | | Zumba (A) \$ 8:15-9:15pm Roger | Pilates Mat (B) 7:30-8:30pm Jennifer | | | | |

A: Studio A

B: Studio B

P: Pool



Class requires a ticket that can be picked up at the front desk no more than 30 minutes before start time

\$ Class requires an additional fee and prior registration



Group Exercise Class Descriptions

AquaFit I-II

Get out of the studio and into the pool for this non-impact, total body workout. Improve cardiovascular stamina, muscular endurance, flexibility, and range of motion.

Athletic Action I-III

A hard-driving workout combining interval, circuit, power and aerobic conditioning exercises.

Body Sculpt I-III

Mix it up with dumbbells, balls, body bars and bands for a great total body workout! Work at your own level while you define, condition, and strengthen all major muscle groups.

Cardio Dance II-III *Thursday: Level I focus

Move, groove and stretch in this expressive, workout that incorporates traditional aerobics, jazz and Latin dance choreography.

Cardio Kickbox I-III

A cardiovascular workout using the basic techniques of kickboxing to develop overall endurance, conditioning & stamina.

Cardio Tennis I-III (\$)

Cardio tennis is a high energy workout that includes warm up, workout, and cool down phases. The drills and work outs are geared for players of all levels to get a great cardio experience while improving skills.

Core Fusion I-III

Effective exercises to strengthen the abdominals/back and improve core endurance, balance and coordination.

Core Yoga I-III

Utilizes poses that awaken, strengthen and tone the whole body while focusing on the core. Great for new or experienced mothers alike or those who wish simply wish to tone the tummy.

Gentle Yoga I-III

Incorporate poses into a slow, meditative and calm practice. Gentle and restorative poses welcome soft openings and mind/body awareness.

Hatha Flow I-III

Combine the principles of Iyengar yoga and the fluidity of Vinyasa at a pace that suits the practitioner. Flow integrates breath and movement, awareness and alignment, and strength and flexibility.

Hatha Yoga I-III

Blend several styles of Yoga into one with an emphasis on core strength, flexibility, balance, concentration and breath control.

Hip Hop I-III (\$)

6-week series: July 22-August 26th

Learn beginning/intermediate level choreography to the latest hip hop songs for a low-impact, fun workout. No dance training necessary; all ages and abilities welcome.

Iyengar Yoga I-III

Rather than moving quickly through poses, this practice involves precise alignment of muscles, bones and joints using props.

Light and Easy Aerobics I-III

Light on the joints and easy to follow, this low-impact aerobics class uses simple choreographed movement patterns that emphasize full range of motion.

Nia I-III (\$)

6-week series: July 27-August 31st

An energizing workout involving dynamic movements from dance arts, martial arts & healing arts. Nia is the body's way to achieve physical, emotional & spiritual wellbeing.

On the Ball I-III

Cardio, strength and core exercises all using the Stability Ball! Keep it simple with one piece of equipment that will be sure to challenge you.

Pilates Mat I-III

Develop and define the abdominal, back and hip muscles, enhancing functional strength.

Pilates Group Reformer I-III (\$)

Utilize the workhorse of all Pilates apparatus to assist you through more challenging exercises or add resistance on easier ones.

Qigong I-III (\$)

Qigong is an ancient Chinese system of postures, exercises, breathing techniques, and meditations designed to improve and enhance the body's qi, or fundamental life energy.

REPS I-III

Increase muscular strength and stamina with repetition. If you like Body Pump, Power Flex or Power Pump, this class is for you.

Spinning I-III

Indoor cycling workout using music, visualization and cycling techniques to improve both cardiovascular fitness and muscular strength.

Stretch & Flex I-III

Stretch every muscle from head to toe to improve range of motion and lengthen muscles.

Stroller Fitness for Parent & Baby I-III

An outdoor class that combines stroller walking on the Los Gatos Creek Trail with cardio, strength and core training to help parents get and stay fit. Get in shape WITH your baby, while meeting other NEW parents in the area!

Tai Chi I-III (\$)

A gentle, soothing practice involving fluid movements that focuses the mind, while conditioning the body. It originated in China where it has been practiced for some 600 years. Great for beginners and seniors!

Vinyasa Yoga II-III

A dynamic system of practicing asanas that focuses on the synchronization of breath and the continuous flow of movement. Build heat, endurance, flexibility, strength and mental focus.

Yin/Yang Yoga I-III

Balance a calorie burning, vigorous workout in the first half of class with a relaxing, body-opening series of poses in the second half. The Yang portion will include Vinyasa flows and balancing poses and the Yin portion will hold poses longer, use props, and have a greater emphasis on the breath.

Yoga Fitness I-III

Blend balance, strength, flexibility and power in a fitness format. This is a practical, user-friendly style for individuals at any level of fitness.

Zumba I-III (\$)

Zumba combines Latin rhythm with cardiovascular exercise to create an aerobic workout that is fun and easy to follow.

Level Descriptions

I. For those who are new to this particular group exercise class and/or exercise program.

II. For those who have some experience with this particular group exercise class and are currently involved in an exercise program.

III. For those who are active in this form of group exercise class and are currently involved in an exercise program.

***Members must be 13 years of age or older to participate**

***Schedule is also available online at www.svjcc.org**

***Classes subject to change**

For more information, please contact Lexi Antalis, Group Exercise & Pilates Manager, at 408.357.7440 or lexia@svjcc.org.