

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.

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.

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

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

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 strength training + cardio boot camp-style workout.

CARDIO STRENGTH

Barre Yoga

Yoga moves using the barre for a strong core and toned muscles.

Blast Off

Combination class of cardio and toning.

Body Blast-HIIT

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

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.

Fit Dance

Fun dance moves with a cardio workout.

Zumba

A Latin-inspired dance class incorporating various moves and music to burn calories and have fun.

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.

Bike Skills

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

Cardio Drills

Heart pumping cardio – no weights.

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.

Pickleball \$

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

Power Sculpt

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

Spin Break

45 minute lunch time spin class to get heart pumping.

Spinning To The Oldies

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

Virtual Spin

Spin with our on screen instructor for a challenging ride incorporating the coach by color system.

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.

Flex RX

Restore range of motion and improve muscular strength and endurance. This interval based total body workout is guaranteed to improve balance stability and core strength.

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.

Open Level Yoga

Geared towards all levels of practice.

Pilates For Beginners

Learn the basics of the pilates workout to strengthen your core and lengthen your muscles.

Power Yoga

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

Yin Yoga

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

Sunrise Yoga

A gentle awakening for the mind and body.

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

Virtually impact-free cardiovascular workout.

MARCH 2020

Updated 3/4/20

sjjcc.org/fitness

NEW MARCH CLASSES

OPEN LEVEL YOGA WITH ANITA
Monday, 6:30-7:25pm

BARRE WITH CAREN
Tuesday, 7:45-8:40am

SPIN BREAK WITH RACHEL
Tuesday, 12-12:45pm

POWER SCULPT WITH EDY
Friday, 8:15-9:10am

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



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:10am Spin Studio Color Spin with Caren R. (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)	7:30-8:15am Spin Studio Virtual Spin (CT)	7:45-8:25am Studio A Pilates For Beginners with Rachel (MB)	7:15-8am Studio B Sunrise Yoga with Rachel (MB)
8:15-9:10am Studio B Yoga with Constance (MB)	8-8:55am Spin Studio Color Spin with Natalie (CT)	7:45-8:40am Studio B Barre with Caren (CS)	8:15-9:10am Spin Studio Spin with Fred (CT)	8:30-9:25am Studio A Cardio Drills with Bonne (CT)	8:15-9:10am Spin Studio Spin with Natalie (CT)	7:30-8:30am Auditorium BoxFit with Anthony (ST)
8:30-9:25am Studio A Powersculpt with Edy (ST)	8:45-10am Studio B IN2IT with Rhonda (ST) \$	8:15-9:10am Spin Studio Color Spin with Jill (CT)	9-9:55am Studio A Powersculpt with Bill (ST)	8:30-9:25am Studio B Stretch & Strengthen I with Trudy (ST)	8:15-9:15am Studio B Power Sculpt with Edy (CT)	7:30-9:30am EarlyBird Gym Open Play Pickleball (CT) \$
9:30-10:25am Spin Studio Color Spin with Caren R. (CT)	9-9:55am Studio A Absolute Conditioning with Bill (ST)	8:30-9:25am Studio A Cardio Sculpt with Maria (CS)	9-9:55am Pool Aqua Intervals with Audrey (A)	8:30-9:25am Spin Studio HR Monitor Spin with Lauren (CT)	8:30-9:25am Studio A Barre Burn with Caren (ST)	8-8:55am Studio B Mat Pilates with Rachel (MB)
9:30-10:25am Studio A Zumba with Ghazel (D)	9-9:55am Pool Water Aerobics with Audrey (A)	9-9:55am Pool Aquaflex with Natalie (A)	9:30-10:25am Rosenman Gym Boot Camp with Tommy (ST)	9-9:55am Pool Aquaflex with Natalie (A)	9-9:55am Pool AquaTone with Karen (A)	8:45-9:45am Studio A Yoga with Rhonda (MB)
9:30-10:25am Studio B Wraps & Straps with Marjorie (CT)	9:30-10:25am 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)	9:30-10:25am Studio A Bonne Sculpt (ST)	9:30-10:25am Studio A Body Blast-HIIT with Jenia (CS)	9-9:55am 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 Yossi (CT)	9:30-10:25am Studio A Super Sculpt with Bonne (ST)	10-10:55am Studio A Fit Dance with Rachel (D)	9:30-10:25am Studio B Stretch & Strengthen II with Trudy (ST)	9:30-10:25am Studio B Yoga with Rhonda (MB)	9:30-10:30am Spin Studio Color Spin with Yossi (CT)
10:30-11:45am Studio A Yoga with Inbar (MB)	10:15-11:10am Studio B Barre with Constance (ST)	10:30-11:25am Studio A Mat Pilates with Marjorie (MB)	10:30-11:25am Studio B Barre Yoga with Anita (CS)	10:30-11:25am Studio A Zumba with Raphael (D)	9:45-10:40am Spin Studio Cycle Strength with Caren (CS)	10:30-11:25am Studio A Zumba with Desiree (D)
5:30-7:25pm Early Bird 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 B Low & Tone with Trudy (CS)	10:30-11:15am Studio B Core and Balance with Carin (ST)	11:30am-12:25pm Studio A Blast Off with Desiree (CS)
	12-12:55pm Studio A Yoga with David (MB)	11:30am-12:25pm Studio A Yoga with David (CT)	12:45-2pm Studio A Melt with Dana (MB)	11:30am-12pm Studio A Zumba Gold Express with Raphael (D)	10:30-11:25am Studio A Pump! with Marjorie (CS)	
	1:30-2:25pm Studio A Chair Yoga with Jen (MB)	12-12:45pm Spin Studio Spin Break with Rachel (CT)	7-7:55pm Studio A Ballroom Dance: Intermed/Advncd with Pam \$ (CS)	12:30-1:30pm Spin Room Calm Your Spirit Meditation (MB)	11:30am-12:25pm Studio A Yoga with David (MB)	
	6:30-7:25pm Studio B Open Level Yoga with Anita (MB)	12:30-1:15pm Studio B Tai Chi for Arthritis with Carin (MB)	7-8pm Studio B Barre, Butts + Guts with Marjorie (ST)	1-1:25pm Studio A TOTAL 25 with Bill (CS)	11:30am-12:15pm Pool Arthritis Aquatics with Carin (A)	
	7-7:55pm Studio A Bill's Body Shop (ST)	12:30-1:25pm Studio A Seniorcise with Gail (CS)		7-7:55pm Studio B Gentle Yoga with Inbar (MB)	12:30-1:15pm Studio B Tai Chi for Arthritis with Carin (MB)	
	8-8:55pm Studio A Intermediate Yoga with Lore (MB)	5:30-6:25pm Studio A Flex RX with Fred (MB)		7-8pm Rosenman Gym BoxFit with Anthony (ST)		
		6:30-7:25pm Studio A Yoga with Jen (MB)		7:15-8:10pm Studio A Zumba with Ghazel (D)		
		6:45-7:40pm Spin Studio Spin with Fred (CT)		8-8:55pm Studio B Power Yoga with Inbar (MB)		
		7:30-8:25pm Studio B Ripped with Lori (ST)				
		7:30-8:25pm Studio A Dance Fusion with Desiree (D)				

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.

FOR MORE INFORMATION, CONTACT MELISA FELSEN, GROUP EXERCISE COORDINATOR, 516.484.1545 EXT. 139, MFELSEN@SJJCC.ORG