

JCC Indianapolis Class Descriptions

Adult Basketball Pick-up Games for ages 18 and older. Members only. Teams are selected at the beginning of each session. Just show up to jump in a game. First team to score 12 points meets a new team.

Ai Chi | Relax in the water with deep breathing and the flowing movements of Ai Chi. This flowing water exercise program may be simple, yet it yields lasting results.

Aqua Boxing | A class is for those looking for a moderately intense, low-impact, complete body workout. Includes interval training, cardio, resistance training and stretching. Swimming experience is not necessary but a moderate level in the water is required.

Aquacize | Cardio and strength training primarily in the shallow end of the pool. Participants use belts, barbells and other apparatus.

Aquajog* | Aerobics and strength training primarily in the deep end of the pool. Participants use belts, barbells and other apparatus.

Aquajoints Range-of-motion workout with gentle exercise in shallow water.

Aqua Pilates/Ai Chi | Practicing Pilates and Ai Chi in the water develops trunk stabilization, helps correct posture and enhances muscle strength. In Aqua Pilates, the wall becomes the mat; movements are practiced against the wall in a fluid and controlled manner.

Barre/Pure Pilates | Begin the class with standing ballet barre exercises and end with the hard-core exercises of Joseph Pilates.

Better Bones & Balance | Modified mat exercises which are safe for those with suspected or diagnosed osteopenia or osteoporosis. Increase strength of vulnerable areas and improve your posture and balance.

BodyAttack™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

BodyPump™ is the original barbell class that strengthens your entire body. This 60-minute workout will challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

Cardio Kickboxing Express | A combination of kickboxing and dance moves choreographed to high-energy music. A challenging cardiovascular workout that blends intervals of strength and endurance training and ends with a relaxing cool-down. No previous kickboxing experience or equipment is required.

Chair Pilates | Modified Pilates exercises done in a chair and standing for seniors.

Classical Ballet continue your training in traditional ballet techniques, emphasizing flow of movement, barre work and simple combinations with emphasis on artistic interpretation of music and dance.

Core Conditioning is a core-focused workout that will strengthen your abs, back and glutes.

Dance | From Irish jig to hip hop—is a cardiovascular workout. This class also includes strength exercises with free weights on the stability ball.

Fit Joints Plus* | Deep-water aerobic workout while working on range of motion.

Cardio Strength is a low-impact aerobics class with mat work designed for individuals 55 and older.

High Energy Aquatics | Dance off the pounds and build muscle. If you like the music of Maroon 5, Matchbox Twenty and other modern artists this class is for you! This class is appropriate for all fitness levels and is a fun way to get your workout in.

Indoor Cycling is a cardio class on a stationary bike that will challenge your body and relax your mind.

Israeli Dance | A mixture of folk and new dances set to traditional and contemporary music.

Kettlebell | Get back to basics with this functional whole-body fitness workout. Accessible and practical for all, from the elite athlete looking for an edge to the sedentary person looking to discover fitness for the first time and everyone in between.

Pilates Basic Fundamentals | A gentle and effective use of the methodology of Joseph Pilates, which emphasizes control, centering, fluidity, precision and breath.

Pilates BOSU®, Balls & Balance utilizes the BOSU® half-dome and the stability ball for a focus on challenging stabilizer muscles used in balance exercises. Prop fusion will be emphasized during exercises.

Pilates Core & More | Core strengthening with emphasis on improved posture and body awareness utilizing many props.

Pilates Mat Power | Experience a transformational full-body toning class. Challenge yourself with learning proper breathing techniques and correct spinal and pelvic alignment with emphasis on smooth, flowing movements.

Pilates Posture & Stretch | Strengthen muscles to stand tall. You will learn ways to address forward head placement and hunched shoulders. Stretching will also be emphasized.

Piloxing | Combine the power, speed and agility of boxing with the sleek core work of Pilates. This is a cardio endurance class!

Restorative Yoga for Stress Relief | By holding gentle poses for 7-10 minutes, you may be able to lower blood pressure and heart rate. Restorative yoga will leave you with an overall sense of calm and well-being.

SilverSneakers Cardio focuses on short cardio segments and muscular strength using weights, bands and balls. A chair will be used for stretching and cool-down. Participants must be able to stand for 35 minutes.

SilverSneakers Classic utilizes 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 or standing support.

SilverSneakers Yoga Stretch will move 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 final relaxation will promote stress reduction and mental clarity. Suitable for those who want to avoid stress on joints; appropriate during pregnancy.

Tai Chi for Arthritis helps improve balance and flexibility using ancient Chinese movements at a relaxed pace, emphasizing deep and slow breathing, mental concentration and integrated mind-body harmony.

Total Body is a strength-training class using free weights, body bars, bands and resistance balls.

Total Body for Active Adults is a strength-training class using hand-held weights, elastic tubing with handles and a ball for resistance and a chair for seated or standing support. Participants must be able to stand for 35 minutes. Varies from low- to high-intensity.

Vinyasa Yoga is a vigorous style of yoga which synchronizes breath with movement through an active sequence of sun salutations and postures. The continuous flow, with an emphasis on proper alignment, increases endurance and will help you find the edge of your balance and flexibility. **For more intensity, try our Power Yoga class.**

Warm Water Workout* | Deep-water aerobics, strength training and range-of-motion workout.

Water Dance | Musically choreographed aerobic dance in the shallow waters of the competition pool.

Yoga Basics | Warm room temperature (around 80°) allows your muscles to stretch more readily. Use of props and instructor-guided modifications will let you ease into postures that are appropriate for your unique flexibility levels.

Yoqua | Yoga + Aqua is a great way to restore health and balance to both body and mind. This class combines the relaxing elements of yoga for stress management and the fitness benefits of aerobic exercise.

Zumba | Everything all rolled into one— aerobics, fitness training, movement and dance steps, all set to incredibly lively Latin music. Dance steps include salsa, flamenco, tango and merengue. The instructor will lead you through easy-to-follow combinations of fast and slow dance rhythms.

*Participants must know how to swim.