ATHLETIC CONDITIONING: Designed for athletes looking to take their bodies to the next level, this class incorporates interval training with fitness equipment, challenging your body to reach peak athletic condition.

BALLET FITNESS: Sculpt, tone and condition your entire body. Develop core strength and flexibility. Ballet Fitness fuses graceful dance choreography and body sculpting techniques in a low-impact, interval workout.

BODY BLAST: Reach peak performance with the ultimate combination of drills, functional exercises, core and strength training, and cardio with a focus on proper technique.

BODY FIT: Develop strength and endurance. Exercise with dumbbells, resistance tubes, BOSU® equipment, stability balls and your own body weight.

BOLLYBURN: Spice up your exercise routine with this high-intensity dance-based cardio workout. Satish Panchal, creator of the BollyBurn workout, the class is appropriate for all ages and fitness levels.

BOOT CAMP: Join two master teachers for 50 minutes of nonstop action, combining martial arts, weight training, cardio and plyometrics. This hybrid workout takes your body to the next level. Advanced - not for the faint of heart.

BOXING CONDITIONING: Sweat, burn calories and tone muscle using punching bags, focus mitts and combination hit/block drills. Not a boxing technique conditioning, but an intense full body workout.

BODY BLAST: Reach peak performance with the ultimate combination of drills, functional exercises, core and strength training, and cardio with a focus on proper technique.

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CARDIO PUMP: This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Our energetic instructor, along with powerful music, will motivate you to reach your fitness goals - from the weekend athlete to the hard-core competitor.

CARDIO STRENGTH FUSION: Burn calories, build strength and get your heart pumping. Hand weights, BOSU® and step equipment make this class an all-in-one workout including cardio fitness, strength conditioning, anaerobic interval training, core work and balance-improving exercises.

CIRCUIT SCULPT: Develop strength and endurance in a nonstop conditioning class. Rotate through a series of exercise stations. Maximize your workout using a wide variety of training equipment: free weights, resistance tubes, BOSU® training accessories, stability balls, speed ladders, TRX® suspension straps, speed cones and more.

DANCE FUSION: Have fun and express yourself through dance in this creative movement and dance fitness class that utilizes ballet, jazz and hip-hop choreography.

FLUID FLOOR BARRE: Develop a leaner body as you strengthen core muscles and increase flexibility. Originally designed for ballet dancers, Floor Barre teaches you to become more aware of your movements, decreasing your chances of injury.

HARD CORE: Feel the burn as you work out your abdominal and pelvic muscles. Utilize popular fitness props including the stability ball, bender ball, foam roller, BOSU® and more in this 30-minute intensive.

INTERVAL TRAINING: Recondition your body in this high-intensity class combining challenging exercises and body-sculpting movements. Bursts of energy shape your muscles and improve your speed and cardiovascular fitness.

KICKBOX CONDITIONING: Mix up your workout with a combination of traditional kickboxing, Muay Thai and various martial arts conditioning. Not a kickboxing technique class. (All students must provide their own hand wraps, available for purchase from the Fitness Desk.)

METABOLIC CONDITIONING: This high intensity, full body workout goes far beyond a traditional strength or cardio class – it combines intense cardio with resistance training to create the ideal metabolic conditioning for effective strength gains, fat loss and overall conditioning. Come get loud and sweaty as we play unconventional music and work as a team.

NIA®: Condition, heal and express yourself through a dynamic blend of dance, martial arts and healing movement. Combining Tai Chi, Aikido, modern dance, yoga, Feldenkrais® and more, this class offers safe cardiovascular, whole-body conditioning that is adaptable to any fitness level.

PERFORMANCE FIT: Reach your maximum potential with high-intensity interval training. A powerful combination of cardio, balance, strength and speed exercises keeps you challenged, improving your performance with each workout.

POWER ABS: Increase strength, definition, endurance and alignment using your own body weight, props and a cardio workout in 30 minutes of high energy nonstop action.

REBUILD & RECOVER: This low-impact workout builds strength and lifts your spirits! Stimulating and challenging movements combined with cardio, core and classic strengthening exercises will leave you feeling restored and invigorated. All levels welcome.

SENIOR FITNESS: Improve your health with a gentle workout that combines low-impact aerobics, dance, stretching and cool-down. Tone arms, legs and abdominals. Exercises are easily adapted to your fitness level and special needs.

SHARQUI BELLYDANCE®: Learn to belly dance as you increase core strength, speed and stamina. Considered one of the safer methods to learn belly dancing and muscle isolation, SharQui offers a whole-body workout that gets your heart pumping.

TRAIN: Challenge yourself and get results in this bootcamp-style class of high-intensity exercises using props like BOSU®s, weights, ropes, bands and your own body weight.

ZUMBA®: Zumba, Spanish slang for “to move fast and have fun”, is a dance exercise class that engages every muscle in your body. Learn choreographed dance sequences that incorporate moves from samba, salsa, reggaeton, bachata and belly dance.

ZUMBA® GOLD: This class is designed for active older adults who are looking for a modified Zumba class that recreates the original moves at a lower intensity. Zumba Gold introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.

Please keep in mind:
- If a class is full, instructors have the right to turn participants away.
- Be on time to ensure your spot in the class and avoid disrupting classes.
- Do not enter the studio while class is in session. At the instructor’s discretion, a five- to ten-minute grace period for late admittance may be allowed.
- Wear closed-toe shoes.
- Live updates and teacher substitutions for group fitness classes are listed online at jccsf.org/fitnessschedules.

For live updates and schedule changes, be sure to check the JCCSF Fitness App.

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