

# Sabes JCC Group Exercise Schedule February 2012

## Monday

Time	Class	Location	Instructor
6:00 - 7:00am	<b>FIT Class</b>	West Studio	Kevin
8:00 - 9:15am	<b>Yoga 2</b>	East Studio	Renee
8:30 - 9:15am	<b>Water Exercise</b>	Pool	Cyndi
9:30 - 10:15am	<b>Forever Fit Strength</b>	West Studio	Mary
9:30 - 10:30am	<b>Lift n' Pump</b>	East Studio	Julie
10:30 - 11:15am	<b>Group Cycle</b>	East Studio	Julie
10:30 - 11:30am	<b>Forever Fit Zumba</b>	West Studio	Megan K
10:30 - 11:15am	<b>Silver Sneakers</b>	Auditorium	Mary
11:45 - 12:30pm	<b>Water Exercise</b>	Pool	Mary/Megan
4:30 - 5:30pm	<b>Yoga/pilates Fusion</b>	Pilates Studio	Linda
5:00 - 5:50pm	<b>Group Cycle</b>	East Studio	Leslie
6:00 - 7:00pm	<b>Yoga 1/2</b>	East Studio	Jacki
6:05 - 7:05pm	<b>Zumba</b>	West Studio	Martha
7:15 - 8:15pm	<b>Aikido</b>	West Studio	Vasili

## Thursday

Time	Class	Location	Instructor
8:30 - 9:15am	<b>Water Exercise</b>	Pool	Mary
8:30 - 9:30am	<b>Gentle Yoga</b>	East Studio	Megan K
9:30 - 10:15am	<b>Forever Fit Strength</b>	West Studio	Mary
9:40 - 10:30am	<b>Power Barre</b>	East Studio	Leslie
10:30 - 11:30am	<b>Vinyasa Flow(all levels)</b>	East Studio	Bonnie
10:30 - 11:30am	<b>Pilates Reformer \$\$</b>	Pilates Studio	Amy
10:30 - 11:30am	<b>Zumba</b>	West Studio	Leslie
10:30 - 11:15am	<b>Silver Sneakers</b>	Auditorium	Jeff
2:00 - 2:45pm	<b>FIT Class</b>	West Studio	Kevin
4:30 - 5:30pm	<b>Yoga/pilates Fusion</b>	West Studio	Linda
5:00 - 5:50pm	<b>Group Cycle</b>	East Studio	Donna
5:30 - 6:15pm	<b>Cardio Kickboxing</b>	West Studio	Tifani
6:00 - 7:00pm	<b>Lift n' Pump</b>	East Studio	Linda
6:30 - 7:30pm	<b>Power Yoga</b>	West Studio	Bonnie

## Tuesday

Time	Class	Location	Instructor
8:30 - 9:15am	<b>Water Exercise</b>	Pool	Cyndi
9:15 - 10:15am	<b>Mat Pilates</b>	West Studio	Angela
9:45 - 10:30am	<b>Forever Fit Yoga</b>	Auditorium	Mary
10:30 - 11:30am	<b>Zumba</b>	West Studio	Vanessa
10:30 - 11:15am	<b>Silver Sneakers</b>	Auditorium	Angela
10:30 - 11:30am	<b>Pilates Reformer \$\$</b>	Pilates Studio	Amy
11:30 - 12:15am	<b>Gentle Tai Chi</b>	West Studio	Colin
2:00 - 2:45pm	<b>FIT Class</b>	West Studio	Kevin
5:00 - 5:50pm	<b>Group Cycle</b>	East Studio	Donna
5:00 - 6:00pm	<b>Cardio Kickboxing</b>	West Studio	Tifani
6:00 - 7:00pm	<b>Lift n' Pump</b>	East Studio	Laurie
6:00 - 7:15pm	<b>Yoga Flow</b>	Pilates Studio	Jordyn
6:00 - 7:00pm	<b>Zumba</b>	West Studio	Julie
8:00 - 9:00pm	<b>Krav Maga \$\$</b>	West Studio	Michael

## Friday

Time	Class	Location	Instructor
6:00 - 7:00am	<b>FIT Class</b>	West Studio	Kevin
8:00 - 9:15am	<b>Yoga 2</b>	East Studio	Renee
8:30 - 9:15am	<b>Water Exercise</b>	Pool	Pat
8:30 - 9:15am	<b>Studio Strength Express</b>	Pilates Studio	Amy
9:35 - 10:35am	<b>Power Mat Pilates</b>	East Studio	Leslie
9:30 - 10:15am	<b>Forever Fit Zumba</b>	West Studio	Judy
10:30 - 11:15am	<b>Silver Sneakers</b>	Auditorium	Lisa
10:30 - 11:15am	<b>Gentle Tai Chi</b>	West Studio	Colin

## Saturday

Time	Class	Location	Instructor
9:15 - 10:15am	<b>Krav Maga \$\$</b>	West Studio	Michael
9:30 - 10:25am	<b>Group Cycle</b>	East Studio	Donna
10:30 - 11:30pm	<b>Zumba</b>	West Studio	Martha
11:00 - 12:00pm	<b>Yoga 1/2</b>	East Studio	Deborah
11:30 - 12:30pm	<b>FIT Class</b>	West Studio	Kevin

## Wednesday

Time	Class	Location	Instructor
6:00 - 6:45am	<b>Group Cycle</b>	East Studio	Dorelle
6:00 - 7:00am	<b>FIT Class</b>	West Studio	Kevin
8:30 - 9:15am	<b>Water Exercise</b>	Pool	Taime
9:30 - 10:30am	<b>Vinyasa Yoga</b>	East Studio	Jacki
9:30 - 10:30am	<b>Pilates Reformer \$\$</b>	Pilates Studio	Angela
10:45 - 11:45am	<b>Pilates Reformer \$\$</b>	Pilates Studio	Angela
10:45 - 11:30am	<b>Strong Women</b>	East Studio	Amy
10:30 - 11:15am	<b>Forever Fit</b>	West Studio	Jim
10:30 - 11:15am	<b>Silver Sneakers</b>	Auditorium	Lisa
5:00 - 5:50pm	<b>Group Cycle</b>	East Studio	Leslie
5:00 - 6:00pm	<b>Sababa</b>	West Studio	Shira
6:00 - 7:00pm	<b>Mat Pilates</b>	East Studio	Leslie
6:15 - 7:15pm	<b>Zumba</b>	West Studio	Ashley
7:15 - 8:15pm	<b>Aikido</b>	East Studio	Vasili

## Sunday

Time	Class	Location	Instructor
8:30 - 9:30am	<b>Mat Pilates</b>	West Studio	Angela
8:30 - 9:30am	<b>Studio Strength</b>	East Studio	Julie
9:45 - 10:45am	<b>Pilates Reformer \$\$</b>	Pilates Studio	Angela
9:35 - 10:30am	<b>Group Cycle &amp; Abs</b>	East Studio	Julie
9:45 - 10:45am	<b>Yoga 1/2</b>	West Studio	Deborah/Renee
9:45 - 10:30am	<b>Water Extreme</b>	Pool	Becky
11:00 - 12:00pm	<b>Lift n' Pump</b>	East Studio	Laurie
11:00 - 12:00pm	<b>Zumba</b>	West Studio	Leslie
12:00 - 1:00pm	<b>Pilates Reformer \$\$</b>	Pilates Studio	Leslie

\$\$ = Fee based classes

For more information contact Amy Bakken at [abakken@sabesjcc.org](mailto:abakken@sabesjcc.org)





sabes jcc

# Group Exercise Class Description

**Aikido Self Defense** Learn to utilize meditation, locks & holds, physics and many more principles of non-resistance fighting, causing the opponents own movement to work against them. Walk away with a better understanding of the psychology behind Aikido. **M**

**FIT Class** This full body workout will involve short bursts of cardio and interval training using jump ropes, dumbbells, stability balls and exercise bands. Bring your workout to the next level! **M**

**Power Barre A** challenging workout that combines Pilates, dance, cardio sculpting and yoga done with the barre. Firm and tighten your whole body without adding the bulk. **I**

**Forever Fit** Our famous low impact exercise class designed to improve muscle tone, strengthen the heart and lungs, and burn away calories. Very popular with exercisers over 50 but is open to everyone. **B**

**Forever Fit Yoga** This class is designed to improve your balance, flexibility and strength. Ideal for those who have a hard time getting on the floor. Chairs and railings are used to provide support as we move through a flowing sequence of yoga postures. **B**

**Forever Fit Strength** This class is designed to improve your strength. Ideal for those who have a hard time on the floor. Chairs are used to provide support while using doing strength exercises to improve daily living skills. Popular with exercisers over 50, but open to everyone. **B**

**Gentle Tai Chi** This ancient form of exercise helps unlock tight areas, works on energy flow, balance and stress management. For more information on more full form Tai Chi classes, please contact instructor Colin Snow at 612.377.6469. Visit the website at [colinsnow@naturalsteptaichi.com](mailto:colinsnow@naturalsteptaichi.com) **M**

**Group Cycle** Increase cardiovascular fitness and lower body strength with this powerful cardiovascular workout that simulates cycling outdoors. All levels are welcome. **I**

**Cardio Kickboxing** This fast-paced, high-energy class involves punches, kicks and jumps that will really work the cardiovascular system and intervals whole body weight training. **I**

**Lift n' Pump** A strength training class using barbells with adjustable weights to work every major muscle group in the body. **I**

**Mat Pilates** A combination of core exercises performed on a mat to increase abdominal strength, body mechanics, and posture. Our fabulously educated instructors make this class a real treat! **M**

**Power Mat Pilates** Core exercises performed on the mat with a faster pace and higher intensity than Mat Pilates. **I**

**Power Yoga** A Vinyasa-style class, that focuses on core strength, balance and flow to build a solid practice. If you are looking to increase strength and flexibility, manage stress, shape your body, or just hang out in a fun class, you've found it! **I**

**Studio Strength** A strength class that will help tone and increase definition, while working the major muscle groups in the body. Uses a variety of equipment and styles of resistance training. **M**

**SABABA** Join the newest ethnic dance fitness craze! SABABA offers a total dance workout from start to finish and integrates a dynamic array of Israeli dance steps, world rhythms and Israeli music. From pulsating salsa to dramatic to lyrical waltz patterns. **M**

**SilverSneakers®** Move through a variety of exercises designed to increase muscular strength, range of motion, and skills required during activities of daily living. Hand weights, elastic tubing, paper plates and balls are used during the workout, and a chair is used for seated and/or standing support. **B**

**SilverSplash®** Silver Splash® offers LOTS of excellent benefits to your health with shallow water moves that improve agility, flexibility and cardiovascular endurance. Ability to swim is not required; a special kickboard is used to develop strength, balance & coordination. **B**

**AOA WaterExercise** offers LOTS of excellent benefits to your health with shallow water moves that improve agility, flexibility and cardiovascular endurance. Ability to swim is not required; a special kickboard is used to develop strength, balance & coordination. **B**

**Vinyasa Yoga** This class, set to music, teaches the fundamentals of Vinyasa yoga, including sun salutations, standing poses, balancing postures, seated and reclining poses, backbends, core isolation and strengthening. Emphasis is placed on moving into and out of postures safely, correcting alignment, using the breath, and learning to quiet the chatter of the mind to find peace and inner stillness. Aimed primarily at new students, and those with a casual practice. **B**

**Water Exercise/Water EXtreme!** Performed in the pool, this class incorporates cardiovascular exercise and resistance training for a challenging, but low impact workout. This is an excellent class option for pre-natal mothers. For a little higher intensity class try the Water Extreme. **B**

**Yoga 1/2** Learn what yoga is about and the postures and sequences that develop flexibility, strength, a sense of well-being and calm. In the style of Iyengar yoga, emphasis is on body alignment and the integration of the breath with the postures. This 1/2 level class welcomes those both new to yoga and those who are beginning to develop a consistent and ongoing practice. **I**

**Core Fusion Yoga** A Yoga class that focuses on core poses **M**

**Yoga 2** Continue your practice of yoga. It is helpful to have prior yoga experience. The first 15-minutes of class are set aside for relaxation. **A**

**ZUMBA!** This amazingly exciting class combines high energy instructors with motivating music and choreography that helps participants dance away stress, calories and fat. It is a perfect mixture of body sculpting movements with easy to follow dance steps. It is a fun, "feel-happy" workout! **M**

**Krav Maga (paid class)** Translates to 'contact combat' from Hebrew and is the official self-defense and close-quarter combat system for the Israeli Defense Forces. It is an effective self-defense system that emphasizes instinctive movements, practical techniques and realistic training scenarios. **M**

## Pilates Reformer Classes

Members \$25/class, Non-Members \$35/class

The Reformer enables you to perform movements in a gravity-reduced environment, which allows you to isolate core muscles and overcome physical limitations. Instead of using weights, the Reformer uses spring resistance, which can be adjusted for individuals with a broad spectrum of fitness levels, injuries, and technical proficiencies.

**B = Beginner**

**I = Intermediate**

**A = Advanced**

**M = Multi Levels**

**Contact:**

Amy Bakken [abakken@sabesjcc.org](mailto:abakken@sabesjcc.org) or Donna Cohen Heck, Fitness Director at [dheck@sabesjcc.org](mailto:dheck@sabesjcc.org).