

# Group Exercise Schedule Winter & Spring 2010

TIME	CLASS	INSTRUCTOR	ROOM
<b>SUNDAY</b>			
8:30-9:25 am	Spin	Donna/Karen	Spin Rm
9:45-10:45 am	<b>NEW!</b> Spin	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
10:30-11:30 am	<b>NEW!</b> Beginner Yoga	Margaret Lesser	Ex Rm 2
10:30-11:45 am	Cardio Combat/Turbokickboxing	Catherine/Dorothy	Ex Rm 1

## MONDAY

6:15-7 am	SPIN	Ralph Pantuso	Spin Rm
7:30-8:25 am	Cardio Merge	Annette Scala	Ex Rm 2
7:30-8:25 am	<b>NEW!</b> Vinyasa Rock Yoga	Hillary Wellish	Ex Rm 1
<b>8-9 am</b>	<b>Pilates Reformer Workshop</b>	<b>Neta Torfstein</b>	
8:30-9:25 am	Core with Weights	Michal Melumad	Ex Rm 1
9:15-10:15 am	SPIN (TIME CHANGE)	Blanca Grinkovitch	Spin Rm
9:30-10:25 am	Pilates Plus	Neta Torfstein	Ex Rm 2
10:30-11:30 am	ZUMBA (TIME CHANGE)	Jen Semon	Ex Rm 1
10:30-11:25 am	Balance your Body	Ofira Mor	Ex Rm 2
1-1:55 pm	<b>NEW!</b> Calorie Burning Lunch	Annette Scala	Ex Rm 1
6:30-7:25 pm	<b>NEW!</b> Weight Training	Alicja Lada	Ex Rm 1
7-7:55 pm	<b>NEW!</b> SPIN	Andrew Strauss	Spin Rm
7:30-8:25 pm	<b>NEW!</b> Cardio Step/BOSU Level 1	Alicja Lada	Ex Rm 1

## TUESDAY

6-7 am	Total Body Conditioning	Mark Hardaway	Ex Rm 1
7:30-8:25 am	SPIN	Michael Marriotti	Spin Rm
7:30-8:25 am	Tone & Sculpt	Catherine Walsh	Ex Rm 1
8:30-9:25 am	Interval Training Level 2	Alicja Lada	Ex Rm 1
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	ZUMBA GOLD	Andrea Testa	Ex Rm 2
10:30-11:30 am	Classic Weight Conditioning	Barbara Finnerty	Ex Rm 1
<b>10:30-11:30 am</b>	<b>NEW!</b> Got Your Back Workshop	<b>Noa Beladev</b>	
<b>10:45-11:25 am</b>	<b>Arthritis Foundation Aquatic</b>	<b>Ofira Mor</b>	
11:30 am -12:15 pm	Stability Strength & Align	Noa Beladev	Ex Rm 1
12:15-1 pm	<b>NEW!</b> SPIN	Blanca Grinkovitch	Spin Rm
4-4:55 pm	Power Yoga	Catherine Walsh	Ex Rm 2
<b>7-8 pm</b>	<b>NEW!</b> Power of Breath & Meditation	<b>Elizabeth Greene</b>	
7-8 pm	<b>NEW!</b> SPIN	TBA	Spin Rm
8-8:55 pm	Pilates	Neta Torfstein	Ex Rm 2

## WEDNESDAY

6:15-7 am	SPIN	Ralph Pantuso	Spin Rm
6:30-7:25 am	Vinyasa Yoga	Elizabeth Greene	Ex Rm 2
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
8:30-9:25 am	Functional Training Part II	Barbara Marrott	Ex Rm 1
9:30-10:25 am	AdrenalinePlus	Kimani Greene	Ex Rm 1
9:30-10:25 am	Pilates Plus	Daphne Kelman	Ex Rm 2
<b>10:30-11:20 am</b>	<b>NEW!</b> Balance And Tone	<b>Ofira Mor</b>	
<b>11-11:45 am</b>	<b>Aqua Fit</b>	<b>Christina De Carlo</b>	
6:30-7:30 pm	<b>NEW!</b> Cardio Step/BOSU Level 2	Alicja Lada	Ex Rm 1
7:30-8:25 pm	<b>NEW!</b> Weight Training	Alicja Lada	Ex Rm 1
7:30-8:25 pm	Belly Dancing	Safire	Ex Rm 2
8:30-9:25 pm	<b>NEW!</b> ZUMBA	Erica Lee Valens	Ex Rm 1

## THURSDAY

6-7 am	Total Body Conditioning	Mark Hardaway	Ex Rm 1
7:30-8:25 am	SPIN	Karen Ouriel	Spin Rm
7:30-7:25 am	Cardio Combat	Catherine Walsh	Ex Rm 1
<b>8-9 am</b>	<b>Pilates Reformer Workshop</b>	<b>Neta Torfstein</b>	
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	Classic Weight Conditioning	Barbara Finnerty	Ex Rm 1
<b>9:15-10:15 am</b>	<b>Pilates Reformer Workshop</b>	<b>Neta Torfstein</b>	
10:30-11:15 am	Stability Strength and Align	Noa Beladev	Ex Rm 2
<b>10:45-11:25 am</b>	<b>Arthritis Foundation Aquatic</b>	<b>Ofira Mor</b>	
<b>11:15 am-12:15 pm</b>	<b>NEW!</b> Chair Yoga Workshop	<b>Margaret Lesser</b>	
1-1:55 pm	<b>NEW!</b> Calorie Burning Lunch	Annette Scala	Ex Rm 1
4-4:55 pm	Power Yoga	Catherine Walsh	Ex Rm 2
6-6:55 pm	Adrenaline Plus	Kimani Greene	Ex Rm 1
7:15-8:15 pm	Yoga with Toning	Margaret Lesser	Ex Rm 2

## FRIDAY

6-7 am	Total Body Workout	Mark Hardaway	Ex Rm 1
6:15-7 am	<b>NEW!</b> SPIN	Steve Berger	Spin Rm
7:15-8:15 am	Vinyasa Yoga	Elizabeth Greene	Dance St
7:30-8:25 am	Cardio Merge	Annette Scala	Ex Rm 2
7:30-8:25 am	Fuctional 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	SPIN	Michael Marriotti	Spin Rm
9:30-10:25 am	ZUMBA	Erica Lee Valens	Ex Rm 2
9:30-10:25 am	Pump Up Your Body	Annette Scala	Ex Rm 1
10:30-11:15 am	Stability Strength & Align	Noa Beladev	Ex Rm 2

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

### ARTHRITIS FOUNDATION AQUATIC PROGRAM

AFAP is a recreational water exercise program designed and developed by the Arthritis Foundations for people with arthritis and related conditions. 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.

### AQUA FIT

Water workout, combing cardiovascular conditioning, low impact aerobics and toning. The class format accommodates all levels as well as those with moderate medical conditions. Class meets in the Epstein Pool.

## GROUP FITNESS

### 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.

### 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 min cardio mix followed by abdominal work and stretching.

### CARDIO MERGE

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 STEP/BOSU

Get moving with a hour cardio workout utilizing either the Step or the BOSU. Level 1 is for beginner to intermediate. Level 2 is for intermediate to advanced.

### CORE WITH WEIGHTS

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.

## 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.

## 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.

## PUMP UP YOUR BODY

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.

## 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.

## STONE & 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 CONDITIONING

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

## TOTAL BODY WORKOUT (I-A)

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.

## 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.

## WEIGHT TRAINING

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

## 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 that 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.

### 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. Our credentialed instructors will work with beginner and seasoned students.

### POWER YOGA

Power Yoga is 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

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

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.

### VINYASA YOGA

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.

### YOGA & TONING

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