

Contact the Fitness Welcome Desk at 516-484-1545, ext. 139 for start dates.

GERSHWIND/JACOBSON HEALTH & WELLNESS CENTER

EXERCISE CLASS SCHEDULE

Effective 2/1/12

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-9:10am	8:00-8:55am	6:30-7:25am	7:45-8:40am	6:30-7:25am	8:15-9:10am
Spin Studio C with Alex	Spin Studio C with Mariann	Spin Studio C with Alex	Bandtastic Studio A with Mimi	Spin Studio C with Audrey	Spin Studio C with Audrey
8:30-9:25am	9:00-9:55am	8:15-9:10am	8:00-8:55am	8:15-9:10am	8:15-9:30am
Cardio Sculpt Studio A with Bonne	Absolute Conditioning Studio A with Bill	Spin Studio C with Aliza	Spin Studio C with Lynn	Spin Studio C with Alex	Kamikaze Fitness \$ Studio B with Rhonda
8:30-9:25am	9:00-10:15am	8:30-9:25am	8:45-10:00am	8:30-9:25am	8:30-9:30am
Bandtastic Studio B with Melanie	Kamikaze Fitness \$ Studio B with Rhonda	Cardio Sculpt Studio A with Maria	Kamikaze Fitness \$ Studio B with Rhonda	Cardio Intervals Studio A with Bonne	Circuit Sculpt Studio A with Bill
8:30-9:25am	9:00-9:55am	9:30-10:25am	9:00-9:55am	9:30-10:25am	9:00-9:55am
Boot Camp \$ Maccabi Gym with George	Water Workout Pool with Audrey	Low and Tone Studio B with Susan	Water Workout Pool with Audrey	Total Body Workout Studio A with Bonne	Water Workout Pool with Carin
	9:30-10:25am	9:30-10:25am	9:00-9:55am	9:30-10:25am	9:30-10:25am
Spin Studio C with Alex	TRX® Suspension \$ Maccabi Gym with Heidi	Super Sculpt Studio A with Bonne	Power Sculpt Studio A with Bill	Pilates on the Ball Studio B with Susan	HIT Training Studio B with Marjorie
9:30-10:25am	10:00-10:25am	9:30-10:25am	9:00-9:55	10:30-11:25am	9:30-10:25am
Zumba Studio A with Ghazal	Power Sculpt Studio A with Bill	Boot Camp \$ Maccabi Gym with Adrian	Spin Studio C with Lynn	Low and Tone Studio B with Susan	Yoga Studio A with Rhonda
10:30-11:30am	10:30-11:25am	10:30-11:00am	10:00-10:55am	10:30-11:25am	10:30-11:25am
Yoga Studio B with Inbar	Zumba Studio A with Rachel	FlexAbility Studio A with Marjorie	Zumba Tone Studio A with Rachel	Zumba Studio A with Nicole	Barre Fusion Studio A with Marjorie
	10:30-11:25am	10:30-11:25am	10:30-11:25am	11:30am-12:30pm	10:30-11:25am
	TRX® Suspension \$ Maccabi Gym with Heidi	TRX® Suspension \$ Maccabi Gym with Heidi	TRX® Suspension \$ Maccabi Gym with Heidi	Strong and Fit Seniors \$ Studio A with Mimi	Pilates Mat Studio B with Susan
	10:30-10:55am	10:30-11:25am	11:15am-12:10pm	7:00-7:55pm	11:00-11:55am
	Hard Body Abs Studio B with Bill	Strong & Fit Seniors \$ Studio B with Mimi	Yoga Studio A with David	Spin Studio C with Alex	Arthritis Aquatics Pool with Carin
	12:00-12:55pm	11:00-11:30am	12:45-1:30pm	7:45-8:40pm	12:30-1:30pm
	Yoga Studio A with David	Barre Express Studio A with Marjorie	Tai Chi for Arthritis Studio A with Carin	Zumba Studio B with Ghazal	STS Cancer Wellness Studio A with Susan
	12:30-1:30pm	11:00-11:55am	1:00-1:55pm	8:00-8:55pm	12:30-1:15pm
	STS Cancer Wellness Studio B with Susan	Arthritis Aquatics Pool with Carin	Chair Yoga \$ Studio B with David	Yoga Studio A with David	Tai Chi for Arthritis Studio B with Carin
	7:00-7:55pm	12:00-12:55pm	5:00-6:00pm		
	Absolute Conditioning Studio A with Bill	Seniorcise Studio A with Susan	Yoga for Cancer Survivors Studio C with Lore		
	8:00-8:55pm	6:30-7:25pm	7:00-7:30pm		
	Yoga Studio A with Lore	Teen Kickboxing \$ Studio B with Nina	Cardio Kickbox Studio B with Marjorie		
		6:30-7:25pm	7:30-8:25pm		
		Barre Fusion Studio A with Marjorie	Boot Camp \$ Maccabi Gym with Jason		
		7:30-8:25pm	7:30-8:00pm		
		Zumba Studio A with Rachel	Power Sculpt Studio B with Marjorie		
		8:00-9:00pm	7:30-8:25pm		
		Boxing Fitness \$ Studio B with Anthony	Ballroom Sizzle \$ Studio A with Pam		
			8:00-8:30pm		
			Butts and Gutts Studio B with Marjorie		

NEED BABYSITTING?

MONDAY-FRIDAY
9:00am-12:00pm (6 months-6 years)

TUESDAY AND WEDNESDAY
6:00-9:00pm (6 months-10 years)

SUNDAY
9:00am-12:00pm (6 months-6 years)

\$3 per child per hour.
Reservations necessary.
Call ext. 139 to reserve your spot.

HOURS

Monday-Thursday
6:00am-10:00pm

Friday
6:00am-5:00pm

Saturday
1:00-7:30pm

Sunday
8:00am-7:30pm

COLOR CODES

- Strength Training
- Mind & Body
- Cardio Training
- Dance

516-484-1545



Visit us at www.sjjcc.org/fitness

Classes marked with a **\$** are Specialty Fitness Classes that are paid programs that offer members and non-members the opportunity to take their fitness to the next level. Classes are pro-rated after the begin date. All other classes are FREE to Sid Jacobson JCC members ages 13 and up. Non-members ages 13 and up is \$20 per class unless otherwise noted.

STRENGTH TRAINING

Arthritis Aquatics

This class provides resistance to strengthen muscles while offering buoyancy and joint protection. Bathing cap required.
Fee \$8 / members FREE

Absolute Conditioning

A total body workout that trains muscular strength, stamina and endurance.

Bandtastic

A challenging 60-minute resistance training session utilizing exert tubing as well as other modalities.

Barre Express

Our 30-minute version of Barre Fusion.

Barre Fusion

Pilates, isometric resistance training and stretching, lengthens your thighs, lifts your seat and flattens your belly.

Boot Camp \$

This High Intensity Strong Man training utilizes tires, ropes and sledgehammers for the ultimate in tough workouts.
6 sessions \$120 / members \$60
Drop in fee \$25 / members \$15

Butts and Gutts

A super effective 60-minute for glutes, legs and abs.

Cardio Sculpt

This class strengthens the entire body with both cardiovascular exercise and strength training.

Circuit Sculpt

This circuit training class keeps you moving throughout the studio as you get a full body workout. No class will be the same.

FlexAbility

Target upper and lower abdominal, oblique, and low back muscles. Stretch out kinks and prevent next day soreness.

Hard Body Abs

This proven body builder's workout will get you ripped.

HIT (High Intensity Training)

Cardio, strength and core exercises.

Kamikaze Fitness \$

An intensive muscle strengthening and toning class involving every major body part. A mindful approach to exercise and resistance training.

Monday & Wednesday
Fee \$300 / members \$225

Friday
Fee \$280 / members \$210

Low and Tone

Low impact aerobics combined with body toning exercises, accommodating individual abilities.

Power Sculpt

This high energy sculpt class gives you a full body workout with a wide variety of training techniques.

Seniorcise

Flexibility and strengthening exercise for the entire body, special care given to avoid impact to the joints and for the needs of mature adults.

Strength to Strength: FREE Cancer Wellness Program for Adults

Fitness and discussion geared to the specific needs of individuals recovering from cancer treatment or actively engaged in a treatment regimen.
Advance registration required at ext. 196

Strong and Fit Seniors \$

This class gives the foundations and fundamentals of strength training with special consideration given to prevent recover from and prevent injuries.

Monday
7 sessions
Fee \$85 / members \$70

Thursday
8 sessions
Fee \$95 / members \$80

Super Sculpt

This 45-minute intense workout incorporates strength training with cardio intervals for a "boot camp style" workout.

Teen Kickboxing \$

Learn traditional technique while having fun and getting a great workout. This class improves coordination, strength and agility.
8 sessions
Fee \$145 / members \$120

Total Body Workout

Both muscular strength and endurance are trained in this class. Heart rate stays elevated for a sweat drenching sculpting session.

TRX® Suspension Training \$

A method of functional training that develops strength, balance, flexibility and core stability. The "suspension trainer" is an ideal tool for all fitness levels.
6 sessions \$150

CARDIO

Cardio Intervals

This is the ULTIMATE interval class, geared to give you a Total Body Conditioning workout.

Cardio Kickbox

Freestanding boxing bags are used for this knockout cardio workout.

Boxing Fitness \$

Our circuit training class is designed for men and women. Work your way through a boxers workout, shadow boxing, skipping rope, combination drills, bag work and more. All levels welcome.
5 sessions \$100 / members \$80
Single session \$22 / members \$18

Spin

Cycle your way to limits you never dreamed possible.

HIT (High Intensity Training)

Cardio, strength and core exercises.

Water Workout

An invigorating water aerobic class for total body conditioning. Class for all levels.

DANCE

Ballroom Sizzle \$

Learn how to have fun at weddings social events, fundraisers and more.

7 sessions
Fee \$140 / members \$110

Zumba

Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that blows you away.

Zumba Tone

Blends body sculpting techniques and specific Zumba moves into one calorie-burning, strength training class.

MIND AND BODY

Chair Yoga \$

A great way for people of all fitness levels to experience Yoga. From this stable seat, modifications of many common Yoga poses can be done without fear of injury or strain.

Fee \$75 / members and Senior Passport holders \$50
Drop in Fee \$20 / members and Senior Passport holders \$10

Pilates Mat

Exercises focused on body alignment, core stability and strength.

Pilates on the Ball

Use the exercise ball to enhance Joseph Pilates' original work by adding resistance, challenge and variety to the matwork.

Tai Chi for Arthritis

A thorough regime of stretching, meditation and Tai Chi forms that improve flexibility, strength and coordination.
Fee \$8 / members FREE

Yoga

Utilizing traditional postures, develop strength, balance and flexibility while experiencing deep relaxation.

Yoga for Cancer Survivors

Fitness and discussion geared to the specific needs of individuals recovering from cancer treatment or actively engaged in a treatment regimen.
Advance registration required at ext. 196.

No refunds without medical reasons. The JCC reserves the right to cancel any class due to insufficient registration, in which case the program fee is refunded. However, the JCC cannot compensate or provide makeup classes for participants who miss classes for reasons of their own. Specialty classes can be pro-rated if class is in session. Check with the Welcome Desk at ext. 139 for details.

For more information on our fitness programs, contact Heidi Roussis, Fitness Program Coordinator at 516-484-1545, ext. 109, hroussis@sjjcc.org