

JULY 2010

GROUP FITNESS SCHEDULE

GROUP FITNESS HOTLINE
415.444.8029

On occasion, instructor substitutions are necessary. We reserve the right to cancel any class with less than 10 participants.

PUBLIC: \$20 day fee

Out of consideration, please **DO NOT** join a class if you are more than **10** minutes late.

Please check website & fitness center monthly for the most updated schedules.

Summer News

- **Summer Hours thru August 29:**
Fri 6am-7pm & Sat/Sun 8am-7pm
- **Tot Pool is now open 7 days a week**

Please turn over to see What's New in Group Fitness

Additional Fee Specialty Classes

- **Advanced registration required for all programs 24 hours prior to start date.**
- **The Osher Marin JCC reserves the right to cancel any paid program with less than 5 participants.**

	MIND BODY STUDIO 2nd Floor	GROUP FITNESS STUDIO 4th Floor	SPIN CYCLE STUDIO 4th Floor	POOLS 3rd Floor
Monday	10:00am-10:55am Senior Strength —Judi <i>Held in Hoytt Theater</i> 11:10am-12:00pm Core Body —Tika 12:15pm-1:15pm Strengthen & Stretch —Kim J. 2:00pm-3:00pm Pilates Allegro (\$) —Lia 3:00pm-4:00pm Pilates Allegro (\$) —Lia 4:30pm-5:45pm Yin Yang Yoga —Puni 6:00pm-7:00pm Pilates Mat —Janie 7:15pm-8:15pm Pilates Allegro (\$) —Janie	6:05am-7:00am Total Body —Manda 8:45am-10:00am PowerBlast —Janet 10:30am-11:30am Power Pulse Pilates —Julia 6:00pm-7:00pm Cardio Samba —Tika	6:05am-7:00am Wake Up & Ride —Alan 9:00am-10:00am Group Cycle —Alan 10:30am-11:30am TRX® (\$) —Robert 6:00pm-7:00pm Spin & Core —Shannon	9:00am-10:00am Aquacise —Olga 6:00pm-7:00pm Joint Motion Water Exercise —Erica
Tuesday	8:45am-9:45am Pilates Allegro (\$) —Janie 10:00am-11:00am Pilates Mat —Janie 11:10am-12:10pm Gentle Yoga —Jean 12:15pm-1:30pm Vinyasa Yoga L 2-3 —Lori 6:15pm-7:15pm Hatha Yoga —Rose of Sharon	7:15am-8:15am Tai Chi —Calvin 9:00am-10:00am Masala —Tara 10:05am-11:00am Total Body —Heather 11:05am-12:00pm Zumba Gold —Tika 5:00pm-5:55pm Pump It —Karen 6:00pm-7:00pm Kickbox —Paula	6:05am-7:00am Wake Up & Ride —Nina 9:00am-10:00am Group Cycle —Kathy 6:30pm-7:30pm TRX® (\$) —Robert	9:00am-10:00am Water Stretch —Rose 2:00pm-3:00pm Arthritis (\$) —Kathy 6:00pm-7:00pm Aquacise —Jocelyn/Tina
Wednesday	9:30am-10:45am Slow Flow Yoga L 1-2 —Jean 10:00am-10:55am Senior Strength —Judi <i>Held in Hoytt Theater</i> 11:00am-11:45am Bringing into Balance —Jocelyn 12:15pm-1:15pm Strengthen & Stretch —Beth H. 1:30pm-2:30pm Pilates Allegro (\$) —Lia 4:30pm-5:45pm Yin Yoga —Puni 6:00pm-7:00pm Pilates Mat —Christina	6:05am-7:00am Core Fit —Jeff 8:45am-10:00am PowerBlast —Janet 11:10am-12:00pm Core Body —Manda 6:00pm-7:00pm Zumba —Rommy 7:00pm-9:00pm Capoeira (\$) —Karlton	6:05am-7:00am Wake Up & Ride —Alan 9:00am-10:00am Group Cycle —Alan 10:30am-11:30am TRX® (\$) —Robert 6:00pm-7:00pm Spin & Core —Rose of Sharon	9:00am-10:00am Aquacise —Kelli
Thursday	10:00am-11:00am Pilates Mat —Janie 11:10am-12:10pm Gentle Yoga —Jean 12:15pm-1:30pm Vinyasa Yoga L 2-3 —Lori 6:00pm-7:00pm Yoga Fusion —Rose of Sharon	7:15am-8:15am Tai Chi —Calvin 9:00am-10:00am Zumba —Edyta 10:05am-11:30am Total Body —Heather 1:00pm-2:00pm Zumba Gold —Tika 5:00pm-5:55pm Movimento Conditioning —Robert 6:00pm-7:00pm Sports Conditioning —Paula	6:05am-7:00am Wake Up & Ride —Mary 9:00am-10:00am Group Cycle —Manda	9:00am-10:00am Water Stretch —Rose 2:00pm-3:00pm Arthritis (\$) —Chris/Judi 6:00pm-7:00pm Aquacise —Jocelyn/Tina
Friday	9:00am-10:00am Pilates Mat —Dacia 10:00am-10:55am Senior Strength —Karen <i>Held in Hoytt Theater</i> 11:30am-12:30pm Pilates Allegro (\$) —Dacia	6:05am-7:00am Core Fit —Jeff 8:45am-10:00am PowerBlast —Janet	10:05am-11:05am Group Cycle —Janet	9:00am-10:00am Aquacise —Tina 11:15am-12:00pm Mommies-in-Motion (\$) —Cara
Saturday	8:30am-9:30am Core Awakening —Beth/Julia 10:00am-11:00am Baptiste Power of Yoga —Sherri	9:00am-9:55am Kickbox —Janet 10:00am-11:00am Movimento Dance —Robert	8:15am-9:15am Wake Up & Ride —Christine	9:00am-10:00am Aquacise —Olga
Sunday	8:30am-9:45am Yin Yang Yoga —Ed/Judi 11:00am-12:30pm Iyengar Yoga —Laura	9:00am-9:55am Zumba —Tika 10:00am-11:00am Pump It —Karen/Janet	9:00am-10:00am Cycle Stretch —Barbra/Janet 10:30am-11:30am TRX® (\$) —Robert	For classes with (\$), see fitness guide for class dates & descriptions.

WHAT'S NEW IN GROUP FITNESS

Additional Fee Specialty Classes

INCLUDED WITH MEMBERSHIP GROUP FITNESS CLASSES

Summer Special TRX® with Robert Werner

TRX® Suspension Training simultaneously improves strength, endurance flexibility and core. **New class time on Monday!**

Tue, July 6-27:

6:30-7:30pm (4 classes)

Wed, July 7-28: —no class 7/14

10:30-11:30am (3 classes)

Sun, July 11-25:

10:30-11:30am (3 classes)

Mon, July 12-26:

10:30-11:30am (3 classes)

3-class Session: \$60 members/\$75 public

4-class Session: \$80 members/\$100 public

Drop in:

\$30 members/\$35 public (space permitting)

Capoeira with Karlon Kepcke, the first American woman professor-level instructor!

Capoeira is a dynamic and athletic Brazilian martial arts workout practiced to the exciting beat of percussion music. Strengthen, stretch and connect with this dance of culture! All levels welcome.

Wed, July 7-28: 7-9pm

7-8:30pm class, **8:30-9pm** percussion lesson

\$40 members/\$60 public (4 classes)

Drop-in: \$15 members/\$20 public

Zumba Intensive with Tika Morgan

Combining Zumba buns, abs and body-sculpting you will get a strong calorie-burning, resistance-training workout. Strengthen your core while you challenge deeper muscles and have a blast doing it!

Fri, July 9-30: 3-4:30pm

\$60 members/\$80 public (4 classes)

Drop in: \$20 members/\$25 public

Yoga 101 with Jean Johnson

A beginner class teaching essential positions and movements, breathing techniques and various styles of yoga.

Mon, July 12: 9:30-11am

\$15 members/\$20 public

Yoga & Sound with Beth Huizenga

In this unique beginner workshop enjoy the inspirational vibrations of Tibetan bowls and immerse in this Yoga asana and sound practice. Enjoy the practice of singing to create healing vibrations within the body, open the throat and relax the facial muscles. This workshop is recommended for all individuals and could be therapeutic for stroke recovery and TMJ.

Sat, July 17: 1-3pm

\$25 members/\$30 public

Active Adult

Bringing into Balance

Recommended for those who are recovering from an injury, surgery, or auto-immune disease as an adjunct to the Hydrotherapy Program. Learn specific exercises to improve balance while increasing strength and flexibility. Perfect for those looking for a gentler alternative to the Senior Strength class.

Senior Strength

— held in the Hoytt Theater

Join us for an hour of strength, balance, flexibility and endurance training. Exercises may be done in chairs.

Tai Chi

Flowing movements improve balance, circulation, posture and body awareness.

Zumba Gold

Specifically designed to take the exciting dance rhythms of Zumba and bring them to active older adults, pregnant women, and beginner participants.

Cardio

Kickboxing

Learn martial arts techniques without using equipment or contact. A high intensity cardio workout!

PowerBlast

A power-packed workout including step aerobics, kickboxing, weight work, toning and sculpt.

Pump It

A blend of cardio, core work, high intensity muscle sculpting, deep abdominal work and stretching. You will work your total body, gain strength and stamina!

Sports Conditioning

Challenge your body as you become more fit. Utilizing agility drills, sprints, power moves and more.

Core

Core Body —New!

An abdominal conditioning class strengthening, stretching and toning from the core.

Core Fit

Using unstable surfaces and equipment to strengthen to the core.

Movimento —New!

Conditioning

A conditioning class fusing musical rhythms with functional movement patterns, sports conditioning, core training and functional flexibility work.

Dance

Cardio Samba

Builds intensity through body isolations and easy to follow choreography. Learn the basics of Brazilian Samba. Build strength, flexibility and release stress while tapping into the joy of Brazil's most popular dance! No shoes needed.

Masala

Get your dose of spicy Indian dance styles freshly fused together in this fun, unique, high energy aerobic class.

Movimento Dance —New!

Inspired by African, Caribbean and Latin music to weave a seamless, creative dance that results in a fun, inspirational workout designed to relieve stress, condition the body, and leave you joyful!

Zumba

The Latin-inspired, hottest, dance-fitness craze! Learn easy to follow combinations set to great Latin music.

Spin Cycle

Indoor cycling is an excellent low-impact workout for cardiovascular training and increasing lower body strength. Classes average about 60 minutes. Check the JCC's website for detailed descriptions of each cycle class.

• Cycle Stretch

• Group Cycle

• Spin & Core

• Wake Up & Ride

Spin Class Policy

Spin bikes are available on a first come first serve basis. Please pick up a laminated numbered card at the desk before coming to class. One card per class participant. Thank you.

Toning

Pilates Mat

Develop functional abdominal, shoulder, and back strength from the inside out by developing lean, elongated muscles and spine flexibility, as well as improved posture.

Power Pulse Pilates

A dynamic fitness fusion blending dance, yoga and Pilates mat technique to a unique musical soundtrack.

Strengthen & Stretch —New!

Look and feel your best by stretching and strengthening your muscles, along with incorporating breath-work and a relaxation component for overall body conditioning.

Total Body

An all over body workout utilizing an array of exercises and equipment including weights, body bars, body balls, spree tubing, BOSU® and more.

Yoga Fusion

Get the best of Yoga, Pilates, and conditioning in this challenging, flowing class.

Water Fitness

Aquacise

Get the benefits of aerobics and weights as you work out against water's three-dimensional resistance.

Joint Motion Water Exercise

Take part in an injury-free, challenging and fun aerobic workout!

Water Stretch

Get a great cardiovascular workout in the shallow end of our warm indoor pool while working on posture alignment, abdominal strength, and enhanced flexibility.

Yoga

• Baptiste Power of Yoga

• Gentle Yoga

• Hatha Yoga

• Iyengar Yoga

• Slow Flow Yoga

• Vinyasa Yoga

• Yin Yoga / Yin Yang Yoga

• Yoga Fusion

Check the JCC's website for detailed descriptions of each yoga style.