

Group Exercise Schedule Fall 2009 • 9/14-12/31

TIME	CLASS	INSTRUCTOR	ROOM
SUNDAY			
(no class 9/20, 10/4 & 10/11)			
8:30-9:25 am	Spin	Donna/Karen	Exercise Rm. 3
9-10:25 am	Interval Training	Alicja/TBA weekly	Exercise Rm. 1
9:30-10:45 am	Sunday Morning Yoga	Margaret Lesser	Exercise Rm. 2
10:30-11:25 am	Cardio Conditioning/Turbo Kickboxing	Catherine/Dorothy	Exercise Rm. 1
11 am-12 pm	Pilates Reformer Workshop	Neta Torfstein	

TIME	CLASS	INSTRUCTOR	ROOM
MONDAY			
(no class 9/28)			
6:15-7 am	Spin	Ralph Pantuso	Exercise Rm. 3
7:30-8:25 am	Monday Mornings with Michal	Michal Melumad	Exercise Rm. 1
7:30-8:25 am	Cardio Merge	Annette Scala	Exercise Rm. 2
8:30-9:25 am	Core and Weights	Mark Hardaway	Exercise Rm. 1
9-9:15 am	Abs	Dorothy Henick	Exercise Rm. 4
9:15-10 am	Turbokickboxing		
9:15-10 am	Spin	Blanca Grinkovitch	Exercise Rm. 3
9:30-10:25 am	Mat Pilates	Neta Torfstein	Exercise Rm. 2
10-10:55 am	Zumba	Jen Semon	Exercise Rm. 1
10:30-11:25 am	Balance your Body	Ofira Mor	Exercise Rm. 2
6:30-8 pm	Step & Sculpt	Alicia Lada	Exercise Rm. 1

TIME	CLASS	INSTRUCTOR	ROOM
TUESDAY			
6-7 am	Total Body Conditioning	Mark Hardaway	Exercise Rm. 1
7-8 am	Train with Me	Barbara Marrott	Exercise Rm. 2
7:30-8:25 am	Tone & Sculpt	Catherine Walsh	Exercise Rm. 1
7:30-8:25 am	Spin	Michael Marriotti	Exercise Rm. 3
8:30-9:25 am	Interval Training	Alicja Lada	Exercise Rm. 1
9:30-10:25 am	Total Body Workout	Alicja Lada	Exercise Rm. 1
9:30-10:25 am	Spin	Jenn Sherman	Exercise Rm. 3
9:30-10:25 am	Zumba Gold	Andrea Testa	Exercise Rm. 2
10:30-11:20 am	Weight Conditioning	Barbara Finnerty	Exercise Rm. 1
10:30-11:30 am	Back Care Workshop for Men & Women	Noa Beladev	
10:45-11:25 am	Arthritis Foundation Aquatic Program	Ofira Mor	
11:30-12:15 am	Stability Strength & Align	Noa Beladev	Exercise Rm. 1
4-5 pm	Power Yoga	Catherine Walsh	Exercise Rm. 2
6:30-7:45 pm	Burn It Up & Tone	Michal Melumad	Exercise Rm. 1
7-8 pm	Stress Reduction Workshop	Elizabeth Green	
8-8:55 pm	Pilates	Neta Torfstein	Exercise Rm. 2

TIME	CLASS	INSTRUCTOR	ROOM
WEDNESDAY			
6:15-7 am	Spin	Ralph Pantuso	Exercise Rm. 3
6:30-7:25 am	Vinyasa Yoga	Elizabeth Greene	Exercise Rm. 2
7:30-8:25 am	Cardio Merge	Annette Scala	Exercise Rm. 2
7:30-8:25 am	Functional Training	Barbara Marrott	Exercise Rm. 1
8:30-9:25 am	Cardio & Abs	Annette Scala	Exercise Rm. 2
8:30-9:25 am	Functional Training Part II	Barbara Marrott	Exercise Rm. 1
9:30-10:25 am	Adrenaline Plus	Kimani Greene	Exercise Rm. 1
9:30-10:25 am	Mat Pilates	Neta Torfstein	Exercise Rm. 2
10:30-11:20 am	Advanced Balance Workshop	Ofira Mor	Exercise Rm. 2
11-11:45 am	Aqua Fit	Christina DeCarlo	
6:30-8 pm	Cardio/Sculpt	Alicja Lada	Exercise Rm. 1
7:30-8:15 pm	Belly Dancing	Safire	Exercise Rm. 2

TIME	CLASS	INSTRUCTOR	ROOM
THURSDAY			
(no class 11/26)			
6-7 am	Total Body Conditioning	Mark Hardaway	Exercise Rm. 1
7:30-8:25 am	Cardio Combat	Catherine Walsh	Exercise Rm. 1
7:30-8:25 am	Spin	Karen Ouriel	Exercise Rm. 3
8:30-9:25 am	Adrenaline Plus	Kimani Greene	Exercise Rm. 1
9:15-10:15 am	Pilates Reformer Workshop	Neta Torfstein	
9:30-10:25 am	Functional Training	Barbara Marrott	Exercise Rm. 1
9:30-10:25 am	Spin	Donna Koles	Exercise Rm. 3
10:30-11:15 am	Stability Strength & Align	Noa Beladev	Exercise Rm. 1
10:45-11:25 am	Arthritis Foundation Aquatic Program	Ofira Mor	
11:15-12:15 pm	Therapeutic Yoga Workshop	Margaret Lesser	
4-5 pm	Power Yoga	Catherine Walsh	Exercise Rm. 2
6-6:55 pm	Adrenaline Plus	Kimani Greene	Exercise Rm. 1
7:15-8:15 pm	Yoga & Toning	Margaret Lesser	Exercise Rm. 2

TIME	CLASS	INSTRUCTOR	ROOM
FRIDAY			
6-7 am	Total Body Conditioning	Mark Hardaway	Exercise Rm. 1
7:15-8:15 am	Vinyasa Yoga/Gentle Flo	Elizabeth Green	Dance Studio
7:30-8:25 am	Functional Training	Barbara Marrott	Exercise Rm. 1
7:30-8:25 am	Cardio Merge	Annette Scala	Exercise Rm. 2
8:30-9:25 am	Core and Weights	Michal Melumad	Exercise Rm. 1
8:30-9:25 am	Cardio & Abs	Annette Scala	Exercise Rm. 3
9:30-10:15 am	Aqua Fit	Chaya Lebovic	
9:30-10:25 am	Pump Up Your Body	Annette Scala	Exercise Rm. 1
9:30-10:25 am	Zumba	Andrea Testa	Exercise Rm. 2
9:30-10:25 am	Spin	Michael Marriotti	Exercise Rm. 3
10:30-11:15 am	Stability Strength & Align	Noa Beladev	Exercise Rm. 1

CONTACT BARBARA MARROTT AT EXT. 1475 OR BMARROTT@JCCOTP.ORG FOR MORE INFORMATION.

CLASSES IN BLUE ARE FEE BASED WELLNESS CLASSES AND WORKSHOPS, PLEASE CALL LINDA AT EXT. 1479 FOR MORE INFORMATION



CLASS DESCRIPTION

AQUA FITNESS

AQUA FIT (B-I)

Enjoy a water workout that combines cardiovascular conditioning, low impact aerobics and circuit training to tone each muscle group. The class accommodates all levels as well as those with moderate medical considerations. Class meets in the Epstein Pool.

GROUP FITNESS

ABSOLUTE BODY CONDITIONING (B-A)

This cardiovascular conditioning and body sculpting class will help you tone your muscles and improve your strength while burning fat.

ADRENALINE PLUS (A-I)

Reap the benefit of a personal trainer in a group exercise setting. You will move, burn, stimulate and take charge of every muscle using a variety of equipment. No cheating in this class. Guaranteed to get you into the shape you want to be in. Go back to basics and see what a difference it will make.

BELLY DANCING

Join Safire for the ultimate core workout! Move your hips and abs to music from the Middle East. This class has been very popular with mothers and daughters. All levels welcome.

BURN IT UP & TONE (B-A)

Get moving with a cardio workout for the 1st half of the class and then tone your entire body the second half using weights and more. Abs included.

CARDIO & ABS

If you need to get your cardio in and don't feel like running on the treadmill, join Annette in this 45 min cardio mix followed by abdominal work and stretching.

CARDIO CONDITIONING

This class combines cardio styles of each instructor. The first half of the class is cardio based using BOSU's, Steps and/or fast paced kicking and punching followed by 30 min of resistance training with weight, body bars and stability balls.

CARDIO MERGE (B-A)

Jump start your day with a complete body workout. Raise your heart-rate to burn fat and tone upper and lower body. Class utilizes cardio activities such as aerobics, steps, movement with light weights, and weight bearing activities using heavy weights, medicine balls, stability balls and bars.

CARDIO COMBAT

Work up a sweat and build your strength at the same time! A great combination of cardio kickboxing and upper body muscle builders.

CARDIO/SCULPT (B-A)

Get into shape with this all in one class. Class format changes weekly so you'll never be bored. Use all types of equipment: medicine balls, jump ropes, steps, glides, body bars, free weights and tubes. Bring your heart rate up and sculpt into a better shape. Abs included.

CORE AND WEIGHTS (B-A)

This challenging class provides excellent core conditioning, building strong abs working with stabilization and balance. Strengthen abs, back, upper and lower body using a variety of equipment including stability balls, as well as medicine balls and gliding.

CLASSIC WEIGHT CONDITIONING (B-A)

Learn proper techniques of lifting free weights to get fast, efficient results.

FUNCTIONAL TRAINING (I-A)

Functional training is a cardio/resistance class that utilizes medicine balls, resistive tubing, stability balls, free weights, BOSU, jump ropes and steps. The class is designed using an interval training method so the heart rate stays elevated while "real life" type exercises are performed using a form of resistance. This class is designed for all.

INTERVAL TRAINING (I-A)

The best of both worlds! A great aerobic workout and total body conditioner all in this 90 minute class. Through use of the BOSU and Step, students are given short bursts of aerobic activities followed by resistance training.

PUMP UP YOUR BODY (B-A)

Get every muscle moving and pumping. Combining cardio moves and weight bearing exercises to burn the maximum amount of calories and tone your arms, legs and abs at the same time. Never boring! Class changes from week to week.

MONDAY MORNINGS WITH MICHAL

Anything goes in this class! It's Monday morning and Michal will do what it takes to get you going! Burn fat with combinations of cardio drills and resistance training and or circuit stations. This class utilizes a variety of equipment including bars, BOSU, stability, and medicine balls, free weights and more. Emphasis is on correct posture and form making this class safe and effective for all levels of fitness.

SPIN

Enjoy great music while participating in a dynamic instructor-led program on stationary bikes. The ride is as individual as the instructor. Each bicycle has its own computer measuring cadence and distance as well as adjustable degrees of resistance, allowing people at any fitness level to participate.

STEP & SCULPT (I-A)

Step, aerobics, body sculpting and abs make this a total workout.

STRENGTH AND SCULPT (B-A)

Combine cardio and weight bearing movements to burn fat. Tone your upper and lower body with weights, medicine balls, stability balls and bars. Utilize your core with glides and the BOSU. Class concludes with abdominal mat work

TONE-N-SCULPT

Tone muscles you never knew you had with your own body weight, light hand weights or very simple equipment. You will be amazed with the results and how easy it is to incorporate into your daily life.

TOTAL BODY WORKOUT (I-A)

An effective total body conditioning training class using dumbbells, tubing, body bars, medicine and bosu balls and gliders. This workout strengthens and tones muscles, often raising heart rate for cardiovascular benefits.

TURBOKICKBOXING

This addictive workout combines shadow boxing, kickboxing, sports drills and simple dance moves. It is an interval based class that allows participants of any fitness level to participate. Class will conclude with abdominals for a total body workout.

ZUMBA/ZUMBA GOLD

Dance your way to a fitter you. Exciting and unique Latin moves and rhythms. ZUMBA is the class that is taking the world by storm. Enjoy the various styles of each instructor and see how much fun getting into shape can be.

MIND/BODY

BALANCE YOUR BODY

A low impact exercise class that is designed to help strengthen muscles, increase range of motion and flexibility, improve balance and body posture. This class is a total body workout and uses free weights, medicine balls, body bars, resistance bands and steps. Class format is geared towards prevention of osteoporosis. Mat work is a mandatory part of this class.

MAT PILATES

Joseph Pilates developed the Pilates technique, a series of exercises that yield almost immediate results. Pilates will help you improve your balance and strengthen your core by emphasizing body alignment and breath control. Our credentialed instructors will work with beginner and seasoned students.

POWER YOGA

A combination of Hatha & Vinyasa Yoga. Vinyasa yoga focuses on flow & breath combined with Hatha yoga which can prevent countless ailments and gives relief from existing ones. The practice of the postures strengthens the body and creates a feeling of well being. Yoga sharpens the intellect and aids mental concentration.

STABILITY STRENGTH & ALIGN (B-A)

This dynamic class takes functional exercise to new levels, using Pilates, Yoga and Feldenkrais techniques to realign the body. The targeted workout concentrates on stretching and strengthening to create lifestyle changes that last forever. Standing and mat work required.

SUNDAY MORNING YOGA

Yoga helps improve circulation and balance the immune system, while unifying the body, mind and soul. It can be practiced by people of all fitness levels. Both beginner and advanced students are welcome.

VINYASA YOGA

Uses poses that flow from one movement to the next connected through breath. Elizabeth stresses creating a solid foundation for each pose by connecting well with the ground and then through proper breathing.

VINYASA YOGA /GENTLE FLOW

Geared towards beginners as well as those who are looking for a deeply relaxing yoga class. More time will be spent in each pose to allow for a deepening of the stretch and the experience of yoga/union of mind, body & breath. Perfect for those looking to stretch out after a workout.

YOGA & TONING

Enjoy classic yoga poses performed with resistance bands and core exercises. Reduce stress & tone at the same time.