



## STRENGTH

**Arms & Abs** – A 30 minute focus on the abdominal muscles and arms using weights, bands, and bodyweight.

**Butts & Guts** – Focus on your lower body and core using your own body weight, bands, BOSU & more.

**Kettlebells** – Pushing, pulling, and swinging motions help the core and opposing muscles engage to improve mobility, increase muscle, and develop power.

**Pure Strength** – Build strength with dumbbells, bands, and bodyweight exercises and finish with a focus on abdominals.

## CARDIO

**Cardio Dance** – Following the instructors moves, you'll be dancing to popular music. Work up a sweat with a shimmy and shake.

**Cycle** – For all levels, pedal through rolling hills, sprints, and climbs paired with fun music to build lower body strength and cardio endurance.

**Step** – Step up, down, and around to choreographed music on an adjustable riser that will tone your lower body, improve balance, agility, and your cardiovascular system.

**Zumba** - This high-energy dance class combines elements of salsa, samba, merengue, and hip-hop with cardio exercise moves.

## CARDIO & STRENGTH

**Cardio Sculpt** – An energizing mix of muscle sculpting exercises and heart pumping cardio intervals.

**Cycle Fusion** – Start with a challenging ride of flat roads, hills, and sprints paired with fun music, and finish off the bike with strength training using equipment.

**HIIT** (High Intensity Interval Training) - Burn calories and improve cardiovascular fitness with short bursts of all-out effort using a variety of equipment, followed by short recovery periods.

**HIIT the Circuit** – High-Intensity Interval Training moving station to station. Burn calories and improve cardiovascular fitness with short bursts of all-out effort using a variety of equipment, followed by short recovery periods.

**Intervals** - Combining periods of high-intensity exercises with a variety of equipment or bodyweight and lower-intensity exercise or rest to build endurance.

**Jacki's Dance** – Designed by Jacki Sorenson, this simple to follow choreography to upbeat music is suitable for all levels and includes a section with light weights and abdominals.

**Row Fusion** – Build muscular strength and cardiovascular endurance with this challenging combination class on and off the row machine.

**Strength & Stamina** – Suitable for all levels utilizing exercises that incorporate multiple muscle groups, this fun, interactive workout focuses on strength training, cardio endurance, core stabilization, and functional movement.

**Teen Strength Training** – Ages 14-17  
Calling all teens looking to get stronger, have fun, and build healthy habits! Our Teen Strength Training class is designed specifically for teens who want to develop a solid fitness foundation in a supportive, engaging environment. Our trainers will break down each movement step-by-step, ensuring you learn correct form and prevent injury. Whether you're an athlete looking to enhance performance or just want to build confidence and strength, this class is your perfect workout solution.

## CORE/FUSION/WELLNESS

**Balance** - A thirty-minute focus including balancing on one foot, weight shifts, walking heel to toe in a line, and much more in a safe environment.

**Barre Sculpt** – This rhythmic class designed to popular music combines full body strength exercises with barre principles & techniques.

**Core Ball** – This full body workout for all levels utilizes a stability ball and light weights for core strengthening, toning, flexibility, and balance.

**Core & More** – This lower intensity focus on strength training the back, abdominals, balance, and flexibility is suitable for all levels.

**Deep Stretch** – A quieter mind and body experience primarily focused on the mat. Release tight muscles and tendons by working deeper into connective tissues to increase circulation, and improve flexibility.

**Foundation Training** - Standing and seated corrective exercises address and correct muscular imbalance through specialized movement patterns, improving joint stability, and overall body alignment.

**Mat Pilates** – This low impact class strengthens the muscles that support the spine through controlled movements to condition and tone the body, and increase flexibility.

**Yoga Sculpt** – A low impact strength training class utilizing exercises inspired by yoga poses with a focus on balance, strength, and core.

## YOGA

**Gentle Yoga** – With an extended warm-up and longer holds in poses, all levels will enjoy the focus on stretching, breathing, and quiet reflection, leaving the mind and body rejuvenated.

**Power Yoga** – Energetic and dynamic, the faster flow will challenge the cardiovascular system with variations to intensify poses, strengthen muscles, and the core.

**Slow Flow Yoga** – With more time between poses and a slower flow, this alignment based practice gives all levels an opportunity to experience mindfulness, breath work, flexibility, and balance.

**Vinyasa Yoga** – Linking breath with movement, this flowing sequence of poses allows for improved flexibility and cardiovascular health.

**Exercise Lite**  
"Lighter" gentler versions of Group Ex classes.

**Exercise Lite** - Increase your flexibility, agility, and balance through cardio and strength exercises led by an LJCC fitness professional. May use light weights, bands, yoga balls. **NO floor work.**

**Chair Exercise Lite** - Increase your flexibility and agility through cardio and strength exercises led by an LJCC fitness professional, all performed in a chair. May use light weights, bands, and yoga balls.

**Chair Yoga Lite** - Our certified yoga instructor will lead you through the ancient art of yoga, which pairs breath with movement, while improving your flexibility, strength, and balance – all while seated in a chair.

**Water Aerobics**  
At the Indoor Pool; see separate class schedule.

**Aqua Fitness** – Beginner to Intermediate. Light to moderate cardiovascular, strengthen and flexibility conditioning using the total body. No swimming ability required.

**Water Exercise- Stretch for the Whole Body** – All levels. Gentle activities.

**Deep Water Fitness** – All levels. Cardiovascular and resistance conditioning without impact.

**Water Power** – High energy class with toning and cardiovascular workout.



# WINTER 2025

INCLUDED IN YOUR MEMBERSHIP

EFFECTIVE: 01-20-2025



[www.charlottejcc.org](http://www.charlottejcc.org)

Group Exercise Class Requirements: ✓ Minimum age: 14 years old ✓ Must be at least 5' tall to participate in Cycle classes

Sandra and Leon Levine Jewish Community Center  
5007 Providence Road | Charlotte, NC 28226 | 704-366-5007



# Group Exercise Schedule


MON	TUE	WED	THU	FRI	SAT	SUN
<p>6:00-6:45am <b>HIIT</b>   Bridget Downstairs Studio</p> <p>6:15-7:00am <b>Row Fusion</b>   Betsy <b>New Class!</b> Cycle Studio</p> <p>7:00-7:45am <b>Pure Strength</b>   Bridget Downstairs Studio</p> <p>8:00-9:00am <b>Vinyasa Yoga</b> Meryl   Upstairs Studio</p> <p>9:00-9:45am <b>Cycle</b> Shannan   Cycle Studio</p> <p>9:00-10:00am <b>Jacki's Dance</b> Sara   Downstairs Studio</p> <p>9:15-10:00am <b>Step</b> Lyn   Upstairs Studio</p> <p>10:15-11:00am <b>Strength &amp; Stamina</b> Robin   Downstairs Studio</p> <p>10:30-11:30am <b>Core &amp; More</b>   Marcia Upstairs Studio</p> <p>11:15am-12:00pm <b>Exercise Lite</b>   Shawn <b>LITE EX</b> Family Place</p> <p>11:15am-12:00pm <b>Chair Exercise Lite</b>   Jane Gorelick Hall</p> <p>11:15-11:45am <b>Butts &amp; Guts</b>   John <b>Time Change</b> Downstairs Studio</p> <p>12-12:30pm <b>Balance</b>   Lyn <b>New Class!</b> Downstairs Studio</p> <p>5:30-6:30pm <b>Cardio Dance</b>   Dusti Downstairs Studio</p> <p>6:15-7:00pm <b>Cycle Fusion</b>   Robin Cycle Studio &amp; Downstairs Studio</p> <p>6:30-7:30pm <b>Power Yoga</b> Audrey   Upstairs Studio</p>	<p>6:00-6:45am <b>HIIT</b>   Marcy Downstairs Studio</p> <p>7:15-8:00am <b>Row Fusion</b>   Billy <b>New Class!</b> Cycle Studio</p> <p>8:00-9:00am <b>Vinyasa Yoga</b>   Audrey Upstairs Studio</p> <p>8:00-8:45am <b>Strength and Stamina</b> Robin   Downstairs Studio</p> <p>9:15-10:15am <b>Cardio Dance</b>   Agata Downstairs Studio</p> <p>9:15-10:00am <b>Cycle</b>   Julia Cycle Studio</p> <p>9:15-10:15am <b>Yoga Sculpt</b>   Anne <b>Instructor Change</b> Upstairs Studio</p> <p>9:15-10:15am* <b>Jacki's Dance</b> with Sara <b>zoom</b></p> <p>10:30-11:30am <b>Barre Sculpt</b>   Karen Downstairs Studio</p> <p>10:30-11:15am <b>Zumba Gold</b>   Anne <b>Class Change</b> Upstairs Studio</p> <p>11:30am-12:30pm <b>Slow Flow Yoga</b> Kate   Upstairs Studio</p> <p>5:30-6:15pm <b>Cycle</b>   Julie Cycle Studio</p> <p>6:00-6:45pm <b>Strength &amp; Stamina</b> Tara   Downstairs Studio</p> <p>6:30-7:30pm <b>Cardio Dance</b> Gabie   Upstairs Studio</p>	<p>6:00-7:00am <b>Vinyasa Yoga</b> Emily   Upstairs Studio</p> <p>6:15-7:00am <b>Row Fusion</b>   Betsy <b>New Class!</b> Cycle Studio</p> <p>7:00-7:45am <b>HIIT</b>   Ashley Downstairs Studio</p> <p>8:00-8:45am <b>Kettlebells</b>   Suzanne Downstairs Studio</p> <p>8:00-9:00am <b>Yoga Sculpt</b>   Yael Upstairs Studio</p> <p>9:00-9:45am <b>Cycle</b>   Shannan Cycle Studio</p> <p>9:00-10:00am <b>Jacki's Dance</b>   Sara Downstairs Studio</p> <p>9:15-10:00am <b>Pure Strength</b>   Yael Upstairs Studio</p> <p>10:15-11:00am <b>Core and More</b>   Marcia Downstairs Studio</p> <p>10:15-11:15am <b>Gentle Yoga</b> Yael   Upstairs Studio</p> <p>11:15am-12:00pm <b>Exercise Lite</b>   Sopheap <b>LITE EX</b> Family Place</p> <p>11:15am-12:00pm <b>Chair Exercise Lite</b>   Ashley Gorelick Hall</p> <p>11:15am-12:00pm <b>Foundation Training</b> John   Downstairs Studio</p> <p>4:30-5:15pm <b>Teen Strength Training</b> <b>New Class!</b> Rotating Instructors   JFORCE Room</p> <p>6:00-6:45pm <b>Strength and Stamina</b> Robin   Downstairs Studio</p> <p>6:30-7:30pm <b>Power Yoga</b> Elinor   Upstairs Studio</p> <p>7:35-8:00pm <b>Meditation</b> Elinor   Upstairs Studio</p>	<p>6:00-6:45am <b>HIIT</b>   Marcy Downstairs Studio</p> <p>7:15-8:00am <b>Row Fusion</b>   Billy <b>New Class!</b> Cycle Studio</p> <p>8:00-8:45am <b>Strength and Stamina</b> Robin   Downstairs Studio</p> <p>8:00-9:00am <b>Power Yoga</b> Audrey   Upstairs Studio</p> <p>9:15-10:00am <b>Cycle</b>   Yael Cycle Studio</p> <p>9:15-10:15am <b>Cardio Dance</b>   Lyn Downstairs Studio</p> <p>9:15-10:15am <b>Vinyasa Yoga</b> Zach   Upstairs Studio</p> <p>10:30-11:15am <b>Cardio Sculpt</b>   Yael Upstairs Studio</p> <p>10:30-11:30am <b>Core Ball</b>   Jane Downstairs Studio</p> <p>11:45am-12:45pm <b>Deep Stretch</b>   Jane Upstairs Studio</p> <p>5:30-6:15pm <b>Cycle</b>   Julie Cycle Studio</p> <p>6:00-6:45pm <b>Pure Strength</b> Tara   Downstairs Studio</p> <p>6:30-7:30pm <b>Zumba</b> Rachel   Upstairs Studio</p>	<p>6:00-6:45am <b>Cycle Fusion</b>   Lyn Downstairs Studio</p> <p>7:00-7:45am <b>Pure Strength</b>   Bridget Downstairs Studio</p> <p>8:00-8:45am <b>Intervals</b>   Bridget Downstairs Studio</p> <p>9:00-9:45am <b>Cycle</b>   Shannan Cycle Studio</p> <p>9:00-10:00am <b>Jacki's Dance</b>   Sara Downstairs Studio</p> <p>9:15-10:15am <b>Vinyasa Yoga</b> Elinor   Upstairs Studio</p> <p>10:15-11:00am <b>Strength &amp; Stamina</b> Robin   Downstairs Studio</p> <p>10:30-11:00am <b>Arms &amp; Abs</b>   John Upstairs Studio</p> <p>11:15am-12:00pm <b>Exercise Lite</b>   Yael <b>LITE EX</b> Family Place</p> <p>11:15am-12:00pm <b>Chair Yoga Lite</b>   Janet Gorelick Hall</p> <p>11:30am-12:15pm <b>Mat Pilates</b> Sopheap   Upstairs Studio</p> <p>11:15am-12:00pm <b>Foundation Training</b> John   Downstairs Studio</p>	<p>12:15-1:00pm <b>Intervals</b> Rotating Instructors Downstairs Studio</p> <p><b>ALTERNATING CLASS:</b></p> <p>1:15-2:00pm <b>Foundation Training</b> John   Upstairs Studio</p> <p>1:15-2:15pm <b>Slow Flow Yoga</b> Kate   Upstairs Studio</p> <p>1:30-2:30pm <b>Cardio Dance</b> Rotating Instructors Downstairs Studio</p>	<p>8:00-8:45am <b>Cycle Fusion</b>   Tara Cycle Studio &amp; Downstairs Studio</p> <p>9:00-9:45am <b>HIIT the Circuit</b>   Tara Downstairs Studio</p> <p>9:00-9:45am <b>Cycle</b>   Julie Cycle Studio</p> <p>9:00-10:00am <b>Gentle Yoga</b>   Daniela Upstairs Studio</p> <p>10:00-11:00am <b>Cardio Dance</b>   Agata Downstairs Studio</p> <p>10:15-11:00am <b>Mat Pilates</b>   Marcia Upstairs Studio</p> <p>11:15am-12:15pm <b>Gentle Yoga</b>   Marcia Downstairs Studio</p>

**NEW!** NEW CLASS added to schedule.

**Change** PINK text denotes change from previous schedule.

**LITE EX** Group Ex Lite - class designed for a lighter, gentler practice.

Q? Suzanne DiOrio, Group Fitness Coordinator & Rock Steady Boxing Manager  
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 \*Join us from home for **Jacki's Dance** (LIVE - Tue, 9:15am)  
Find Zoom links at: [www.charlottejcc.org/onlinefitness](http://www.charlottejcc.org/onlinefitness)