

MARCH 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.

Please turn over to see
**What's New in
Group Fitness**
Additional Fee Specialty Classes

Holiday Schedule

Mon. March 29: Erev Passover, 1st Seder — Closed at 6pm

Tue. March 30: Passover, 1st Day — Closed

Wed. March 31: Passover, 2nd Day — Open 9am-5pm*

**No group fitness classes and KidCare*

PLEASE NOTE: No Group Fitness or Aquatic classes: Tue. 3/30 thru Mon. 4/5. Classes resume Tue. 4/6

	MIND BODY STUDIO 2nd Floor	GROUP FITNESS STUDIO 4th Floor	SPIN CYCLE STUDIO 4th Floor	POOLS 3rd Floor
Monday	8:15am-9:15am Vinyasa Yoga —Kim 10:00am-10:55am Senior Strength —Tika Held in Hoytt Theater 11:10am-12:00pm Ab Lab —Dawn 12:15pm-1:15pm Meditative Stretch —Dawn 2:00pm-3:00pm Pilates Allegro (\$) —Dawn 3:00pm-4:00pm Pilates Allegro (\$) —Dawn 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 Core Fit —Kim 8:30am-9:00am PowerBlast Prep —Janet 9:00am-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 6:00pm-7:00pm Spin & Core —Shannon	8:30am-9:30am Aquacise —Olga 1:30pm-2:30pm Arthritis (\$) —Helen 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 1:45pm-2:45pm Private Yoga (\$) —Lori 4:00pm-4:30pm Rhythmic Academy (\$) —Natasha 6:15pm-7:15pm Hatha Yoga L 1-2 —Rose of Sharon	7:15am-8:15am Tai Chi —Calvin 9:00am-10:00am Zumba —Lis 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	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 —Karen Held in Hoytt Theater 11:00am-11:45am Bringing into Balance —Jocelyn 12:15pm-1:15pm Meditative Stretch —Dawn 1:30pm-2:30pm Pilates Allegro (\$) —Dawn 4:30pm-5:45pm Yin Yoga —Puni 6:00pm-7:00pm Pilates Mat —Christina	6:05am-7:00am Core Awakening —Jeff 8:30am-9:00am PowerBlast Prep —Janet 9:00am-10:00am PowerBlast —Janet 11:10am-12:00pm Ab Lab —Dawn 1:20pm-2:05pm Movement Exploration (\$) —Signe 6:00pm-7:00pm Zumba —Rommy 7:00pm-9:00pm Capoeira (\$) —Karlon	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	8:30am-9:30am Aquacise —Jocelyn/Kelli
Thursday	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 1:45pm-2:45pm Creative Movement (\$) —Signe 6:00pm-7:00pm Yoga Fusion —Rose of Sharon	7:15am-8:15am Tai Chi —Calvin 9:00am-10:00am Zumba —Edyta 10:05am-11:00am Total Body —Heather 5:00pm-5:55pm Functional Fitness Training —Robert 6:00pm-7:00pm Sports Conditioning —Paula	6:05am-7:00am Wake Up & Ride —Mary 9:00am-10:00am Group Cycle —Janet	9:00am-10:00am Water Stretch —Rose 2:00pm-3:00pm Arthritis (\$) —Tina 6:00pm-7:00pm Aquacise —Jocelyn/Tina
Friday	9:00am-10:00am Pilates Mat —Dacia 10:00am-10:55am Senior Strength —Tika Held in Hoytt Theater 11:30am-12:30pm Pilates Allegro (\$) —Dacia	6:05am-7:00am Core Fit —Jeff 8:30am-9:00am PowerBlast Prep —Janet 9:00am-10:00am PowerBlast —Janet 12:15pm-1:15pm O2 Adventure —Jeff	10:05am-11:05am Group Cycle —Janet	8:30am-9:30am 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 Afro/Caribbean —Robert	8:15am-9:15am Wake Up & Ride —Christine	
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	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

Intro to Pilates Allegro with Janie Miklaunus

All participants will receive a discount coupon for Pilates programs.

Sat, March 27: 12:30pm-1:30pm
OR 1:30pm-2:30pm

Please sign up at the H&F desk
FREE members/\$20 public

Sun and Moon Yoga Practice with Lori Salomon

A warming sun flow series transitioning into deep restorative stretches to facilitate the journey into stillness. Come and enjoy this luxurious extended practice.

Sat, March 6: 12-2pm
\$30 members/\$35 public

Mood Support: Yoga for Anxiety and Depression with Rachel Yellin, guest instructor

Restore balance in your life through Asana, Pranayama, Meditation, Affirmations and Hypnotic Relaxation. Rachel is a hypnotherapist practicing in the model of Depth Hypnosis. Learn more about her at www.one-moon.com.

Sun, March 7: 1:30-4:15pm
\$40 members/\$50 public

Yin Yoga with Jean Johnson

Yin Yoga is the practice of coming into seated poses and holding them for a longer period of time. Come discover the physical benefits and the healing and balancing qualities.

Sat, March 13: 12-2pm
Before 3/6: \$25 members/\$30 public
After 3/6: \$30 members/\$35 public

Samba Dance Fest with Tika Morgan

Move to the irresistible rhythms of Samba and Samba Reggae with live drumming.

Sun, March 14: 4-5:30pm
\$10 members/\$15 public —pay at the door

Functional Core Training in 3 Dimensions with Robert Werner

Learn an exciting approach to 3 dimensional core training used by elite athletes and top strength and conditioning coaches. Benefits include improved posture, injury prevention and reduced lower back pain. Experience two complete 3-dimensional workouts you can do anywhere.

Sat, March 20: 12-2pm
Before 3/13: \$25 members/\$30 public
After 3/13: \$30 members/\$35 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 the active older adult 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.

PowerBlast Prep

An intro to step aerobics designed to cover basic movement on the step, the “language” of step and some of the more advanced step movements students need to know to transition comfortably into PowerBlast.

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

Ab Lab

A core conditioning class using Pilates-based abdominal exercises.

Core Awakening

Revitalize the “core” with moving exercises that energize and strengthen the back, shoulders, abs, and pelvis.

Core Fit

Using unstable surfaces and equipment to strengthen to the core.

Functional Fitness Training

A conditioning class utilizing functional movement patterns, sports conditioning, core training, and functional flexibility work.

02 Adventure

Train your brain, a creative approach for increasing human performance utilizing the BOSU® for balance, agility, strength and flexibility.

Dance

African/Caribbean Dance

Experience the joy of moving your body to the music from the newest, and the traditional hotbeds of African, Caribbean, Latin and international popular dance.

Cardio Samba

A high energy dance fitness class using Brazilian cultural dance forms like: Samba, Samba Reggae & Afoxe.

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

Meditative Stretch

This class enables you to increase your range of motion, improve your posture and decrease stress using visualization techniques, yoga and Pilates.

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.

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.

To register for the Private Yoga class on Tuesdays, please call 444.8004.