

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@sjjcc.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@sjjcc.org
www.sjjcc.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