

Group Exercise Schedule Winter 2012

TIME	CLASS	INSTRUCTOR	ROOM
SUNDAY			
8-9 am	**SPIN (may sign up 30-min before)	Donna Koles	Spin Rm
9:15-10:15 am	**SPIN (may sign up 1 hr before)	Jenn Sherman	Spin Rm
9-10:15 am	Interval Training	Alicja/Kimani	Ex Rm 1
9-10:15 am	Intermediate/Advanced Yoga	Margaret Lesser	Ex Rm 2
9:30-10:30 am	Yoga	Brenda Blacno	Rm 203
10:30-11:30 am	**SPIN (may sign up 1 hr before)	Ron Hadani	Spin Rm
10:30-11:30 am	Beginner Yoga	Margaret Lesser	Ex Rm 2
10:30-11:45 am	Shake Your Soul/ Cardio Combat	Odelia Shargian/ Catherine Walsh	Ex Rm 1
12:30-3:30 pm	Gymnastics Team (PRIVATE CLASS)	Alsu Oshepkova	Ex Rm 1

MONDAY

6-7 am	SPIN	Karen Ouriel	Spin Rm
7:30-8:25 am	Cardio Merge	Annette Scala	Ex Rm 2
7:30-8:25 am	Core with Weights	Michal Melumad	Ex Rm 1
8:30-9:25 am	NEW! Adrenaline Plus	Kimani Greene	Ex Rm 1
8:30-9:30 am	NEW! Yoga	Jill Schwalbe	Ex Rm 2
9:30-10:30 am	**SPIN	Blanca Grinkovitch	Spin Rm
9:30-10:25 am	Pilates Plus	Neta Torfstein	Ex Rm 2
9:30-10:25 am	Piloxing	Hillary Wellish	Ex Rm 1
9:30-10:25 am	Bootcamp	Kimani Greene	Ex Rm 1
10:30-11:25 am	ZUMBA	Jen Semon	Ex Rm 1
10:30-11:25 am	Balance Your Body	Ofira Mor	Ex Rm 2
10:30-11:30 am	Dharma Yoga	Amanda Blaire	Youth Fitness
10:45-11:30 am	Running Clinic	Blanca Grinkovitch	
1-2 pm	Calorie Burning Lunch	Annette Scala	Ex Rm 1
4:15-5:45 pm	Dryland Training (Swim Team)	Amanda	Ex Rm 2
5-6 pm	Pilates Reformer Workshop	Neta Torfstein	
5:30-6:30 pm	Zumba (Ages 7-13 yrs)	Kristen Steitz	Ex Rm 1
6:30-7:30 pm	Interval Training	Alicja Lada	Ex Rm 1
7-8 pm	SPIN	Andrew Strauss	Spin Rm
7:30-8:30 pm	Yoga	Arlene Minoyan	Ex Rm 2
8-9 pm	Adrenaline Plus	Kimani Greene	Ex Rm 1

TUESDAY

6-7 am	Total Body Conditioning	Mark Hardaway	Ex Rm 1
7-8 am	SPIN	Michael Marriotti	Spin Rm
7:30-8:25 am	Cardio Conditioning	Catherine Walsh	Ex Rm 1
8:30-9:15 am	NEW! Spin	Melanie Landano	Spin Rm
8:30-9:25 am	Interval Training Level 2	Alicja Lada	Ex Rm 2
8:30-9:30 am	Pilates Reformer Workshop	Neta Torfstein	
9:30-10:25 am	Interval Training Level 1	Alicja Lada	Ex Rm 1
9:30-10:25 am	**SPIN	Jenn Sherman	Spin Rm
9:30-10:25 am	Shake Your Soul	Odelia Shargian	Ex Rm 1
9:30-10:30 am	Enduro Boxing	Don Somerville	Youth Rm 2
10:30-11:25 am	Classic Weight Conditioning	Barbara Finnerty	Ex Rm 1
10:30-11:30 am	Tai Chi	Gary Rosenblum	Ex Rm 2
10:45-11:25 am	Arthritis Foundation Aquatic	Ofira Mor	
11:30 am-12:15 pm	Stability Strength & Align	Ofira Mor	Ex Rm 1
12:15-1 pm	SPIN	Blanca Grinkovitch	Spin Rm
3:40-5:30 PM	Gymnastics Team (PRIVATE CLASS)	Alsu Oshepkova	Ex Rm 1
4-5 pm	Yoga	Catherine Walsh	Ex Rm 2
4:15-5:45 pm	Dryland Training (Swim Team)	Amanda	Ex Rm 2
5:30-8:30 pm	Gymnastics Team (PRIVATE CLASS)	Alsu Oshepkova	Ex Rm 1
7-8 pm	SPIN	Michael Marriotti	Spin Rm
7:30-8:30 pm	Classic Weight Conditioning	Barbara Finnerty	Ex Rm 2
8:30-9-:30 pm	Hip/Hop Zumba	Kristen Steitz	Ex Rm 1

WEDNESDAY

6-7 am	SPIN	Andrew Strauss	Spin Rm
7:30-8:25 am	Cardio Merge	Annette Scala	Ex Rm 2
7:30-8:25 am	Functional Training	Barbara Marrott	Ex Rm 1
8:30-9:25 am	Cardio & Abs	Annette Scala	Ex Rm 2
8:30-9:30 am	Functional Training	Barbara Marrott	Ex Rm 1
9:30-10:25 am	Adrenaline Plus	Kimani Greene	Ex Rm 1
9:30-10:25 am	Core with Weights	Michal Melumad	Ex Rm 2
9:30-10:30 am	Yoga/Barre Bootcamp	Hillary Wellish	Youth Rm 1
10:30-11:30 am	Balance and Tone	Ofira Mor	
10:45-11:45 am	**SPIN	Jenn Sherman	Spin Rm
4:30-5:30 pm	NEW! Adrenaline Plus	Kimani Greene	Ex Rm 1
5:30-7:30 pm	Gymnastics Team (PRIVATE CLASS)	Alsu Oshepkova	Ex Rm 2
5:30-6:30 pm	Yoga (Ages 7-13)	Hillary Wellish	Ex Rm 1
6:30-7:30 pm	Interval Training	Alicja Lada	Ex Rm 1
7:30-8:25 pm	NEW! Piloxing	Gwen Smyth	Ex Rm 1
7:30-8:30 pm	Belly Dance Workshop	Safire	Ex Rm 2
8:30-9:30 pm	ZUMBA	Erica Valens	Ex Rm 1

THURSDAY

6-7 am	Total Body Conditioning	Mark Hardaway	Ex Rm 1
7-8 am	NEW! SPIN	Melanie Landano	Spin Rm
7:30-8:25 am	Tone-n-Sculpt	Catherine Walsh	Ex Rm 1
8-9 am	Pilates Reformer Workshop	Neta Torfstein	
8:30-9:25 am	Adrenaline Plus	Kimani Greene	Ex Rm 1
9:30-10:25 am	**SPIN	Donna Koles	Spin Rm
9:30-10:25 am	Functional Training	Barbara Marrott	Ex Rm 1
9:30-10:25 am	Classic Weight Conditioning	Barbara Finnerty	Ex Rm 2
10:30-11:30 am	Gentle Yoga/PreNatal Welcome	Arlene Minoyan	Ex Rm 2
10:45-11:25 am	Arthritis Foundation Aquatic	Ofira Mor	
12-1 pm	ZUMBA	Jen Semon	Ex Rm 1
12:15-1 pm	SPIN	Blanca Grinkovitch	Spin Rm
4-5 pm	Yoga	Catherine Walsh	Ex Rm 2
4:15-5:15 pm	Pilates Reformer Workshop	Daphne Kelman	
4:15-5:45 pm	Dryland Training (Swim Team)	Rodney	Ex Rm 2
5:30-6:30 pm	Spin (Ages 7-13)	Melanie Landanao	Spin Rm
6:30-7:30 pm	Adrenaline Plus	Kimani Greene	Ex Rm 1
7-8 pm	SPIN	Jenn Sherman	Spin Rm
7-8 pm	Yoga with Toning	Margaret Lesser	Ex Rm 2

FRIDAY

6-7 am	Total Body Workout	Mark Hardaway	Ex Rm 1
6-7 am	SPIN	Steve Berger	Spin Rm
7:30-8:25 am	Cardio Merge	Annette Scala	Ex Rm 2
7:30-8:25 am	Functional Training	Barbara Marrott	Ex Rm 1
8:30-9:25 am	Core with Weights	Mark Hardaway	Ex Rm 1
8:30-9:25 am	Cardio & Abs	Annette Scala	Ex Rm 2
9:30-10:25 am	Pump Up Your Body	Annette Scala	Ex Rm 1
9:30-10:25 am	ZUMBA and Toning	Kristen Steitz	Ex Rm 2
9:30-10:25 am	**SPIN	Blanca Grinkovitch	Spin Rm
10:30-11:25 am	Balance Your Body	Ofira Mor	Ex Rm 1
10:45-11:45 am	NEW! Vinyasa Yoga	Michael Egan	Ex Rm 2

****Sign up (in-person) required at fitness desk 15 minutes prior to class start.**
Classes in blue are fee based classes & workshops.
Contact Barbara Marrott at 201.408.1475 or bmarrott@jccotp.org for information.



CLASS DESCRIPTION

ADRENALINE PLUS

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.

CALORIE BURNING LUNCH

Join Annette for a mixed "bag lunch" of Step, Spin, Sculpt or a combination of the three. This class is open to staff as well as members.

CARDIO & ABS

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

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 CONDITIONING

Unique blend of cardio work in the Spin room followed by strength training in the Group Fitness room. Try this class format to get the most out of 2 workouts in 1 hour!

CARDIO MERGE

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.

CLASSIC WEIGHT CONDITIONING

Learn proper techniques for lifting free weights to get fast results.

CORE WITH WEIGHTS

This challenging class provides excellent core conditioning, building strong abs 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.

FUNCTIONAL TRAINING

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

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.

KICKBOXING

This high energy class is a combination of total body conditioning and kickboxing instruction. Exercises designed to increase explosive power for striking and cardio are coupled with kickboxing drills that stress balance, footwork, and proper punch, kick, knee and elbow techniques. Boxing gloves are recommended.

PILOXING™

A high energy workout which mixes Pilates and Boxing for this cardio, resistance training workout.

PUMP UP YOUR BODY

Get every muscle moving and pumping. Combining cardio moves and weight bearing exercises to burn the maximum amount of calories, you will tone your arms, legs and abs all at the same time.

SHAKE YOUR SOUL

A fun, soulful exercise class, which includes very simple, easy to follow movements influenced by Jazz, Modern dance, African dance, Latin dance and more, choreographed to highly inspirational music from around the globe. The main benefits from this class are: cardiovascular fitness, increased tone, flexibility and strength, and stress reduction.

SPIN

Enjoy great music while participating in a dynamic instructor-led program on stationary bikes. 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.

TAI CHI

Tai Chi Chuan is one of the best things you can do for yourself. Although developed centuries ago in ancient China as a martial art, Tai Chi is very much a modern exercise promoting the health of mind and body. These slow, low-impact movements improve balance, increase lower body strength and are known to reduce stress, calm the mind and the emotions, and help you get centered.

STONE & SCULPT

Tone muscles you never knew you had with your own body weight, light hand weights or very simple equipment.

TOTAL BODY CONDITIONING

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

TOTAL BODY WORKOUT

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

ZUMBA/ZUMBA & TONING

The Zumba Fitness® programs fuse hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Zumba® routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba Toning™ blends body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. Students use weighted, maraca-like Zumba Toning Sticks to enhance rhythm and build strength.

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. A total body workout that uses free weights, medicine balls, body bars, resistance bands and steps. Geared towards prevention of osteoporosis. Mat work is a mandatory part of this class.

NIA

Nia draws from disciplines of the martial arts, dance arts and healing arts. Every class offers a unique combination of 52 moves that correspond with the main areas of the body: the base, the core and the upper extremities. Beginners and highly fit athletes alike can adapt to Nia to meet their needs by choosing from three intensity levels.

PILATES PLUS

The Pilates class is based on the Pilates techniques, 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.

STABILITY STRENGTH & ALIGN

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.

YOGA

Wake up Sunday morning with Margaret Lesser's Yoga as she creates awareness & relaxation. 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.

YOGA/BARRE BOOTCAMP

This is an interval cardio workout incorporating sets of isometric exercises both on the floor and barre targeting the whole body. Work on ballet barre is challenging and dynamic and will help to elongate, tone and sculpt. The core is used throughout the workout and will result in a stronger core and better posture. You will build stamina with each class and feel long and lean when you leave.

YOGA & TONING

Enjoy classical Yoga poses performed with resistance bands and core exercises. Reduce stress and tone at the same time.

FEE-BASED CLASSES

ARTHRITIS FOUNDATION AQUATIC PROGRAM

Water exercise is especially beneficial for people with arthritis because it reduces stress on joints and muscles, lessens joint stiffness and increases stamina and range of motion. Class meets in Epstein Pool.

BALANCE AND TONE WORKSHOP

This workshop challenges individuals of all health and fitness levels to improve tone and balance. Loss of balance can occur from bad posture, loss of muscle strength or inactivity. Balance exercises improve posture and body awareness. Individual evaluation will be performed for each participant, pre-and post-workshop, to track and record progress.

BELLY DANCING

Join SaFire for the ultimate core workout! Move your hips and abs to the music from the Middle East. Experience true femininity and get in touch with your inner goddess.

BOOTCAMP WITH KIMANI

Personal training made into an intense, fun, small group experience. Join Kimani and other motivated individuals as you travel into a new world of exercise and knowledge.