



## Fitness Orientations & Services

For registration details, call John White at 259-4190. JCWCC

### Basic Orientation

**FREE!**

A fitness attendant will demonstrate how to set up and determine seat and pad settings for the Nautilus or Cybex equipment. They'll also discuss general physical fitness principles and fitness room etiquette. Orientations are available by appointment several times a day. Allow one hour to complete an orientation.

### Program Design Orientation

**FREE!**

A fitness trainer will determine initial weight settings for patrons for either line of equipment. Patrons will be required to complete Basic Orientation and fill out a Medical History Inventory before registering. Patrons should allow one hour to complete this orientation.

### Cardiovascular Endurance Machines

Fitness staff are available to provide information on how to use the equipment on an as-needed basis.



Our staff can help you design a fitness plan to meet your personal health and wellness needs.

## Personal Fitness Services

### Body Composition Analysis

Estimates percentage of body fat within 2-3 percent in relation to your overall body weight. Skin-fold measurements are taken at multiple sites or bioelectrical impedance analysis is employed using a fully computerized system. The cost includes a re-test in three months. \$10

September	309400-A
October	310400-A
November	311400-A
December	312400-A
January	301400-A
February	302400-A
March	303400-A

### Fitness Assessment

Evaluates your current level of fitness, including tests for muscular strength and endurance, flexibility, cardiovascular fitness, and body composition.

A personalized program is then designed to give you a plan tailored to your current fitness level and personal goals. Includes repeat body composition after three months. Call 259-4190 before registration. \$50

September	309410-A
October	310410-A
November	311410-A
December	312410-A
January	301410-A
February	302410-A
March	303410-A

### Personal Training

The coach and motivator you've always dreamed of. An exercise professional who knows both exercise program design and YOU. They have their fingers on the pulse of exercise and your hot buttons. They'll get you through sticking points as well as plateaus in a training program. Call 259-4190 before registration.

September	\$45/\$40/hour	309420-A
	\$355/\$350/10 sessions	309430-A
October	\$45/\$40/hour	310420-A
	\$355/\$350/10 sessions	310430-A
November	\$45/\$40/hour	311420-A
	\$355/\$350/10 sessions	311430-A

December	\$45/\$40/hour	312420-A
	\$355/\$350/10 sessions	312430-A
January	\$45/\$40/hour	301420-A
	\$355/\$350/10 sessions	301430-A
February	\$45/\$40/hour	302420-A
	\$355/\$350/10 sessions	302430-A
March	\$45/\$40/hour	303420-A
	\$355/\$350/10 sessions	303430-A

## Aerobics/Fitness Classes

All of our instructors are certified by nationally recognized organizations such as: AFAA, ACE, Yoga Alliance and STOTT Pilates.

### Wristband or Combo Pass

Purchase a wristband or combo pass for access to classes. Wristbands and combo passes allow you to take any land or aqua fitness class you would like as long as there is space available in the class. Wristband prices are as follows:

#### Unlimited monthly without access pass

September	\$50/\$45	309700-A
October	\$50/\$45	310700-A
November	\$50/\$45	311700-A
December	\$50/\$45	312700-A
January	\$50/\$45	301700-A
February	\$50/\$45	302700-A
March	\$50/\$45	303700-A

#### Unlimited monthly with access pass

September	\$30	309710-A
October	\$30	310710-A
November	\$30	311710-A
December	\$30	312710-A
January	\$30	301710-A
February	\$30	302710-A
March	\$30	303710-A

#### 10-tab wristband with no expiration date

September	\$55/\$50	309720-A
October	\$55/\$50	310720-A
November	\$55/\$50	311720-A
December	\$55/\$50	312720-A
January	\$55/\$50	301720-A
February	\$55/\$50	302720-A
March	\$55/\$50	303720-A

## Key to Intensity\* of Classes

- ♥ = Moderate, low intensity
- ♥♥ = Medium intensity
- ♥♥♥ = High intensity
- ♥♥♥♥ = Base endurance needed

All classes are 50 minutes, unless otherwise noted. The most current schedules are available online, at the front desk, are posted outside the aerobic studio and can be emailed to participants who provide an email address at the time of registration. Schedules are subject to change.

\* Intensity is not the same as impact.  
We do not teach high impact aerobics!

## Aerobic Conditioning/ Cardiovascular/ Weight Loss

### Intro to Fitness ♥

This class is for beginners who want to learn more about resistance training and general fitness. Intro to Fitness covers body awareness, correct body alignment and posture, balance, strengthening exercises and stretching to lengthen the muscles. A variety of equipment used.

### Low Impact ♥♥ to ♥♥♥♥

A rhythmic cardiovascular workout that includes a strength training and flexibility segment. Low impact for your body, but definitely not low intensity.

### 20-20-20 ♥♥ to ♥♥♥♥

A total body workout, this class includes 20 minutes of cardiovascular conditioning in the form of step, kickboxing, or hi/low aerobics, 20 minutes of strength training using hand held weights or resistance tubing, and 20 minutes of lower body toning and stretching.

### Zumba® ♥♥ to ♥♥♥♥

Ditch the workout and join the party! Zumba® is a fun and effective cardio workout with sculpting exercises designed to tone the entire body. Depending on how you exert yourself, you could burn between 300 to 600 calories per class! This high/low impact class has something to offer all fitness levels.

[jccEgov.com/recreation](http://jccEgov.com/recreation)

## Muscular Conditioning

### SilverSneakers® Muscular Strength & Range of Motion ♥

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

### Body Sculpting ♥♥

An upper and lower body muscle conditioning class using a variety of resistance devices including hand weights, body bars, resistance tubing, steps, mats and resistance balls. A great full body workout that will help boost your metabolism!

### Strength Training ♥♥♥ to ♥♥♥♥

This class not only burns calories, but builds your muscle mass and bone density as well! We'll use various types of equipment such as resist-a-balls, tubing, hand weights, body bars and more. This class is suitable for all fitness levels.

### Boot Camp ♥♥♥♥ to ♥♥♥♥♥

Are you ready to get yourself in tip-top shape? Using total body conditioning techniques, Boot Camp combines a series of high intensity cardio interval workouts along with weight training to increase your metabolism and burn an army of calories!

## Flexibility/Core Conditioning/Mind-Body

### SilverSneakers® YogaStretch ♥

YogaStretch moves your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

## Aerobic/Fitness

### Beginning Pilates ♥

This class is designed for the individual who wants to learn the basic principles of Mat Pilates and core strengthening. The specific exercises are progressive in nature with encouragement to set your own pace in improving posture, body awareness, flexibility, strength and balance. The body's core areas of abs, glutes, hips and lower back will be addressed. This is a mat based class but some exercises will be done standing. Balls and bands may be used. Must be able to get down and up from the floor unassisted.

### Pilates ♥♥

This mat based workout uses specific movements to improve posture, flexibility, strength, and body awareness. Pilates integrates body and mind to create a completely balanced form, while focusing on the body's core areas: abs, glutes, hips, and lower back. You'll work with your body, not against it.

### Hatha Yoga (mixed level) ♥ to ♥♥

A physical experience designed to integrate mind, body and spirit. Yoga poses are introduced and taught with varying degrees of intensity for different levels of experience. It will develop muscular strength, improve flexibility, release tension and develop peace of mind.

### Core Conditioning ♥ to ♥♥

The muscles of the core are our most used, most abused and most neglected! This class will include traditional core exercises, using stability balls, bands and medicine balls to engage and strengthen the muscles of the core. Suitable for all fitness levels.