

## STRENGTH TRAINING

### Absolute Conditioning

Complete workout that trains muscular strength, stamina and endurance.

### Barre Burn

Incorporates light weights, your own body weight resistance and the Barre to sculpt + burn muscle.

### Barre, Butts and Guts

Focus on the core muscles using various equipment featuring the Barre.

### Bill's Body Shop

Let head trainer Bill Leonello whip you into shape using weights in a group exercise setting.

### Bonne Sculpt

Total body exercise designed by instructor Bonne Marcus.

### Boot Camp

Complete body workout in a boot camp format. Each class will be slightly different.

### Core and Balance with Carin

Develop body awareness and improve balance while strengthening core and muscles.

### Fit Barre

A fusion class incorporating cardio flow, strengthening segments, Barre band and mat work.

### Intervals With Anthony

A total body workout using intervals of cardio and strength in a boot camp setting.

### IN2IT \$

Discover a whole new you from the synergy of breath, alignment and fitness technique. Find your optimal strength and flexibility from the inside out.

### Power Sculpt

Define your entire body with intervals of resistance training and cardio bursts to maximize calorie burning and muscle development.

### Planks A Lot Express

30-minute express workout featuring multiple plank exercises that target core muscles.

### REFORMAT with Marjorie

Get the benefit of a REFORMAT workout in a mat class using multiple props.

### Ripped

Format changes every week to keep your muscles confused and your results amazing!

### Stretch and Strengthen

Total body strengthening with an emphasis on stretching, mobility and core strengthening.

### Super Sculpt

An intense 45 minutes of strength training + cardio for a boot camp style workout.

### Warrior Fit

High-intensity interval training class for strength, athletic conditioning, core & stretch.

### Xpress Workouts

Get toned quick!

## CARDIO STRENGTH

### Blast Off

Combination class of cardio and toning.

### Body Blast

Resistance training will challenge you to a new level of fitness.

### Cardio Sculpt

Strengthens the entire body with both cardio exercise and strength training.

### Cycle Strength

Get the benefits of the spin bike and resistance training in this creative combo class.

### Low & Tone

Low impact aerobics with toning exercises, accommodating individual abilities.

### Pump!

Combines cardio, body weight and compound movements using the Barre, free weights and props.

### Seniorcise

Individualized attention in a group setting that emphasizes flexibility and strength for mature adults with the goal of avoiding joint stress.

### Tone Up

Strengthening class using light resistant equipment.

### TOTAL 25

Blast every part of your body in 25 minutes!

## DANCE

### Ballroom Dance \$

Salsa, swing, tango and more! Our fun + easy approach is ideal for couples or singles at all levels.

### Dance Fusion

A cardio dance class using fun energetic music and movement.

### Zumba and Teen Zumba

Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program.

### Zumba Gold®

Zumba designed for beginners and older adults using modified movements

## CARDIO

### Absolute Conditioning

This old school boxing workout with gloves, bags and jump ropes. Gloves required.

### Cardio Intervals

This is the ULTIMATE interval class, geared to give you a total body conditioning workout.

### Colors Spin

Color modes keep you in the correct training zone determined by your FTP.

### Connect Spin \$

The works! Live instructor, big screen and team battles. Must have FTP.

### In The Zone Spin

Stay in your color zone to build strength and endurance. Stats displayed throughout class. FTP # required for results.

### Pickleball \$

Fast-paced game combining tennis, badminton and ping pong.

### Ping Pong \$

Join others in a fun, competitive setting.

### Spinning To The Oldies

A fun class featuring music from the 60s to the 90s!

### Strike Power

Learn to kick and punch while getting a body blasting workout. Members must supply own gloves.

### Teen Spin

Get a total body conditioning workout on our brand new spin bikes featuring revolutionary technology.

### Virtual Spin

On-screen instructor only.

### Wraps and Straps

Boxing + TRX will get the heart pumping and core burning!

## MIND AND BODY

### Calm Your Spirit: Meditation for Strength and Peace

Mindfulness meditation instruction that draws on Jewish traditions and wisdom. Calm your mind, allay your fears and find a sense of peace.

### Gentle Yoga

Appropriate for those who want a softer, nurturing, slow-paced, well-supported and relaxing practice. Open to all levels of practice – options and modifications throughout class.

### Intermediate Yoga

Requires knowledge of the Sun Salutation, and prior yoga experience.

### Mat Pilates

Floor-based workout with bands, blocks and straps to increased core strength and flexibility.

### Melt

Soft balls and foam rollers relieve body discomfort, joint stress and improves posture.

### Pilates With Ring And Roller

A mat pilates class using the ring and roller to enhance the stretching + release aspect of pilates.

### Power Yoga

A fitness-based approach to yoga with an emphasis on strength and core.

### Tai Chi for Arthritis

A thorough regime of stretching, meditation and Tai Chi improves flexibility, strength and coordination.

### Yoga

Alignment-based slow, flow yoga. Utilizes traditional postures to develop strength, balance and flexibility.

## AQUATICS

### AquaFlex

Gentle aerobics, balance, flexibility, teamwork and strength.

### Aqua Intervals

High intensity class followed by strength, toning and balance exercises.

### AquaTone

Muscular conditioning and cardio using flotation devices and the natural resistance of the water, for heart health and stamina.

### Arthritis Aquatics

This gentle workout emphasizes flexibility.

### Water Aerobics

Provides a virtually impact-free cardiovascular workout.

[sjjcc.org/fitness](http://sjjcc.org/fitness)

**EXERCISES**

**DECEMBER 2018**

**GROUPS**

**Fitness Center Hours**

Sunday, 7am-7:30pm

Monday, 6am-10pm

Tuesday, 6am-10pm

Wednesday, 6am-10pm

Thursday, 6am-10pm

Friday, 6am-5pm

Saturday, 7am-8:30pm

TAI CHI

MAT PILATES

PING PONG

POWER SPIN

CALM YOUR SPIRIT MEDITATION

PICKLEBALL

NEW! TEEN FITNESS CLASSES

BALLROOM DANCE

ABSOLUTE CONDITIONING

BOOT CAMP

AQUATONE

BARRE BURN

ZUMBA GOLD



SJJCC.ORG | 516.484.1545  
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| SUNDAY*  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|--|--|---|---|---|---|--|
| 8:15-9:10am Spin Studio<br><b>Color Spin with Rob (CT)</b>                   | 7:45-8:40am Studio A<br><b>Mat Pilates with Rachel (MB)</b>            | 6:15-7:15am Spin Studio<br><b>In The Zone Spin with Yossi (CT)</b>    | 7:45-8:40am Studio A<br><b>Mat Pilates with Rachel (MB)</b>           | 6:15-7:15am Spin Studio<br><b>In The Zone Spin with Yossi (CT)</b>          | 8-8:55am Spin Studio<br><b>Back to Basics Spin with Karen (CT)</b>    | 7:30-8:30am Studio A<br><b>BoxFit with Anthony (ST)</b>          |
| 8:15-9:10am Studio B<br><b>Yoga with Constance (MB)</b>                      | 8-8:55am Spin Studio<br><b>Color Spin with Constance (CT)</b>          | 8:15-9:10am Spin Studio<br><b>Color Spin with Jill (CT)</b>           | 8:30-9:45am Studio B<br><b>IN2IT with Rhonda (ST) \$</b>              | 8:15-9:10am Spin Studio<br><b>HR Monitor Spin with Lauren (CT)</b>          | 8:15-9:15am Studio B<br><b>Strike Power with Edy (CT)</b>             | 7:30-9:30am EarlyBird Gym<br><b>Open Play Pickleball (CT) \$</b> |
| 8:30-9:25am Studio A<br><b>Powersculpt with Edy (ST)</b>                     | 9-9:55am Studio A<br><b>Absolute Conditioning with Bill (ST)</b>       | 8:30-9:25am Studio A<br><b>Cardio Sculpt with Maria (CS)</b>          | 9-9:55am Studio A<br><b>Powersculpt with Bill (ST)</b>                | 8:30-9:25am Studio A<br><b>Cardio Intervals with Bonne (CT)</b>             | 8:30-9:25am Studio A<br><b>Barre Burn with Caren (ST)</b>             | 8:45-9:45am Studio A<br><b>Yoga with Sherry (MB)</b>             |
| 9:30-10:25am Spin Studio<br><b>Color Spin with Rob (CT)</b>                  | 9-9:55am Pool<br><b>Water Aerobics with Audrey (A)</b>                 | 9-9:55am Pool<br><b>Aquaflex with Natalie (A)</b>                     | 9-9:55am Pool<br><b>Aqua Intervals with Audrey (A)</b>                | 8:30-9:30am Studio B<br><b>Stretch &amp; Strengthen I with Trudy (ST)</b>   | 9-9:55am Pool<br><b>AquaTone with Karen (A)</b>                       | 9:30-10:30am Spin Studio<br><b>Color Spin with Yossi (CT)</b>    |
| 9:30-10:25am Studio A<br><b>Zumba with Ghazel (D)</b>                        | 9-10:15am Studio B<br><b>IN2IT with Rhonda (ST) \$</b>                 | 9:30-10:25am Studio B<br><b>Tone Up with Constance (CS)</b>           | 9:30-10:25am Rosenman Gym<br><b>Boot Camp with Jonah (ST)</b>         | 9-9:55am Pool<br><b>Aquaflex with Natalie (A)</b>                           | 9:30-10:25am Studio B<br><b>Body Blast with Bonne (CS)</b>            | 10-11am Studio A<br><b>Zumba with Rachel (D)</b>                 |
| 9:30-10:25am Studio B<br><b>Wraps &amp; Straps with Marjorie (CT)</b>        | 9:30-10:25 am Rosenman Gym<br><b>Take it to the Max Boot Camp (ST)</b> | 9:30-10:25am Studio A<br><b>Super Sculpt with Bonne (ST)</b>          | 9:30-10:25am Spin Studio<br><b>Spin to the Oldies with Jill (CT)</b>  | 9:30-10:25am Studio A<br><b>Bonne Sculpt (ST)</b>                           | 9:30-10:25am Studio A<br><b>Yoga with Rhonda (MB)</b>                 | 10:30-11:30am Spin Studio<br><b>Teen Spin with Jill (CT)</b>     |
| 10:30-11:25am Studio B<br><b>Barre, Butts &amp; Guts with Marjorie (ST)</b>  | 9:30-10:25am Spin Studio<br><b>Connect Spin with Natalie (CT)</b>      | 10:30-11:25am Studio A<br><b>REFORMAT with Marjorie (ST)</b>          | 10-11:15am Studio A<br><b>Warrior Fit with Rachel (ST)</b>            | 9:30-10:25am Studio B<br><b>Stretch &amp; Strengthen II with Trudy (ST)</b> | 9:45-10:40am Spin Studio<br><b>Cycle Strength with Caren (CS)</b>     | 11:30am-12:30pm Studio A<br><b>Blast Off with Desiree (CS)</b>   |
| 10:30-11:45am Studio A<br><b>Yoga with Inbar (MB)</b>                        | 10-10:25am Studio A<br><b>Sculpt Xpress with Bill (ST)</b>             | 11-11:45am Pool<br><b>Arthritis Aquatics with Carin (A)</b>           | 11:30am-12:25pm Studio A<br><b>Yoga with David (MB)</b>               | 10:30-11:25am Studio A<br><b>Zumba with Raphael (D)</b>                     | 10:30-11:15am Studio B<br><b>Core and Balance with Carin (ST)</b>     |  |
| 5:30-7:30pm EarlyBird Gym<br><b>Open Play Pickleball and Clinic (CT) \$</b>  | 10:30-11:25am Studio A<br><b>Zumba with Rachel (D)</b>                 | 12:30-1:15pm Studio B<br><b>Tai Chi for Arthritis with Carin (MB)</b> | 12:45-2pm Studio A<br><b>Melt with Dana (MB)</b>                      | 10:30-11:25am Studio B<br><b>Low &amp; Tone with Trudy (CS)</b>             | 10:30-11:25am Studio A<br><b>Pump! with Marjorie (CS)</b>             |  |
| *Sunday classes are for members only.<br>Pickleball clinics are open to all. | 12-12:55pm Studio A<br><b>Yoga with David (MB)</b>                     | 12:30-1:25pm Studio A<br><b>Seniorcise with Gail (CS)</b>             | 7-8pm Studio A<br><b>Ballroom Dance Beginner with Pam (D) \$</b>      | 11:30am-12:15pm Studio A<br><b>Zumba Gold with Raphael (D)</b>              | 11:30am-12:25pm Studio A<br><b>Yoga with David (MB)</b>               |  |
|  | 1:30-2:25pm Studio A<br><b>Seniorcise with Gail (CS)</b>               | 6:15-7:10pm Studio A<br><b>Yoga with Sherry (MB)</b>                  | 7:30-8:25pm Studio B<br><b>Barre, Butts + Guts with Marjorie (ST)</b> | 12:30-1:30pm Studio B<br><b>Calm Your Spirit Meditation (MB)</b>            | 11:30am-12:15pm Pool<br><b>Arthritis Aquatics with Carin (A)</b>      |  |
|  | 6:30-7:25pm Studio B<br><b>Mat Pilates with Rachel (MB)</b>            | 6:30-7:30pm Studio B<br><b>Teen Zumba with Alize (D)</b>              |   | 1-1:25pm Studio A<br><b>TOTAL 25 with Bill (CS)</b>                         | 12:30-1:15pm Studio B<br><b>Tai Chi for Arthritis with Carin (MB)</b> |  |
|  | 7-7:55pm Studio A<br><b>Bill's Body Shop (ST)</b>                      | 7-7:55pm Spin Studio<br><b>Color Spin with Rob (CT)</b>               |   | 7-7:55pm Studio B<br><b>Gentle Yoga with Inbar (MB)</b>                     |   |  |
|  | 7-9pm Teen Lounge<br><b>Ping Pong (CT) \$</b>                          | 7:30-8:25pm Studio B<br><b>Ripped with Jonah (ST)</b>                 |   | 7-7:55pm Spin Studio<br><b>Color Spin with Yossi (CT)</b>                   |   |  |
|  | 7:30-8:25pm Studio B<br><b>Fit Barre with Rachel (ST)</b>              | 7:30-8:25pm Studio A<br><b>Dance Fusion with Desiree (D)</b>          |   | 7-8pm Rosenman Gym<br><b>Intervals with Anthony (ST)</b>                    |   |  |
|  | 8-8:55pm Studio A<br><b>Intermediate Yoga with Lore (MB)</b>           |   |   | 7:15-8:10pm Studio A<br><b>Zumba with Desiree (D)</b>                       |   |  |
|  |  |   |   | 8-8:55pm Studio B<br><b>Power Yoga with Inbar (MB)</b>                      |   |  |

**ST =Strength Training**   **MB=Mind+Body**   **D=Dance**  
**CT=Cardio Training**   **A=Aquatics**   **CS=Cardio Strength**  
 Our Speciality Fitness Classes that incur a fee are marked with a \$.  
 All other classes are FREE to members 13+ years.  
 Non-members are welcome to drop-in on our classes for a \$25 per class fee.