

On Demand Fitness Videos

Cardio Interval Workouts

- [Cardio Circuit at Home](#)
- [Fitness Class: HIIT](#) (Mayerson JCC)
- [Commercial Break Workout](#) (Mayerson JCC)
- [Les Mills Classes](#) (Les Mills)

Strength Training Workouts

- [Chair Workout at Home](#) (Omaha JCC)
- [Paper Plate Workout](#) (Omaha JCC)
- [Strength Circuit at Home](#) (Omaha JCC)
- [Strength: Lower Body Circuit](#) (Omaha JCC)
- [Les Mills Classes](#) (Les Mills)

Low Impact

- [Exercises: Chair](#) (Body Coach TV)
- [10 Minute Workout](#) (Body Coach TV)
- [Seated Moves: Core](#) (More Life Health Seniors)
- [Seated Moves: Back](#) (More Life Health Seniors)
- [Legs & Balance](#) (More Life Health Seniors)

Mind-Body Workouts

- [Barre Workout at Home](#) (Omaha JCC)
- [Pilates Mat Workout at Home](#) (Omaha JCC)
- [Yoga I, II, & III with Katie](#) (Katie Twit)
- [Flow Yoga with Sasha](#) (Sasha)
- [Yogalaties](#) (Mayerson JCC)

Distance

For distance, aim to get long duration outdoor activity (according to your level and what feels attainable). This could be walking, running, or cycling. Don't forget to social distance as well!

Suggested Workout Schedule Using [Virtual J](#) On-Demand Videos

To help you stay on track, the JCC Omaha Fitness Center Staff has come up with a sample workout schedule. This schedule uses the on demand videos in the Virtual J video library. New videos are posted frequently. Looking for more? Check out our new Virtual Personal Training via Zoom!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>There's more! Select Group Ex classes are being broadcast LIVE on the JCC Omaha Facebook page. Visit the Virtual J for a full schedule.</p>			1 Distance <i>Walk, Run, or Bike</i> Mind-Body	2 Cardio Interval Training <i>at your level</i>	3 Strength Training <i>at your level</i>	4 Distance <i>Walk, Run, or Bike</i> Mind-Body
5 Rest <i>Meal Prep</i>	6 Cardio Interval Training <i>at your level</i>	7 Strength Training <i>at your level</i>	8 Distance <i>Walk, Run, or Bike</i> Mind-Body	9 Cardio Interval Training <i>at your level</i>	10 Strength Training <i>at your level</i>	11 Distance <i>Walk, Run, or Bike</i> Mind-Body
12 Rest <i>Meal Prep</i>	13 Cardio Interval Training <i>at your level</i>	14 Strength Training <i>at your level</i>	15 Distance <i>Walk, Run, or Bike</i> Mind-Body	16 Cardio Interval Training <i>at your level</i>	17 Strength Training <i>at your level</i>	18 Distance <i>Walk, Run, or Bike</i> Mind-Body
19 Rest <i>Meal Prep</i>	20 Distance <i>Walk, Run, or Bike</i> Mind-Body	21 Strength Training <i>at your level</i>	22 Cardio Interval Training <i>at your level</i>	23 Distance <i>Walk, Run, or Bike</i> Mind-Body	24 Strength Training <i>at your level</i>	25 Cardio Interval Training <i>at your level</i>
26 Rest <i>Meal Prep</i>	27 Distance <i>Walk, Run, or Bike</i> Mind-Body	28 Strength Training <i>at your level</i>	29 Cardio Interval Training <i>at your level</i>	30 Distance <i>Walk, Run, or Bike</i> Mind-Body	31 Strength Training <i>at your level</i>	