

STRENGTH TRAINING

Absolute Conditioning

Complete workout that trains muscular strength, stamina and endurance.

Barre

Low-impact workout creates long, lean, powerful muscles.

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

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 with 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

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

Glide

Intense workout focusing on legs and glutes using gliders.

Intervals With Anthony

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

INZIT \$

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

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

REFORMAT

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.

Low & Tone

Low impact aerobics with toning exercises, accommodating individual abilities.

Pump!

Combines cardio, body weight and compound movements using the barre, 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.

Sleek & Strong

Alternating segments of strength and hi/low cardio movements with integrated core moves.

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

Cardio + dance moves to fun, upbeat music.

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 \$

Combination of 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.

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.

Restorative Yoga

Provides physical and mental balance to prevent stress and anxiety, through use of props that allow you to hold poses longer.

Stretch Express

Complete body stretch in 30 minutes.

Tai Chi for Arthritis

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

Vinyasa Yoga

Yoga flow geared to all levels.

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

Virtually impact-free cardiovascular workout.

sjjcc.org/fitness

GROUP EXERCISES

APRIL 2019

NEW CLASSES

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

STRETCH WITH BILL
 Mondays, 10-10:25am

MAT PILATES WITH RACHEL
 Mondays, 6:30-7:25pm

RESTORATIVE YOGA WITH ALIZE
 Mondays, 7:30-8:30pm

SLEEK & STRONG WITH RACHEL
 Mondays, 10:30-11:30am

IN THE ZONE SPIN WITH YOSHI
 Wednesdays, 8-9am

GLIDE WITH RACHEL
 Saturdays, 8-9am

BARRE WITH RACHEL
 Saturdays, 9-10am



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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 Marjorie (MB)	6:15-7:15am Spin Studio In The Zone Spin with Yossi (CT)	7:45-8:40am Studio A Mat Pilates with Marjorie (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)	8-8:55am Studio B Vinyasa Yoga with Constance (MB)	8:30-9:45am Studio B IN2IT with Rhonda (ST) \$	7:30-8:15am Studio B Barre-Lates with Cari (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)	8:15-9:10am Spin Studio Color Spin with Jill (CT)	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)	8-9am Spin Studio In The Zone Spin with Yossi (CT)
9:30-10:25am Spin Studio Color Spin with Rob (CT)	9-9:55am Pool Water Aerobics with Audrey (A)	8:30-9:25am Studio A Cardio Sculpt with Maria (CS)	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)	8-9am Studio B Glide with Rachel (ST)
9:30-10:25am Studio A Zumba with Ghazel (D)	9-10:15am Studio B IN2IT with Rhonda (ST) \$	9-9:55am Pool Aquaflex with Natalie (A)	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 Max (CS)	8:45-9:45am Studio A Yoga with Rhonda (MB)
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 B Tone Up with Constance (CS)	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)	9-10am Studio B Barre with Rachel (ST)
10:30-11:25am Studio B Barre, Butts & Guts with Marjorie (ST)	9:30-10:25am Spin Studio Connect Spin with Jackie (CT)	9:30-10:25am Studio A Super Sculpt with Bonne (ST)	10-11:15am Studio A Barre with Jackie (CS)	9:30-10:25am Studio A Bonne Sculpt (ST)	9:45-10:40am Spin Studio Cycle Strength with Caren (CS)	9:30-10:30am Spin Studio Color Spin with Yossi (CT)
10:30-11:45am Studio A Yoga with Inbar (MB)	10-10:25am Studio A STRETCH EX with Bill (MB)	10:30-11:25am Studio A REFORMAT with Marjorie (ST)	10:30-11:30am Studio B Sleek & Strong with Rachel (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)	10:30-11:30am Studio A Zumba with Desiree (D)
5:30-7:30pm EarlyBird Gym Open Play Pickleball (CT) \$	10:30-11:25am Studio A Zumba with Ghazel (D)	11-11:45am Pool Arthritis Aquatics with Carin (A)	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)	11:30am-12:30pm Studio A Blast Off with Desiree (CS)
*Sunday classes are for members only. Pickleball is open to all.	12-12:55pm Studio A Yoga with David (MB)	12:30-1:15pm Studio B Tai Chi for Arthritis with Carin (MB)	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)	12:30-1:25pm Studio A Seniorcise with Gail (CS)	7-8:30pm 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)	6:15-7:10pm Studio A Yoga with Yael (MB)	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)		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)		
	7:30-8:30pm Studio B Restorative Yoga with Alize (MB)	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.