

Group Exercise Schedule

For the most up-to-date schedule, visit: jccchicago.org/weingerfitness

SUN	MON	TUES	WED	THURS	FRI	SAT
7:30-9:30AM PICK-UP BASKETBALL Gym	8:45-9:30AM BOOT CAMP Carlee Zielinski Studio 1	6:30-8:30AM OPEN PICKLEBALL Gym (Max 20 people)	8-8:45AM AQUA PUMP Amy Hohman Pool	6:30-8:30AM OPEN PICKLEBALL Gym (Max 20 people)	8-8:45AM DEEP WATER AEROBICS Susan Sak Pool	8-8:45AM TOTAL BODY CONDITIONING Sue Cohen Studio 1
2-3PM OPEN GYM Gym	9-9:55AM SLOW FLOW YOGA Pam Tokowitz Studio 2	8:30-9:15AM DEEP WATER AEROBICS Sue Sak Pool	9-9:55AM SLOW FLOW YOGA Pam Tokowitz Studio 2	8:45-9:30AM BOOT CAMP Carlee Zielinski Studio 1	9-9:55AM CHAIR YOGA Pam Tokowitz Studio 2	9-10AM WERQ FITNESS Gladys Santiago-Vazquez/ Illaria Mocciano Studio 1
	9:30-10AM RELAX, RECOVER, RESTORE Carlee Zielinski Studio 1	8:30-9:30AM BEGINNER PILATES REFORMER Seon Min Lee Reformer Studio	10:05-11AM CHAIR YOGA Pam Tokowitz Studio 2	9:30-10AM RELAX, RECOVER, RESTORE Carlee Zielinski Studio 1	9:30-10:25AM ZUMBA GOLD® Natalia Skorob Studio 1	
	10-10:45AM PILATES REFORMER Carlee Zielinski Reformer Studio	11AM-12PM SLOW FLOW & MEDITATION Silvia Strazzarino Studio 2	11:10-11:55AM FITNESS IS GOLDEN Susan Sak Studio 1	10-10:45AM PILATES REFORMER Carlee Zielinski Reformer Studio	11:10-11:55AM FITNESS IS GOLDEN Susan Sak Studio 1	10:15-11AM AQUA PUMP Amy Hohman Pool
	10:05-11AM WALL YIN YOGA Pam Tokowitz Studio 2	11:45AM-12:30PM CHAIR STRENGTH Carlee Zielinski Studio 2	7:30-9PM INTERMEDIATE/ ADVANCED OPEN PICKLEBALL Gym (Max 20 people)	10:50-11:35AM AQUA PUMP Carlee Zielinski Pool	1-3PM BEGINNER PICKLEBALL Gym Court 1 (Max 10 people)	1-3PM OPEN PICKLEBALL Gym (Max 20 people)
	10:50-11:35AM AQUA PUMP Carlee Zielinski Pool	7:30-9PM OPEN PICKLEBALL Gym (Max 20 people)		5-6PM BEGINNER PILATES REFORMER Seon Min Lee Reformer Studio	6-7:30PM OPEN PICKLEBALL Gym (Max 20 people)	
	11-11:55AM CHAIR YOGA Pam Tokowitz Studio 2			6-7PM ADVANCED PILATES REFORMER Seon Min Lee Reformer Studio		
	5-6PM ADVANCE PILATES REFORMER Seon Min Lee Reformer Studio			7:30-9PM OPEN PICKLEBALL Gym (Max 20 people)		
	7:30-9PM INTERMEDIATE/ ADVANCED OPEN PICKLEBALL Gym (Max 20 people)					

Group Exercise Description

AQUA PUMP

This aqua aerobics class combines cardio conditioning with various pool equipment to work your upper and lower body.

BODY FIT PLUS ABS

Sculpt and tone your body in our Body works Plus Abs group fitness class.

BOOT CAMP

Improve your overall fitness—strength, cardio, flexibility, agility and endurance!

CHAIR YOGA

Improve your strength, flexibility and mobility through standing or seated yoga poses specially adapted for active older adults.

CHAIR STRENGTH

This class will focus on strength, balance and ROM using light weights, bands and balls. All can be done while seated or standing.

DEEP WATER AEROBICS

Leverage the buoyancy of the deep water using a noodle and water buoys to increase flexibility, strength and balance.

DEEP YOGA STRETCH

We focus on releasing stress and tensions from the hips, spine and shoulders to allow you to experience a wonderful release and feeling of freedown.

FITNESS IS GOLDEN

Exercise class that combines strength, balance, and range of motion using light weights, resistance bands, and a small pilates ball.

SLOW FLOW YOGA

Focus on linking your breath to poses with verbal cueing for proper alignment. Suitable for beginners and for seasoned practitioners.

PICKLEBALL

Combining elements of tennis, badminton and ping-pong; You must be a fitness member to reserve your space on our open pickleball court. 20-person maximum.

PILATES FUSION

A musical mat class that is Pilates plus three dimensional total body moves.

PILATES REFORMER

Improve core strength, flexibility, coordination and balance in the body through a combination of Pilates and stretching. Six-person maximum.

RELAX, RECOVER, RESTORE

Learn how to properly stretch and breath slowly to release tension in the muscles allowing them to restore to improve performance and daily function.

SLOW FLOW YOGA

A low-impact work out, which can help you to get in shape guardually. It is a sharp contrast to power yoga or the aerobics-based active version of it.

TOTAL BODY CONDITIONING

Multi-fitness level class integrates segments of aerobic conditioning, strength training, core development and includes TRX. Will challenge all fitness levels!

WALL YIN YOGA

A Wall Yin Yoga practice is accessible and sage for anyone. The class invites participants to relax into deep supported stretches and tune into their bodies.

WERQ FITNESS

This wildly addictive cardio dance workout based on trending pop and hip hop songs.

ZUMBA®

Get ready to party yourself into Shape! Zumba is an exhilarating, easy-to-follow, international dance inspired, that will leave you wanting more.

ZUMBA GOLD®

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity