

SEPTEMBER 2008

# GROUP FITNESS SCHEDULE

**GROUP FITNESS HOTLINE**  
415.444.8029

*On occasion, instructor substitutions are necessary.*

**PUBLIC:** \$15 day fee

Please check website & fitness center monthly for the most updated schedules.

**WE RESERVE THE RIGHT TO CANCEL ANY CLASS WITH LESS THAN 8 PARTICIPANTS**

	<b>MIND BODY STUDIO</b> 2nd Floor	<b>GROUP FITNESS STUDIO</b> 4th Floor	<b>SPIN CYCLE STUDIO</b> 4th Floor	<b>POOLS</b> 3rd Floor
<b>Monday</b>	10:05am-11:00am <b>Senior Strength</b> —Daxen <i>NEW location: Hoytt Theater</i> 11:10am-12:00pm <b>Ab Lab</b> —Dawn 12:15pm-1:15pm <b>Meditative Stretch</b> —Dawn 2:00pm-3:00pm <b>Pilates Allegro L 3 (\$)</b> —Dawn 3:00pm-4:00pm <b>Pilates Allegro L 2 (\$)</b> —Daxen 4:30pm-5:45pm <b>Yin Yoga</b> —Puni 6:00pm-7:00pm <b>Pilates Mat</b> —Janie 7:15pm-8:15pm <b>Pilates Allegro L 1 (\$)</b> —Janie	6:05am-7:00am <b>Core Fit</b> —Rose S. 8:45am-10:00am <b>PowerBlast</b> —Janet 10:30am-11:30am <b>Power Pulse Pilates</b> —Julia 6:00pm-7:00pm <b>Brazilian Rhythms</b> —Tika	6:05am-7:00am <b>Wake Up &amp; Ride</b> —Alan 9:00am-10:00am <b>Group Cycle</b> —Robin S 12:05pm-1:00pm <b>Group Cycle</b> —Christina K. 6:00pm-7:00pm <b>Group Cycle</b> —Shannon	8:30am-9:30am <b>Aquacise</b> —Judi/Kelli 6:00pm-7:00pm <b>Joint Motion Water Exercise</b> —Erica
<b>Tuesday</b>	8:45am-9:45am <b>Pilates Allegro L 1-3 (\$)</b> —Janie 10:00am-11:00am <b>Pilates Mat</b> —Janie 11:10am-12:10pm <b>Gentle Yoga</b> —Jean 12:15pm-1:30pm <b>Vinyasa Yoga L 2-3</b> —Lori 6:00pm-6:55pm <b>NIA</b> —Julia 7:00pm- 8:15pm <b>Restorative Yoga</b> —Puni/Wendy	7:15am-8:15am <b>Tai Chi</b> —Calvin 9:00am-10:00am <b>Ballet Fitness</b> —Ilona 10:05am-11:00am <b>Total Body</b> —Jillian 5:00pm-5:55pm <b>Pump It</b> —Karen 6:00pm-7:00pm <b>Kickbox</b> —Paula	6:05am-7:00am <b>Wake Up &amp; Ride</b> —Nina 9:00am-10:00am <b>Group Cycle</b> —Dafna	9:00am-10:00am <b>Water Stretch</b> —Rose 2:30pm-3:30pm <b>Arthritis (\$)</b> —Erica 6:00pm-7:00pm <b>Aquacise</b> —Jocelyn/Tina
<b>Wednesday</b>	7:00am-8:00am <b>Early Bird Yoga</b> —Phyllis 10:05am-11:00am <b>Senior Strength</b> —Daxen <i>NEW location: Hoytt Theater</i> 12:15pm-1:15pm <b>Meditative Stretch</b> —Dawn 4:30pm-5:45pm <b>Yin Yoga</b> —Puni 6:00pm-7:00pm <b>Pilates Mat</b> —Christina G.	6:05am-7:00am <b>Total Tone</b> —Sheila 8:45am-10:00am <b>PowerBlast</b> —Janet 10:05am-11:00am <b>Cardio Combo</b> —Janet 11:10am-12:00pm <b>Ab Lab</b> —Dawn 4:45pm-5:45pm <b>Intro to Ballet</b> —Tom 6:00pm-7:00pm <b>Brazilian Rhythms</b> —Tika	9:00am-10:00am <b>Group Cycle</b> —Efren 12:05pm-1:00pm <b>Group Cycle</b> —Manda 6:00pm-7:00pm <b>Group Cycle</b> —Alan	8:30am-9:30am <b>Aquacise</b> —Olga
<b>Thursday</b>	8:45am-9:45am <b>Pilates Allegro L 1 (\$)</b> —Janie 10:00am-11:00am <b>Pilates Mat</b> —Janie 11:10am-12:10pm <b>Gentle Yoga</b> —Jean 12:15pm-1:30pm <b>Vinyasa Yoga L 2-3</b> —Lori	7:15am-8:15am <b>Tai Chi</b> —Calvin 9:00am-10:00am <b>Zumba</b> —Tika 10:05am-11:00am <b>Total Body</b> —Jillian 5:00pm-5:55pm <b>East/West Training</b> —Robert 6:00pm-7:00pm <b>Sports Conditioning</b> —Paula	6:05am-7:00am <b>Wake Up &amp; Ride</b> —Mary 9:00am-10:00am <b>Group Cycle</b> —Jemie	9:00am-10:00am <b>Water Stretch</b> —Rose 2:30pm - 3:30pm <b>Arthritis (\$)</b> —Kathy T. 6:00pm-7:00pm <b>Aquacise</b> —Jocelyn/Tina
<b>Friday</b>	9:00am-10:00am <b>Intermediate Pilates Mat</b> —Janie 10:05am-11:00am <b>Senior Strength</b> —Daxen <i>NEW location: Hoytt Theater</i> 11:45am-1:15pm <b>Vinyasa Yoga L 3</b> —Lori 1:30pm-2:30pm <b>Pilates Allegro L 2 (\$)</b> —Daxen	6:05am-7:00am <b>Core Fit</b> —Manda 8:45am-10:00am <b>PowerBlast</b> —Janet 10:05am-11:00am <b>Ballet Fitness</b> —Ilona 12:15pm-1:15pm <b>Abs &amp; Stretch</b> —Daxen	10:05am-11:05am <b>Group Cycle</b> —Janet 11:10am-12:10pm <b>Next Level Cycle</b> —Dafna	8:30am-9:30am <b>Aquacise</b> —Tina 9:45am-10:30am <b>Mommies-in-Motion (\$)</b> —Tina
<b>Saturday</b>	8:30am-9:30am <b>Core Awakening</b> —Beth 10:00am-11:00am <b>Baptiste Power of Yoga</b> —Sherri 11:30am-12:30pm <b>Pilates Allegro L 1-3 (\$)</b> —Janie 12:45pm-1:45pm <b>Intro to Pilates Mat 9/6 ONLY</b> —Janie	9:00am-9:55am <b>Kickbox</b> —Janet 10:00am-11:00am <b>Afro/Caribbean</b> —Robert	8:15am-9:15am <b>Wake Up &amp; Ride</b> —Nina 9:30am-10:30am <b>Group Cycle</b> —Dafna	9:30am-10:30am <b>Aquacise</b> —Judi
<b>Sunday</b>	8:30am-9:45am <b>Yoga Groove</b> —Phyllis 11:00am-12:30pm <b>Iyengar Yoga</b> —Laura F.	9:00am-9:55am <b>Zumba</b> —Tika 10:00am-11:00am <b>Pump It</b> —Karen/Janet	9:00am-10:00am <b>Cycle Stretch</b> —Barbra/Janet	For classes with (\$), see fitness guide for class dates & descriptions.

**ADVISED BY CLUB ONE**

Club One, currently managing over 150 fitness clubs nationwide, provides ongoing consultation to our JCC Management Team.



# GROUP FITNESS CLASSES included with membership

## Ab Lab

A core conditioning class using Pilates-based abdominal exercises.

## Abs & Stretch

Begin with 30 min. of Ab Lab followed by 30 min. of Meditative Stretch.

## African/Caribbean Dance

Enjoy moving to the energizing rhythms of African & Caribbean, Salsa, Samba, Soukous, and Merengue.

## Ballet Fitness

Learn to use graceful movements to strengthen your core and lengthen your limbs.

## Brazilian Rhythms

This class brings together the rhythms and energy of Afro-Brazilian percussion and the sensuality of Brazilian dance.

## Cardio Combo

A beginning/intermediate cardio class combining light floor aerobics, easy step, and even beginning spin. A fun way to stay in motion!

## Core Awakening

Revitalize the “core” powerhouse with moving exercises that energize and strengthen the back, shoulders, abs, and pelvis. Improve your posture and balance, limber up the torso, and have fun at the same time!

## Core Fit

Using unstable surfaces and equipment to strengthen us to the core.

## East/West Training

This is a fun conditioning class that uses various training concepts including functional movement patterns, body weight exercises, rhythmic movement and yoga. It's designed to improve agility, balance, coordination, overall and core functional strength, and flexibility.

## Intro to Ballet —*New!*

In this one-hour class of barre work, center and allegro, we will explore patterns of movement, ballet vocabulary and get a rich workout!

## Kickboxing

It's hot! Learn martial arts techniques without using equipment or contact. A high intensity cardio workout!

## Meditative Stretch

This class enables you to increase your range of motion, improve your posture and decrease stress using visualization techniques, Yoga and Pilates.

## NIA

The NIA Technique is a cardiovascular exercise and personal growth practice that incorporates the dance arts, the martial arts, and the healing arts.

## Pilates Mat

Develop functional abdominal, shoulder, and back strength from the inside out by developing lean, elongated muscles and spine flexibility, as well as improved posture. **Introductory class offered on Sat. Sept. 6.**

## PowerBlast

An advanced class for those who like to sweat! A power-packed workout including step aerobics, kickboxing, weight work, toning and sculpt.

## Power Pulse Pilates

This class blends a dynamic fitness fusion of dance, yoga and Pilates mat technique to a unique musical soundtrack. Participants build muscular strength and endurance with a variety of resistance training techniques.

## Pump It

A blend of cardio, core work, high intensity muscle sculpting, deep abdominal work and stretching. You will work your total body, gain strength and stamina!

## Senior Strength — *now held in the Hoytt Theater*

Join us for an hour of strength, balance, flexibility and endurance training. Exercises may be done while seated in chairs.

## Sports Conditioning

Challenge your body as you become more fit, utilizing agility drills, sprints, power moves and more.

## Tai Chi

The flowing movements improve balance, circulation, posture and body awareness. Natural breathing is maintained throughout the form to increase energy flow and improve relaxation.

## Total Body

An all over body workout utilizing an array of exercises and equipment including weights, body bars, body balls, spree tubing, Bosu balls and more. This class focuses on increasing your core and overall functional strength.

## Total Tone

An all over body workout with an array of exercises that tone from head to toe.

## Zumba

A fusion of hypnotic Latin rhythms and easy to follow moves to create a dynamic workout.

## Group Water Fitness Classes

### Aquacise

Get the benefits of aerobics and weights simultaneously as you work out against water's three-dimensional resistance in a class designed to work your entire body.

### Mommies-in-Motion (\$)

See page 8 of the Fitness Guide for details.

### Joint Motion Water Exercise

Take part in an injury-free, challenging and fun aerobic workout! A great cross-training activity to enhance your land-based programs.

### Water Stretch

Get a great cardiovascular workout in the shallow end of our warm indoor pool while working on posture alignment, abdominal strength, and enhanced flexibility.

## Yoga Classes

- Baptiste Power of Yoga
- Iyengar Yoga
- Yin Yoga
- Early Bird Yoga
- Restorative Yoga
- Yoga Groove
- Gentle Yoga
- Vinyasa Yoga

Check the JCC's website for detailed descriptions of each yoga style.

## Group Spin Cycle Classes

Indoor cycling is an excellent low-impact workout for cardiovascular training and increasing lower body strength. Classes range from 45 to 60 minutes.

- Cycle Stretch
- Next Level Cycle
- Group Cycle
- Wake Up & Ride

Check the JCC's website for detailed descriptions of each cycle class.

### SPIN CLASS POLICY

Spin bikes are available on a first come first serve basis.

### Next Level Cycle —*New!*

Are you up for a challenge? Or have you never been on a Spin bike? Designed for all levels from beginner to advanced, the goal of this class is to maximize each student's growth and assist in taking their workout to the next level. New Spinners should arrive 5-10 minutes early to learn bike set up.