

GROUP EXERCISE CLASS SCHEDULE – Effective January 1, 2010 – FREE for Members!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8:15–9:15am	7:45–8:45am	6:30–7:30am	7:45–8:45am	6:30–7:30am	8:00–9:00am
Spin Studio C Alex	Strength & Movement Studio A Mimi	Spin Studio C Natalia	Strength & Movement Studio B Mimi	Spin Studio C Maryann	Spin Studio C Bob
8:30–9:30am	8:15–9:15am	8:15–9:15am	8:15–9:15am	8:15–9:15am	9:30–10:30am
Cardio Sculpt Studio A Maria	Spin Studio C Natalia	Spin Studio C Aliza	Spin Studio C Lynn	Spin Studio C Alex	Cardio Kettlebell Studio A Marjorie
9:30–10:30am	9:00–10:00am	8:30–9:30am	9:00–10:00am	8:30–9:30am	9:00–10:00am
Bosu Glide Studio A Gail D.	Absolute Conditioning Studio A Bill	Cardio Sculpt Studio A Maria	Water Workout Pool Audrey	Vinyasa Flow Yoga Studio A Wendy	Water Workout Pool Carin
9:30–10:30am	9:00–10:00am	9:30–10:30am	10:00–11:00am	9:30–10:30am	10:30am–11:30am
Spin Studio C Alex	Water Workout Pool Audrey	Low and Tone Studio B Susan	Total Body Sculpt Studio A Bill	Buff Bodies Studio A Bill	Core Body Sculpt Studio A Marjorie
	10:00–11:00am	9:30–10:30am	11:15–12:15pm	9:30–10:30am	10:30–11:30am
	Bill's Bosu Blast Studio A Bill	Bosu Blast Studio A Marjorie	Yoga Studio A David	Pilates on the Ball Studio B Susan	Pilates Mat Studio B Susan
	10:30–11:30am	10:30–11:30am	7:00–8:00pm	10:30–11:30am	11:00am–12:00pm
	Zumba Studio B Christina	Power Pilates Mat Studio A Marjorie	Kick, Punch and Sculpt Studio B Marjorie	Low & Tone Studio B Susan	Arthritis Aquatics Pool Carin
	12:00–1:00pm	11:00am–12:00pm	8:00–8:30pm	10:30–11:30am	12:30–1:30pm
	Yoga Studio A David L.	Arthritis Aquatics Pool Carin	Butts & Gutts Studio B Marjorie	Cardio Dance Studio A Heidi	Strength to Strength Studio A Susan Touche <small>Pre-registration</small>
	12:30–1:30pm	12:00–1:00pm		7:00–8:00pm	
	Strength to Strength Studio B Susan Touche <small>Pre-registration</small>	Seniorcize Studio A Susan		Spin Studio C Alex	
	7:00–8:00pm	7:00–8:00pm		8:00–9:00pm	
	Absolute Conditioning Studio A Bill	Kettlebell Blast Studio B Marjorie		Yoga Studio A David L.	
	8:00–9:00	7:30–8:30pm			
	Yoga Studio A Lore	Zumba Studio A Christina			

Did you know?

We offer personal training!

To schedule your complimentary session, contact Adrian Sadowski at 516-484-1545, ext. 153, asadowski@sjcc.org

Valid for new personal training clients only.

HEALTH & WELLNESS CENTER HOURS

Monday thru Thursday:
6:00am–10:00pm

Friday
6:00am–5:00pm

Saturday
1:00pm–7:30pm

Sunday
8:00am–7:30pm

Schedule subject to change.



Visit our website at www.sjcc.org/fitness



Class Descriptions

(All classes are FREE to Sid Jacobson JCC members ages 13 and up. Non-members ages 13 and up \$20)

Arthritis Aquatics

Physician recommended water exercise program for people with arthritis. This class provides resistance to strengthen muscles while offering buoyancy and joint protection. Bathing cap required. Ongoing Fee \$5 / members FREE

Bills Bosu Blast

A total body workout using free weights and calisthenic exercises, mixing interactive cardiovascular drills.

Bosu Blast

A great cross training class mixing cardio strength and core exercise. Uses the bosu ball.

Bosu Glide

A cross training class incorporating the bosu and gliding discs. This unique workout trains cardio, core & strength.

Butts & Gutts

Train those trouble spot areas with this hardcore express workout.

Cardio Dance

Dance fitness class with easy to follow choreography and moderate cardiovascular.

Cardio Kettle Bell

This class utilizes kettlebell training techniques to guide you. A hands-on cardio workout.

Kick, Punch, Sculpt

Uses freestanding boxing bags for a knockout cardio workout.

Core Body Sculpt

Total body sculpting class focuses on building core strength and balance. Uses stability balls and free weights.

The Dance Workout

Experience a variety of dance techniques while you strengthen and tone muscles and burn calories for all levels

Kettlebell Blast

One hour of power packed body conditioning moves using Kettlebell.

Power Pilates Mat

Class that focuses on body alignment, core stability, strength and balance. Strengthens and sculpts muscles. Uses free weights and body bars.

*This program is FREE to members and non-members. For more information, contact PICC at 516-484-1545, ext. 196.

Pilates on the Ball

Use the stability ball to improve flexibility and strength.

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 and Movement

A total body workout using light resistance, stability balls, tubing and free weights. Focuses on improving balance and flexibility.

***Strength to Strength**

This class is designed to meet specific needs for cancer survivors through the use of breathing and core stability, with light resistants and weights.

Spin

Cycle your way to limits you never dreamed possible. A towel and water required. Heart monitor strongly suggested. Two-day advance sign up for members.

Low and Tone

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

Cardio Sculpt

Cardio sculpt strengthens the entire body with both cardiovascular exercise coupled with strength flexibility training.

Vinyasa Flow Yoga

Vinyasa yoga is characterized by the practice of a series of yoga poses without stopping. This a more rigorous style and also provides a full body workout while increasing mental stamina and discipline.

Water Workout

An invigorating water aerobic class for total body conditioning. Excellent class for all levels, those with orthopedic concerns and pre/post-natal mothers. Non-swimmers welcome. Bathing cap required.

Yoga

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

Zumba®

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