

AS OF 1/2019

Joseph T. St. Lawrence
Community, Health and Sports Center
(845)753-2324



TIME FOR ME

Fitness Classes

JILL ISRAEL – FITNESS COORDINATOR

JTS CENTER HOURS:

Mon-Fri: 7am-10pm

Saturday: 8am-10pm

Sunday: 8am-9pm



MON	TUE	WED	THU	FRI	SAT	SUN
Yogaerobics 30/30 9:30 am	Zumba 9:00 am	Surprise, Surprise Exercise 9:30 am	Yoga 9:00 am	Cardio Blast 9:00 am	Yoga 9:00 am	Cardio Strength Mix 9:00 am
Forever Young Seniors 10:30 am	Pilates / Yoga Fusion 10:00 am	Forever Young Seniors 10:30 am	Spin & Sculpt 10:00 am	Cardio Tennis <i>*Seasonal Class*</i> 9:30 am	Spin 9:00 am	Zumba 10:00 am
	Spin & Sculpt 10:00 am		Zumba 10:00 am	Strong & Sweaty Body Sculpt 10:00 am	Tough & Tight 10:00 am	Spin 10:00 am
Zumba 4:30 pm		Zumba Toning 4:30 pm	Zumba Gold 11:00 am	Forever Young Seniors 11:00 am		
Muscle Mania 6:00 pm	Cardio Strength Mix 5:00 pm	Pilates Plus 6:00 pm	Spin & Sculpt 4:30 pm	Zumba 4:30 pm		
Spin 7:00 pm	Strength Circuit Bootcamp 6:00 pm	Yoga 7:00 pm	Cardiorobics Boot Camp 6:15 pm			
Yoga 7:00 pm		Spin 7:00 pm	Yoga 7:15 pm			

Program Notes

- Classes are subject to change due to attendance..
 - Classes may vary with different instructors..
 - To attend classes, you must purchase a fit package or pay fee per class. (Senior Memberships include Forever Young Seniors & Zumba Gold classes only.)
 - Members can call 24 hours in advance to reserve spot in Spin classes.
 - As a courtesy to others, please arrive on time for class.
- All guests must register/pay at Front Desk.

FITNESS CLASS DESCRIPTIONS

Must purchase a fit package to attend classes or pay per class
All Senior Memberships include FOREVER YOUNG & ZUMBA GOLD classes

Cardio Blast: An invigorating class that blends the best of cardio, calorie burning aerobics with light weights followed by stretch (30/30 combo class).

Cardio/Strength Mix: Cardio, weight training and intense floor work. You'll get it all in this class!

Cardiorobics Boot Camp: High energy class guaranteed to burn calories, mixing a variety of cardio & strength moves.

Cardio Tennis: Get into the craze of this heart pumping fitness workout for all levels of play. You'll love the energy and reap the rewards of a fun aerobic workout. Racquet required. [*Seasonal Class*](#)
(October – April)

Forever Young Seniors: Designed to help manage the effects of aging by regaining functional body awareness. Core & balance training, stretching, & weight bearing cardio movement patterns will get your day off to the right start. Beneficial for all. **This class is included with a Senior Membership.**

Muscle Mania: High Intensity, low-impact resistance training.

Pilates Plus: A mix of Pilates and cardio.

Pilates/Yoga Fusion: A total conditioning class focusing on the core & more. Isolate deep muscle movement with control to gain ab, back, butt and leg strength.

Spin: Music, motivation & enthusiastic coaching will lead students through a ride that best suits their fitness level & goals. Classes limited in size. Members can call 24 hours in advance to reserve spot.

Spin & Sculpt: A new take on spinning adding abdominal floor work plus more!

Strength Circuit Bootcamp: Build power, strength & agility through circuit training using a variety of equipment (weight, ropes, Bosu ball, etc).

Strong & Sweaty Body Sculpt: Ultimate results for a total body workout. Maximum resistance & intensity class suited for all levels.

Surprise, Surprise Exercise: A full body workout with body bars, weights, circuit boot camp, step, stability ball & gliders. Enjoy them all.

Tough & Tight: All fitness levels will love this versatile class. Improve cardio conditioning, strength, flexibility, quickness, & agility with this WHOLE BODY WORKOUT!

Yoga: A total body, mind, and spirit workout which emphasizes flexibility, strength, muscle balance, proper breathing, & relaxation. Multi-level options make it suitable for all fitness levels.
Bring a yoga mat.

Yogaerobics 30/30: Cardio followed by yoga. Enjoy the combo of high energy calorie burning then stretching.

Zumba: A dynamic class full of Latin/International dance moves. A mixture of body sculpting movements & easy to follow dance steps.

Zumba Gold: Gentler approach to Zumba. A mixture of body sculpting movements and easy to follow dance steps. This class is included with a Senior Membership.

Zumba Toning: A combo class of Zumba and toning.

