

UPDATED MAY 2008

GROUP FITNESS SCHEDULE

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

WE RESERVE THE RIGHT TO CANCEL ANY CLASS WITH LESS THAN 8 PARTICIPANTS

	MIND BODY STUDIO 2nd Floor	GROUP FITNESS STUDIO 4th Floor	SPIN CYCLE STUDIO 4th Floor	INDOOR POOL 3rd Floor
Monday	10:05am-11:00am Senior Strength —Daxen <i>NEW location: Hoytt Theater</i> 11:10am-12:00pm Ab Lab —Dawn 12:15pm-1:15pm Meditative Stretch —Dawn 2:00pm-3:00pm Pilates Allegro L 3 (\$) —Daxen 3:00pm-4:00pm Pilates Allegro L 2 (\$) —Daxen 4:30pm-5:45pm Yin Yoga —Icy 6:00pm-7:00pm Pilates Mat —Christina G. 7:15pm-8:15pm Pilates Allegro L 1 (\$) —Janie	6:05am-7:00am Core Fit —Rose S. 8:45am-10:00am PowerBlast —Janet 10:30am-11:30am Power Pulse Pilates —Julia 6:00pm-7:00pm Brazilian Rhythms —Tika 7:15pm-8:30pm Belly Dance (\$) —Julia	9:00am-10:00am Cycle Express —Robin S 12:05pm-1:00pm Group Cycle —Christina K. 6:00pm-7:00pm Group Cycle —Efred	8:30am-9:30am Aquacise —Olga/Kelli 2:30pm-3:15pm Mommies-in-Motion (\$) —Tina 6:00pm-7:00pm Joint Motion Water Exercise —Erica
Tuesday	10:00am-11:00am Pilates Mat —Janie 11:10am-12:10pm Gentle Yoga —Jean 12:15pm-1:30pm Vinyasa Yoga —Lori 7:00pm- 8:15pm Restorative Yoga —Puni/Wendy	7:15am-8:15am Tai Chi —Calvin 9:00am-12:30pm Walkabout (\$) —Carolyn (off-site) 10:05am-11:00am Total Body —Jillian 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 Cycle Express —Dafna	9:00am-10:00am Water Stretch —Rose 2:30pm-3:30pm Arthritis (\$) —Erica 6:00pm-7:00pm Aquacise —Jocelyn/Tina
Wednesday	8:45am-9:45am Core Awakening —Beth 10:05am-11:00am Senior Strength —Daxen <i>NEW location: Hoytt Theater</i> 12:15pm-1:15pm Meditative Stretch —Dawn 1:20pm-2:05pm Movement Exploration 3 yr. olds (\$) —Signe 4:30pm-5:45pm Yin Yoga —Icy 6:00pm-7:00pm Pilates Mat —Christina G.	6:05am-7:00am Total Tone —Sheila 8:45am-10:00am PowerBlast —Janet 10:05am-11:00am Cardio Combo —Janet 11:10am-12:00pm Ab Lab —Daxen 4:45pm-5:45pm Dance Fitness —Tom 6:00pm-7:00pm Brazilian Rhythms —Tika	9:00am-10:00am Cycle Express —Efred 12:05pm-1:00pm Group Cycle —Manda 6:00pm-7:00pm Group Cycle —Shannon	8:30am-9:30am Aquacise —Olga
Thursday	8:45am-9:45am Pilates Allegro L 1 (\$) —Janie 10:00am-11:00am Pilates Mat —Janie 11:10am-12:10pm Gentle Yoga —Puni 12:15pm-1:30pm Vinyasa Yoga —Lori 1:45pm-2:45pm Creative Movement 4 yr. olds (\$) —Signe 6:15pm-7:15pm NIA —Julia 7:30pm-8:30pm Intermediate Yoga —Jean	7:15am-8:15am Tai Chi —Calvin 9:00am-10:00am Brazilian Rhythms —Tika 10:05am-11:00am Total Body —Jillian 5:00pm-5:55pm East/West Training —Robert 6:00pm-7:00pm Sports Conditioning —Paula	6:05am-7:00am Wake Up & Ride —Mary 9:00am-10:00am Cycle Express —Jamie	9:00am-10:00am Water Stretch —Rose 2:30pm - 3:30pm Arthritis (\$) —Kathy T. 6:00pm-7:00pm Aquacise —Jocelyn/Tina
Friday	9:00am-10:00am Intermediate Pilates Mat —Janie 10:05am-11:00am Senior Strength —Daxen <i>NEW location: Hoytt Theater</i> 11:45am-1:15pm Advanced Yoga —Lori 1:30pm-2:30pm Pilates Allegro L 2&3 (\$) —Daxen	6:05am-7:00am Core Fit —Manda 8:30am-1:45pm Walkabout (\$) —Carolyn (off-site) 8:45am-10:00am PowerBlast —Janet 12:15pm-1:15pm Abs & Stretch —Daxen	10:05am-11:05am Group Cycle —Janet 11:15am-12:05pm Cycle 101 —Dafna	8:30am-9:30am Aquacise —Tina
Saturday	8:30am-9:30am Core Awakening —Beth 10:00am-11:00am Baptiste Power of Yoga —Sherri 11:30am-12:30pm Pilates Allegro L 1-3 (\$) —Christina G./Janie	9:00am-10:00am Kickbox —Janet 10:00am-11:00am Afro/Caribbean —Robert	8:15am-9:15am Wake Up & Ride —Nina 9:30am-10:30am Group Cycle —Dafna	12:30pm-1:30pm Aquacise —Olga (deep water workout)
Sunday	8:30am-9:45am Yoga Groove —Phyllis 11:00am-12:30pm Iyengar Yoga —Laura F.	9:00am-10:00am NIA —Chris 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.

GROUP FITNESS CLASSES included with membership

Ab Lab

A core conditioning class using Pilates-based abdominal exercises.

Abs n' Stretch

Begin with 30 min. of Ab Lab followed by 30 min. of Meditative Stretch.

Advanced Yoga —*New!*

Focus on building confidence in arm balances, inversions and backbends, counter poses and sequencing for more challenging poses.

African/Caribbean Dance

Enjoy moving to the energizing rhythms of African & Caribbean, Salsa, Samba, Soukous, and Merengue.

Brazilian Rhythms

This class brings together the rhythms and energy of Afro-Brazilian percussion and the sensuality of Brazilian dance.

Cardio Combo —*New!*

A beginning/intermediate cardio class combining light floor aerobics, easy step, and even beginning spin. A fun way to stay in motion!

Core Awakening

Revitalize the “core” powerhouse with moving exercises that energize and strengthen the back, shoulders, abs, and pelvis. Improve your posture and balance, limber up the torso, and have fun at the same time!

Core Fit

Using unstable surfaces and equipment to strengthen us to the core.

Dance Fitness

Combining cardio fitness and Jazz dance for a complete workout.

East/West Training

Using techniques based on Eastern and Western sports science, we will help keep you looking and feeling young by increasing your base metabolic rate, changing your body composition, and increasing your agility.

Kickboxing

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

Meditative Stretch

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

NIA

The NIA Technique is a cardiovascular exercise and personal growth practice that incorporates the dance arts, the martial arts, and the healing arts.

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.

PowerBlast

An advanced class for those who like to sweat! A power-packed workout including step aerobics, kickboxing, weight work, toning and sculpt.

Power Pulse Pilates

This class blends a dynamic fitness fusion of dance, yoga and Pilates mat technique to a unique musical soundtrack. Participants build muscular strength and endurance with a variety of resistance training techniques.

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, and feel great!

Senior Strength — *now held in the Hoytt Theater*

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

Sports Conditioning

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

Tai Chi

The flowing movements improve balance, circulation, posture and body awareness. Natural breathing is maintained throughout the form to increase energy flow and improve relaxation.

Total Body

An all over body workout utilizing an array of exercises and equipment including weights, body bars, body balls, spree tubing, bosu balls and more. This class focuses on increasing your core and overall functional strength.

Total Tone

An all over body workout with an array of exercises that tone from head to toe.

Walkabout (\$)

See page 4 of the Fitness Guide for details.

Group Water Fitness Classes

Aquacise

Get the benefits of aerobics and weights simultaneously as you work out against water's three-dimensional resistance in a class designed to work your entire body.

Mommies-in-Motion (\$)

See page 8 of the Fitness Guide for details.

Joint Motion Water Exercise

Take part in an injury-free, challenging and fun aerobic workout! A great cross-training activity to enhance your land-based programs.

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 Classes

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

- Advanced Yoga
- Iyengar Yoga
- Vinyasa Yoga
- Baptiste Power of Yoga
- Intermediate Yoga
- Yin Yoga
- Gentle Yoga
- Restorative Yoga
- Yoga Groove

Group Spin Cycle Classes

Indoor cycling is an excellent low-impact workout for cardiovascular training and increasing lower body strength. Classes range from 45 to 60 minutes.

- Cycle 101
- Cycle Stretch
- Wake Up & Ride
- Cycle Express
- Group Cycle

Check the JCC's website for detailed descriptions of each cycle class.

SPIN CLASS POLICY

Spin bikes are available on a first come first serve basis.

Cycle 101

Learn the basics including bike set-up and mechanics, as well as how to use cadence (pedal speed) and resistance to maximize your cardiovascular workout, tone your lower body and have fun.

Fitness Class 101: The Series

Try one or all of the following classes. Learn the basics of each of these classes so you will feel comfortable with each format.

Reservation required – call 444.8148 to reserve your place.

Sat May 31, 12:30pm-1:30pm: Intro to Pilates Allegro

PUBLIC (NON-MEMBERS): \$15 day fee

GROUP FITNESS HOTLINE – 415.444.8029:

On occasion, instructor substitutions are necessary.