

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
9:00–10:00am	9:00–10:15am	10:00–11:00am	8:45–10:00am	11:30am–12:30pm	9:00–10:15am
Partner Yoga Studio B	Kamikaze Calisthenics Studio B	Mommy & Me Bootcamp Maccabi Gym	Kamikaze Calisthenics Studio A	Strong & Fit Studio A	Kamikaze Calisthenics Studio B
10:00–11:00am	10:00–11:30am	11:00am–12:00pm	1:00–1:45pm	7:00-8:00pm	10:00–11:30am
Family Yoga/Fitness Studio B	Power Flow Yoga Studio C	Arthritis Aquatics Pool	Tai Chi For Arthritis Studio B	Yoga 101 Studio A	Power Flow Yoga Studio C
	11:05–11:55am	8:00-9:00pm	4:30-5:15pm		11:00am–12:00pm
	Strong & Fit Studio A	Boxing Fitness Studio B	Youth Dance Crew Studio C		Arthritis Aquatics Pool
	12:15–1:15pm		5:30-6:30pm		
	Chair Yoga Studio C		Teen Kickboxing Studio B		
	7:00-8:00pm				
	Adult Belly Dancing Studio B				

Did you know?

We have Pilates Reformers

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

Masterclass

Partner Yoga
Tuesday, October 13
7:30-8:30pm
Fee \$30/Members \$20 for two people

Barefoot Cardio w/Ellen Barret!
Sunday, November 15
10:30-11:45pm
Fee \$20/Members \$15

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

Specialty Fitness Programs Fall 2009

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

Ongoing
Tuesday, 11:30am–12:30pm
Friday, 11:00am–12:00pm
Fee \$5 / members FREE—drop-in's welcome

BELLY DANCE

Adult Classes
12 sessions
Begins September 21
Monday, 7:00–8:00pm
Fee \$240 / members \$190 Adults 17 +
Fee \$215/Members \$180 Ages 13-16

BOXING FITNESS

5 sessions
Session I
In session. Class can be pro-rated.

Session II

Begins October 13
Tuesday, 8:00–9:00pm
Fee \$100 / members \$80

CHAIR YOGA

12 sessions
Begins September 21
Monday, 12:15–1:15pm
Fee \$145 / members \$95
Drop in fee: \$15 / members \$10

FAMILY FITNESS AND YOGA (AGES: 6 & UP)

8 sessions
Begins October 18
Sunday, 10:00–11:00am
Fee 16+—\$125 / members \$80
Under 16—\$80 / members \$55
Drop in fee: Adults—\$20 / members \$18
Under 16—\$18 / members \$15

KAMIKAZE CALISTHENICS

In session
Class can be pro-rated.

KICKBOXING

Teen Classes (Ages: 13–16)
12 sessions
Begins September 23
Wednesday, 5:30–6:30pm
Fee \$125 / members \$180

MOMMY AND ME BOOTCAMP

6 sessions
Begins September 29
Tuesday, 10:00–11:00am
Fee \$120 / members \$95

PARTNER YOGA

8 sessions
Begins October 18
Sunday, 9:00–10:00am
Fee \$160 / members \$125

POWER FLOW YOGA

12 sessions
Begins September 21
Monday, 10:00–11:30am
Fee \$240 / members \$190

13 sessions

Begins September 25
Friday, 10:00–11:30am
Fee \$260 / members \$205

QIGONG/TAI CHI FLOW

8 sessions
Begins September 23
Wednesday, 7:00–8:00pm
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

12 sessions
Begins September 21
Monday, 11:05–11:55am
Fee 145 / members \$95
Drop in Fee: \$15 / members \$10

12 sessions

Begins September 24
Thursday, 11:30am–12:30pm
Fee \$145 / members \$95
Drop in Fee: \$15 / members \$10

TAI CHI FOR ARTHRITIS

Wednesday, 1:00–1:45pm
Fee \$5 / members FREE

YOGA 101

6 sessions
Thursday, 7:00–8:00pm
Session I Begins September 24
Fee \$120 / members \$95
Session II Begins November 5
Fee \$120 / members \$95

***ALL CLASSES CAN BE
PRO-RATED.***