OCTOBER 2017

group exercise

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00 - 7:00am	FIT Class	West Studio	Kevin
7:00 - 7:50am	Group Cycle	East Studio	Shayna
8:15 - 9:15am	Yoga 1 & 2	East Studio	Renee
8:30 - 9:15am	Shallow Water Exercise	Pool	Cindy S
9:25 - 10:10am	Mat Pilates	Pilates Studio	Cindy S
9:30 - 10:15am	Silver & Fit Experience	West Studio	Jacki
9:30 - 10:30am	Lift n' Pump	East Studio	Julie
9:35 - 10:20am	AOA Stretch	Auditorium	Chris
10:30 - 11:15am	SilverSneakers® Classic	Auditorium	Jeff
4:30 - 5:30pm	Yoga/Pilates Fusion	West Studio	Linda
5:30 - 6:00pm	High-Intensity Interval Training (HIIT)	West Studio	Josh
6:00 - 7:00pm	Yoga 1 & 2	East Studio	Jacki
6:05 - 7:05pm	XAbeat	West Studio	Jessica

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:30 - 9:15am	Deep Water Exercise	Pool	Pat
8:25 - 9:25am	Vinyasa Yoga	West Studio	Jacki
9:15 - 10:15am	Mat Pilates	East Studio	Angela
9:30 - 10:30am	High-Intensity Interval Training/ Fit to Flexible Fusion	West Studio	Josh
9:35 - 10:20am	Forever Fit Yoga	Auditorium	Jacki
10:30 - 11:15am	SilverSneakers® Classic	Auditorium	Jacki
10:30 - 11:30am	Zumba®	West Studio	Vanessa
11:30 - 12:15pm	Gentle Tai Chi	West Studio	Colin
5:00 - 5:50pm	Group Cycle	East Studio	Melissa
6:00 - 7:00pm	Lift n' Pump	East Studio	Laurie
6:00 - 7:00pm	Vinyasa Yoga	West Studio	Heidi/Andrea
7:30 - 8:30pm	$$ KRAV MAGA	West Studio	Don

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00 - 7:00am	FIT Class	West Studio	Kevin
9:15 - 10:15am	Vinyasa Yoga	West Studio	Jacki
9:35 - 10:20am	Forever Fit Balance and Mobility	Auditorium	Chris
10:30 - 11:15am	Forever Fit	West Studio	Jim
10:30 - 11:15am	SilverSneakers® Classic	Auditorium	Shira
12:30 - 1:20am	Step Sculpt	East Studio	Shayna
1:30 - 2:30pm	Restorative Strength & Stretch	West Studio	Annie
5:15 - 6:00pm	FIT Class	West Studio	Josh
6:05 - 7:05pm	XaBeat	West Studio	Jenna/Liz
7:15 - 8:15pm	Aikido	East Studio	Vasili
7:15 - 8:15pm	SABABA *(Starting Oct. 25th)*	West Studio	Shira

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:30 - 9:15am	Shallow Water Exercise	Pool	Cindy S
8:30 - 9:30am	Gentle Yoga	East Studio	Ronna
9:30 - 10:30am	High-Intensity Interval Training/ Fit to Flexible Fusion	Functional Room	Jena
9:30 - 10:15am	Forever Fit Strength	West Studio	Cindy S
9:30 - 10:20am	AOA Stretch	Auditorium	Chris
9:40 - 10:30am	Power Barre	East Studio	Leslie
10:30 - 11:15am	SilverSneakers® Classic	Auditorium	Jeff
10:30 - 11:30am	XAbeat	West Studio	Heather
4:30 - 5:30pm	Mat Pilates	West Studio	Linda
5:00 - 5:50pm	Group Cycle	East Studio	Shayna
6:00 - 7:00pm	Lift n' Pump	East Studio	Laurie
6:00 - 7:00pm	Zumba	West Studio	Abby

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00 - 7:00am	FIT Class	West Studio	Kevin
7:00 - 8:00am	Group Cycle	East Studio	Shayna/Sheila
8:30 - 9:30am	Yoga 1 & 2	East Studio	Katie
8:30 - 9:15am	Shallow Water Exercise	Pool	Pat
9:30 - 10:15am	Dance!	West Studio	Shira
9:45 - 10:45am	Mat Pilates	Pilates Studio	Cindy S.
10:30 - 11:15am	SilverSneakers® Classic	Activity Center	Shira
10:30 - 11:15am	Gentle Tai Chi	West Studio	Colin

SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9:00- 10:00am	$$ KRAV MAGA	West Studio	Lara
9:30 - 10::30am	Group Cycle	East Studio	Donna Heck
10:30 -11:30am	Xabeat!	West Studio	Jenna
11:00 - 12:00pm	Yoga 1 & 2	East Studio	Deborah
11:30 - 12:30pm	FIT Class	West Studio	Kevin

SUNDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9:00 - 10:00am	Cycle	East Studio	Julie/D. Heck
9:50 - 10:50am	Yoga 1 & 2	West Studio	Deborah/Jordyn
11:00 - 12:00pm	Lift n' Pump	East Studio	Laurie
11:00 - 12:00pm	XAbeat	West Studio	Heather

$$ Contact Kevin Heck for more info

Yoga mats are available but it is highly recommended that you bring your own to class.

QUESTIONS OR COMMENTS?

Contact Kevin Heck at kheck@sabesjcc.org

JCC FITNESS CENTER HOURS

MONDAY-THURSDAY: 5:30AM-9PM

FRIDAY: 5:30AM-6PM

SATURDAY: 8AM-8PM

SUNDAY: 8AM-8PM

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M = Multi Levels AOA = Active Older Adults

group exercise classes

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**

Forever Fit Balance and Mobility Balance and mobility are critical for Seniors. This class focuses on exercises that help you stay flexible and improve your balance, helping improve the ability to perform activities of daily living and improve freedom of movement. *Independent balance highly recommended.* **AOA**

Stretch Focus on stretching all the major muscle groups from head to toe that tend to get tight during every day living. You will experience increased range of motion, increased energy, and a relaxed mind and body. This class is done sitting or standing. **AOA**

DANCE! It's samba, jitterbug, tango, waltz, salsa, jazz--you name the step, we've got it! It's a cardio dance class stylized for gentle, but fun and funky movement! Music you love through the decades and into the new millennium. **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**

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. **AOA**

Forever Fit Yoga Designed to improve your balance, flexibility and strength, this class is deal 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. **AOA**

Forever Fit Strength / Silver&Fit Experience Designed to improve your strength, this class is 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. **AOA**

Gentle Tai Chi This ancient form of exercise helps unlock tight areas, works on energy flow, balance and stress management. **M**

Gentle Yoga combines the elements of both Yin and Restorative Yoga. Yin is an intense form of yoga comprised of holding postures for longer to allow a stretch of the connective tissue, increasing range of motion over time. Restorative Yoga is a form of active therapeutic relaxation that may use props and blankets to modify traditional yoga poses and melt away tension. **M**

Group Cycle Increase cardiovascular fitness and lower body strength with this powerful cardiovascular workout. This workout helps to improve heart and lung fitness as well as develop lower body power and strength. New riders welcome and encouraged! All levels welcome! **M**

H.I.I.T (High Intensity Interval Training) Ideal for those who are short on time but want a full workout. You will burn mega calories, increase your metabolism and improve your performance. **M**

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

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 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. **M**

Restorative Stretch & Strength Our bodies are not functioning the way they should. In this head to toe class we will wake up your sleepy muscles and get them firing properly, we will work on core strength, restoring posture, neuromuscular function and we will work to restore joint strength and mobility. **M**

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**

Silver Sneakers® Classic Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support. **AOA**

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. **M**

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 for the shallow water class. However, swim experience is recommended for the deep water class. **M**

XAbeat is a dance fitness program that provides high intensity cardio in a party like atmosphere! The routines are simple and easy to follow so participants can concentrate on getting a better workout! **M**

Yoga 1 & 2 In the style of Iyengar yoga, this class's 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. **M**

Yoga/Pilates Fusion A wonderful blend of Yoga and Pilates with an emphasis on core poses and core strength. Emphasis is on body alignment and the integration of the breath with the postures **M**

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**