

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.

Barre-Lates with Kari

A hybrid class of pilates and barre work; 30-40 minutes of mat work followed by precise barre exercises.

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.

BoxFit

A workout based on boxing moves using heavy bags.

Core and Balance with Carin

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

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.

Raising the Barre with Rachel

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

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.

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.

Hi/Lo with Jackie

A high intensity low impact cardio workout with abs and glutes work included.

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 TRAINING

Absolute Conditioning

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

Back to Basics Spin

Focus on yourself and the music in this traditional spin class without all of the bells and whistles!

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.

HR Monitor Spin

Spin class based on Heart Rate numbers. HR monitor recommended.

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.

Spin with Jonah

Rock it out on the spin bike with Jonah, who will get you where you want to go! Format is teacher's choice and includes scenery, battles, music, and more.

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.

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.

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

EXERCISE

NEW CLASSES THIS MONTH!

BEGINS WEDNESDAY, FEBRUARY 6

HILLO WITH JACKIE
10:30-11:25am

SPIN WITH JONAH
7:30-8:30pm

BEGINS THURSDAY, FEBRUARY 7

BARRE-LATES WITH KARI
7:30-8:25am

See back cover for full class descriptions!

Fitness Center Hours

Sunday, 7am-7:30pm
Monday, 6am-10pm
Tuesday, 6am-10pm
Wednesday, 6am-10pm
Thursday, 6am-5pm
Friday, 6am-8:30pm
Saturday, 7am-8:30pm

GROSSCHULTZ

FEBRUARY 2019

SID JACOBSON

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300 FOREST DRIVE, EAST HILLS, NY 11548

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

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 16+ years.
 Non-members are welcome to drop-in on our classes for a \$20 per class fee.