

## 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.

### Intervals With Anthony

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

### 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.

### Tone Up

Strengthening class using light resistant equipment.

### TOTAL 25

Blast every part of your body in 25 minutes!

## DANCE

### Dance Fusion

Cardio + dance moves to fun, upbeat music.

### Fit Dance

Fun dance moves with a cardio workout.

### 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!

### Bike Skills

Learn to maintain your outdoor workouts in a drills based spin class.

### Cardio Intervals

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

### Color 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.

### 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.

### Virtual Spin

Uplifting and energizing spin class led by our online instructor.

### 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.

### Sunrise Yoga

A gentle waking for mind and body.

### Tai Chi for Arthritis

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

### Yin Alignment

Gentle yoga workout focusing on balance and flexibility.

### 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.

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

GROSSCUTTED EXERCISE  
 AUGUST 2019

COMING SOON  
 WATCH FOR OUR NEW  
 SEPTEMBER CLASSES!

sjjcc.org/fitness



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 300 FOREST DRIVE, EAST HILLS, NY 11548

SUNDAY*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:10am Spin Studio <b>Color Spin with Rob (CT)</b>	7:45-8:40am Studio A <b>Mat Pilates with Marjorie (MB)</b>	6:15-7:15am Spin Studio <b>In The Zone Spin with Yossi (CT)</b>	7:45-8:40am Studio A <b>Mat Pilates with Marjorie (MB)</b>	6:15-7:15am Spin Studio <b>In The Zone Spin with Yossi (CT)</b>	8-8:55am Spin Studio <b>Back to Basics Spin with Karen (CT)</b>	7:15-8:15am Studio B <b>Sunrise Yoga with Rachel (MB)</b>
8:15-9:10am Studio B <b>Yoga with Constance (MB)</b>	8-8:55am Spin Studio <b>Color Spin with Natalie (CT)</b>	8-8:55am Studio B <b>Yin Alignment with Constance (MB)</b>	8-9am Spin Studio <b>Bike Skills (Spin) with Natalie (CT)</b>	7:30-8:15am Studio B <b>Barre-Lates with Cari (ST)</b>	8:15-9:15am Studio B <b>Strike Power with Edy (CT)</b>	7:30-8:30am Studio A <b>BoxFit with Anthony (ST)</b>
8:30-9:25am Studio A <b>Powersculpt with Edy (ST)</b>	9-9:55am Studio A <b>Absolute Conditioning with Bill (ST)</b>	8:15-9:10am Spin Studio <b>Color Spin with Jill (CT)</b>	9-9:55am Studio A <b>Powersculpt with Bill (ST)</b>	8:15-9:10am Spin Studio <b>HR Monitor Spin with Lauren (CT)</b>	8:30-9:25am Studio A <b>Barre Burn with Caren (ST)</b>	7:30-9:30am EarlyBird Gym <b>Open Play Pickleball (CT) \$</b>
9:30-10:25am Spin Studio <b>Color Spin with Rob (CT)</b>	9-9:55am Pool <b>Water Aerobics with Audrey (A)</b>	8:30-9:25am Studio A <b>Cardio Sculpt with Maria (CS)</b>	9-9:55am Pool <b>Aqua Intervals with Audrey (A)</b>	8:30-9:25am Studio A <b>Cardio Intervals with Bonne (CT)</b>	9-9:55am Pool <b>AquaTone with Karen (A)</b>	8:45-9:45am Studio A <b>Yoga with Rhonda (MB)</b>
9:30-10:25am Studio A <b>Zumba with Ghazel (D)</b>	9-10am Rosenman Gym <b>Take it to the Max Boot Camp (ST)</b>	9-9:55am Pool <b>Aquaflex with Natalie (A)</b>	9:30-10:25am Rosenman Gym <b>Boot Camp with Tommy (ST)</b>	8:30-9:30am Studio B <b>Stretch &amp; Strengthen I with Trudy (ST)</b>	9:30-10:25am Studio B <b>Body Blast with Max (CS)</b>	9-10am Studio B <b>Barre with Rachel (ST)</b>
9:30-10:25am Studio B <b>Wraps &amp; Straps with Marjorie (CT)</b>	9-10:15am Studio B <b>IN2IT with Rhonda (ST) \$</b>	9:30-10:25am Studio B <b>Tone Up with Constance (CS)</b>	9:30-10:25am Spin Studio <b>Spin to the Oldies with Jill (CT)</b>	9-9:55am Pool <b>Aquaflex with Natalie (A)</b>	9:30-10:25am Studio A <b>Yoga with Rhonda (MB)</b>	9:30-10:30am Spin Studio <b>Color Spin with Yossi (CT)</b>
10:30-11:25am Studio B <b>Barre, Butts &amp; Guts with Marjorie (ST)</b>	9:30-10:25am Spin Studio <b>Connect Spin with Yossi (CT)</b>	9:30-10:25am Studio A <b>Super Sculpt with Bonne (ST)</b>	10-11:15am Studio A <b>Barre with Constance (CS)</b>	9:30-10:25am Studio A <b>Bonne Sculpt (ST)</b>	9:45-10:40am Spin Studio <b>Cycle Strength with Caren (CS)</b>	10:30-11:30am Studio A <b>Zumba with Desiree (D)</b>
10:30-11:45am Studio A <b>Yoga with Inbar (MB)</b>	10-10:25am Studio A <b>STRETCH EX with Bill (MB)</b>	10:30-11:25am Studio A <b>REFORMAT with Marjorie (ST)</b>	10:30-11:30am Studio B <b>Fit Dance with Rachel (D)</b>	9:30-10:25am Studio B <b>Stretch &amp; Strengthen II with Trudy (ST)</b>	10:30-11:15am Studio B <b>Core and Balance with Carin (ST)</b>	11:30am-12:30pm Studio A <b>Blast Off with Desiree (CS)</b>
*Sunday classes are for members only.	10:30-11:25am Studio A <b>Zumba with Ghazel (D)</b>	11-11:45am Pool <b>Arthritis Aquatics with Carin (A)</b>	11:30am-12:25pm Studio A <b>Yoga with David (MB)</b>	10:30-11:25am Studio A <b>Zumba with Raphael (D)</b>	10:30-11:25am Studio A <b>Pump! with Marjorie (CS)</b>	
	12-12:55pm Studio A <b>Yoga with David (MB)</b>	12:30-1:15pm Studio B <b>Tai Chi for Arthritis with Carin (MB)</b>	12:45-2pm Studio A <b>Melt with Dana (MB)</b>	10:30-11:25am Studio B <b>Low &amp; Tone with Trudy (CS)</b>	11:30am-12:25pm Studio A <b>Yoga with David (MB)</b>	
	1:30-2:25pm Studio A <b>Seniorcise with Gail (CS)</b>	12:30-1:25pm Studio A <b>Seniorcise with Gail (CS)</b>	7-8pm Studio B <b>Barre, Butts + Guts with Marjorie (ST)</b>	11:30am-12:15pm Studio A <b>Zumba Gold with Raphael (D)</b>	11:30am-12:15pm Pool <b>Arthritis Aquatics with Carin (A)</b>	
	7-7:55pm Studio A <b>Bill's Body Shop (ST)</b>	6:15-7:10pm Studio A <b>Yoga with Yael (MB)</b>		12:30-1:30pm Spin Room <b>Calm Your Spirit Meditation (MB)</b>	12:30-1:15pm Studio B <b>Tai Chi for Arthritis with Carin (MB)</b>	
	7-9pm Teen Lounge <b>Ping Pong (CT) \$</b>	7-7:55pm Spin Studio <b>Virtual Spin (CT)</b>		1-1:25pm Studio A <b>TOTAL 25 with Bill (CS)</b>		
	7:30-8:30pm Studio B <b>Restorative Yoga with Yael (MB)</b>	7:30-8:25pm Studio B <b>Ripped with Lori (ST)</b>		7-7:55pm Studio B <b>Gentle Yoga with Inbar (MB)</b>		
	8-8:55pm Studio A <b>Intermediate Yoga with Lore (MB)</b>	7:30-8:25pm Studio A <b>Dance Fusion with Desiree (D)</b>		7-8pm Rosenman Gym <b>Intervals with Anthony (ST)</b>		
				7:15-8:10pm Studio A <b>Zumba with Desiree (D)</b>		
				8-8:55pm Studio B <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 16+ years.  
 Non-members are welcome to drop-in on our classes for a \$20 per class fee.