

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

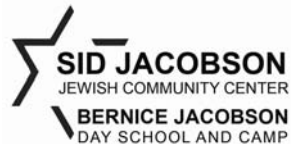
Monday thru Thursday:
6:00am–10:00pm

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.

Specialty Fitness Classes

These paid programs offer members and non-members the opportunity to take their fitness to the next level. Classes are pro-rated after start date. 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 can not compensate or provide make up classes for participants who miss classes for reasons of their own.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:45am	9:00-10:15am	9:45-10:30am	8:45-10:00am	10:00-11:00am	9:00-10:15am
Pre-Natal Yoga Studio B	Kamikaze Calisthenics Studio B	MS Aquatics Pool	Kamikaze Calisthenics Studio A	Mommy & Me Stroller Bootcamp Maccabi Gym	Kamikaze Calisthenics Studio B
	10:00-11:30am	11:00am-12:00pm	1:00-1:45pm	11:30-12:30pm	10:00-11:30am
	Power Flow Yoga Studio C	Arthritis Aquatics Pool	Tai Chi For Arthritis Studio B	Strong & Fit Studio A	Power Flow Yoga Studio C
	11:05-11:55am Strong & Fit Studio A	8:00-9:00pm Boxing Fitness	4:30-5:15pm Youth Dance Crew Studio C	6:00-7:00pm Girls Fitness Sampler	11:00am-12:00pm Arthritis Aquatics Pool
	12:00-12:45pm Chair Yoga Studio C		5:30-6:30pm Teen Kickboxing Studio B	7:30-8:30pm Tai Chi Zen Weight Loss	11:30am-12:30pm Yoga W/David Studio A
	7:00-8:00pm Adult Belly Dancing Studio B		7:00-8:15pm Awe of Social Dance Studio A		

Did you know?

We have Pilates Reformers

To schedule your complimentary session, contact Marjorie Waller at 516-484-1545, ext. 171, mwaller@sjcc.org

**SUNDAY MARCH 7
BROADWAY DANCE BLAST
W/LINDA CARELLI**

All Classes Can Be Pro-Rated

**For more information, contact
Heidi Roussis, Fitness Program Coordinator
516-484-1545, ext. 109
hroussis@sjcc.org
www.sjcc.org/fitness**

Specialty Fitness Programs Winter 2010

Take your fitness to the next level. These specialty classes offer the opportunity to work in a small group setting with individualized attention. No make ups—all classes can be pro-rated. Register in person or over the phone at the Welcome Desk ext, 139.

ARTHRITIS AQUATICS

Tuesday and Thursday
11:00am–12:00pm
Fee \$5 / Members FREE

AWE OF LATIN DANCE

8 Sessions Begins January 13
Wednesday, 7:00pm-8:15pm
Fee \$160/Members \$125

ADULT BELLY DANCE

9 Sessions Begins January 11
Monday, 7:00–8:00pm
Fee \$180 / Members \$145

BOXING FITNESS

6 Sessions Begins January 5
Tuesday, 8:00-9:00pm
Fee \$120/Members \$95

CHAIR YOGA

12 sessions Begins January 4
Monday, 12:00-12:45pm
Fee \$135 / Members \$80
Drop in fee: \$15 / members \$10

GIRLS FITNESS SAMPLER

10 Sessions Begins Jan. 14
Thursday, 6:00-7:00pm
Fee \$180/Members \$150

KAMIKAZE CALISTHENICS

In session. Class can be pro-rated.

TEEN KICKBOXING (13-16)

10 sessions Begins January 13
Wednesday, 5:30-6:30pm
Fee \$180 / Members \$150

MOMMY AND ME STROLLER BOOTCAMP

10 Weeks Begins January 12
Thursday
10:00-11:00
Fee \$200/Members \$160

MS AQUATICS

Tuesday, 9:45-10:30am
Fee \$10/Members \$5

POWER FLOW YOGA

10 Sessions Begins January 4
Monday, 10:00–11:30am
12 Sessions Begins January 8
Friday, 10:00-11:30am
Fee \$200/Members \$160

PRE-NATAL YOGA

8 Sessions, Begins January 20
Wednesday, 9:45-11:00am or
8 Sessions, Begins January 24
Sunday, 9:00-10:15am
Fee \$160/Members \$125

STRENGTH TO STRENGTH

Ongoing- Monday and Friday
12:30- 1:30pm FREE
For more information,
call ext. 196.

STRONG AND FIT

6 Sessions Begins January 4
Monday, 11:05-11:55am
6 Sessions Begins January 7
Thursday, 11:30am-12:30pm
Fee \$72/Members \$50
Drop in Fee \$15/Members \$10

TAI CHI FOR ARTHRITIS

Wednesday, 1:00–1:45pm
Fee \$5 / Members \$3

TAI CHI ZEN FOR WEIGHT LOSS

8 Sessions Begins January 14
Thursday, 7:30-8:30pm
Fee \$160/Members \$125

YOGA 101

6 sessions Begins January 7
Thursday, 2:30-3:30pm &
Thursday, 7:00-8:00pm
Fee \$120/Members \$95

YOUTH DANCE CREW (ages 8-10)

10 Sessions Begins January 13
Wednesday, 4:30-5:15pm
Fee \$160/Members \$140

YOGA W/DAVID

8 Sessions Begins January 15
Friday 11:30am-12:30pm
Fee: \$160/Members \$125