

Group Exercise Schedule: AUGUST 2017

Updated 8.1.17

Register online for prime-time classes **visit jccpalisades.org** (**Cycling classes & 9:30 am **Barre classes)

Register and choose your bike online for prime-time Cycling classes, available only 3 days/72 hours prior to the class start date for Seiden Wellness Center members and 2 days/48 hours prior to class start date for general membership; Cancellations must occur at least 60 minutes prior to class. Up to 30 bikes may be reserved. The studio has a total of 36 Keiser M3i bikes. Walk-ins should visit the Sadinoff Fitness Center Desk to inquire about spaces and to choose a bike. Non-prime time cycling classes do not require online registration. Open spaces in all prime time classes are available to walk-ins 1 hour prior to class start.

9:30 am Barre classes accommodate a maximum of 30 participants. Register online only 3 days/72 hours prior to the class start date for Seiden Wellness Center members and 2 days/48 hours prior to class start date for general membership; Cancellations must occur at least 60 minutes prior to class. Those who are late to class will forfeit their reserved spot. Open spaces are available to walk-ins only if room permits.

Group Exercise class schedules are subject to change. Check the website for additional updates. Group Exercise classes are open to JCC members 14+.

Y Open to individuals 12+. **Classes in red are fee based classes & workshops.**

SUNDAYS

8-8:55 am	**Booty Barre	New! Michal Melumad	Ex Rm 2
8:15-9 am	**Cycling	TBA	Cycling Rm
9:15-10 am	**Cycling	TBA	Cycling Rm
9-9:55 am	Tabata Cardio Sculpt	Rob Fekete	Ex Rm 1
9-10:15 am	Advanced Yoga	Robert Hoon	Ex Rm 2
10-10:55 am	Zumba	Hila Revah	Ex Rm 1
10:30-11:30 am	Beginner Yoga	Felix Gosse	Ex Rm 2

MONDAYS

5:45-6:45 am	Cardio Conditioning	Shira Kraft	Ex Rm 1
7:30-8:25 am	Keep Fit/Stay Strong	Annette Scala	Ex Rm 2
7:30-8:25 am	Cardio Booty Barre	Michal Melumad	Ex Rm 1
8:30-9:25 am	Cardio Pump	Rob Fekete	Ex Rm 1
8:30-9:25 am	Yoga	Jill Schwalbe	Ex Rm 2
9:30-10:15 am	**Cycling	Hagit Tal	Cycling Rm
9:30-10:30 am	Boot Camp	Kimani Greene	Gym
9:30-10:25 am	Cardio Booty Barre	Michal Melumad	Ex Rm 1
9:30-10:25 am	**Barre Intensity	Elisa Cheng	Ex Rm 2
10:30-11:25 am	ZUMBA	Evangelina Bishop	Ex Rm 2
10:30-11:25 am	Balance Your Body	Ofira Mor	Ex Rm 1
1-1:55 pm	20/20/20	Annette Scala	Ex Rm 1
4:15-5:10 pm	Barre Burn	New! Evangelina Bishop	Ex Rm 2
7:15-8 pm	Cycling Y	Andrew Strauss	Cycling Rm
8-8:55 pm	FUNDamental Fitness	Kimani Greene	Ex Rm 1
8-9:15 pm	Yoga	New! Zasha Delvalle	Ex Rm 2

TUESDAYS

5:45-6:30 am	Cycling	New! Lauren Tuvel	Cycling Rm
6-6:55 am	Total Body Conditioning	Mark Hardaway	Ex Rm 1
7:30-8:25 am	Cardio Strength Conditioning	Shira Kraft	Ex Rm 1
8:30-9:15 am	**Cycling	Blanca Grinkovitch	Cycling Rm
8:30-9:25 am	Off the Barre - Amped!	Shira Kraft	Ex Rm 1
9:30-10:25 am	FUNDamental Battle Stations	Kimani Greene	Ex Rm 1
9:30-10:15 am	**Cycling	Lauren Tuvel	Cycling Rm
9:30-10:25 am	Pilates Evolution	Janet Weller	Ex Rm 2
10:30-11:25 am	Yoga	New! Jason Zagaro	Ex Rm 2
10:30-11:25 am	Classic Weight Conditioning	Barbara Finnerty	Ex Rm 1
11:30 am-12:25 pm	FITT	New! Maurice Cobb	Ex Rm 1
12:15-1 pm	Cycling	Blanca Grinkovitch	Cycling Rm
4:30-5:25 pm	Cardio Bootcamp	New! Eileen Atkinson	Ex Rm 2
7-7:45 pm	Cycling	New! Adeena Pultman	Cycling Rm
8-9 pm	REV Dance Workout	New! Cat Veca-Mejia	Ex Rm 1
8-9 pm	Piloxing	Gila Greenbaum	Ex Rm 2

WEDNESDAYS

5:45-6:30 am	Cycling	Michael Mariotti	Cycling Rm
7:30-8:25 am	Stay Strong/Keep Fit	Annette Scala	Ex Rm 2
7:30-8:25 am	Core & Glute Max	New! Karen Victor	Ex Rm 1
8:30-9:25 am	Power Hour	Hagit Tal	Ex Rm 1
8:45-9:25 am	Mat Pilates	Tamar Lowe	Ex Rm 2
9:30-10:25 am	**Cycling Fusion	Hagit Tal	Cycling Rm
9:30-10:25 am	**Barre Class	Shira Kraft	Ex Rm 2
10:30-11:30 am	Stability, Strength & Align	New! Ofira Mor	Ex Rm 1
11:30 am-12:30 pm	Gentle & Beginner's Yoga	Arlene Minoyan	Ex Rm 2
1-1:55 pm	20/20/20	Annette Scala	Ex Rm 1
4:30-5:25 pm	FUNDamental Fitness	Kimani Greene	Ex Rm 1
7:30-8:30 pm	Cycling Fusion Y	Shira Kraft	Cycling Rm
7:30-8:45 pm	Yoga	New! Jason Zagaro	Ex Rm 2

THURSDAYS

5:45-6:45 am	Barre Class	New! Shira Kraft	Ex Rm 2
6-6:55 am	Cycling Fusion	Mark Hardaway	Cycling Rm
7:30-8:25 am	Chiseled	Donna Koles	Ex Rm
8:30-9:25 am	FUNDamental Fitness	Kimani Greene	Ex Rm 1
9-9:45 am	Rowe & TRX	New! Hagit Tal	Gym
9:30-10:15 am	**Cycling	Tamar Lowe	Cycling Rm
9:30-10:25 am	Tabata Cardio Sculpt	Rob Fekete	Ex Rm 1
9:45-10:30 am	**Barre	New! Bianca Reid	Ex Rm 2
9:45-10:45 am	Group Run	New! Bianca Grinkovitch	Main Ent
10:35-11:20 am	Mat Pilates	Bianca Reid	Ex Rm 2
10:30-11:25 am	Classic Weight Conditioning	New! Barbara Finnerty	Ex Rm 1
11:30 am-12:25 pm	Age Less Play More	New! Margaret Chibookian	Ex Rm 2
12-12:55 pm	ZUMBA	Jen Semon	Ex Rm 1
12:15-1 pm	Cycling	Blanca Grinkovitch	Cycling Rm
4-4:55 pm	Power Yoga	Catherine Walsh	Ex Rm 2
6-6:55 pm	Zumba	New! Eileen Atkinson	Ex Rm 1
7-7:55 pm	FUNDamental Fitness	Kimani Greene	Ex Rm 1
7:15-8 pm	Cycling Y	Michael Mariotti	Cycling Rm

FRIDAYS

6-7 am	Total Body Conditioning	Mark Hardaway	Ex Rm 1
7:30-8:25 am	Keep Fit/Stay Strong	Annette Scala	Ex Rm 2
7:30-8:25 am	Forever Fit	Daine Chang	Ex Rm 1
8:30-9:15 am	**Cycling	Hagit Tal	Cycling Rm
8:30-9:25 am	**Booty Barre	Kristen Steitz	Ex Rm 2
8:30-9:25 am	Drum & Pump	Annette Scala	Ex Rm 1
9:30-10:15 am	**Cycling	Blanca Grinkovitch	Cycling Rm
9:30-10:25 am	Power Hour	Hagit Tal	Ex Rm 1
9:30-10:25 am	**Booty Barre	Michal Melumad	Ex Rm 2
10:30-11:25 am	ZUMBA	Kristen Steitz	Ex Rm 1
10:30-11:25 am	Tai Chi Bone Strengthening	Randi Elia	Youth Rm 2
10:45-12 pm	Vinyasa Yoga	Alison Miller	Ex Rm 2
11:30-12:25 am	Balance Your Body	Ofira Mor	Ex Rm 1

FOR MORE INFO:
Contact Hagit Tal at htal@jccotp.org

For the safety of our members, instructors may decide participants arriving late are unable to participate if they have missed the necessary warm-up.

Group fitness builds relationships, provides energetic experiences and creates a dynamic culture. Regular exercise improves your health and self image, so whether you want to lose weight, tone up, or simply get moving, you are sure to find a class that is right for you. Class instructors are certified and/or have degrees in fitness.

20/20/20

20 minutes cardio, 20 minutes weights, 20 minutes abs.

Adult Ballet/Jazz

This class will be two sessions of classical Ballet and two sessions of Jazz class that alternate throughout the year. Ballet and Jazz training improves flexibility, develops poise and grace, while building confidence and strength.

Age Less Play More

Rediscover your full body potential at any age with a combination of exercises incorporating breathing, stretching and balancing techniques to put your body in the best possible alignment. Each class routine is unique depending on the needs of the day.

Barre Class

A total body workout which combines the techniques from Pilates, ballet, and some Yoga. Isometric exercises lengthen and sculpt your muscles to create a sleek, lean, and sculpted body. Includes muscle defining arm exercises, intense glute and thigh work, abdominal core work, and physical therapy stretching.

Barre Intensity

A balanced full-body workout which incorporates cardio, strength training and stretching while utilizing the ballet barre. Other props used include weights and resistance bands. Exercises focus on isometric strength training which improves flexibility and endurance, while strengthening and sculpting muscles.

Booty Barre

An energetic, fun workout that fuses techniques from Dance, Pilates and Yoga that will tone, define and chisel the whole body with a strong emphasis on glutes and hamstrings. This method is the perfect combination of strength and flexibility with added cardio to burn fat fast.

Cardio Bootcamp

An all over cardio/weight workout combining timed military style cardio drills with strength training. Sessions end with core strengthening exercises.

Cardio Booty Barre

Non-stop ballet movements performed at tempos.

Cardio Hip-Hop

A dance, sweat and burn workout incorporating high energy choreography inspired by popular hip hop dance & videos set to a playlist of the hottest music! Work at your own pace, and improve cardio, strength, toning, flexibility and stamina. Begins with dance based warm up and stretches and concludes with a signature cool down.

Cardio Strength Conditioning

Condition the body through cardio and strength intervals. Movements designed to maximize time and define the body.

Classic Weight Conditioning

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

Cycling

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

Chiseled

Shred your core with intense fat burning class. A well rounded workout to strengthen and tone while keeping your heart rate elevated. All movements can be modified for participants with limitations.

Core & Glute Max - Low Impact, All Level Class

Work your glutes through exercises that lift and tighten. We incorporate abdominal and back routines that will increase core stability while giving you the benefits of a sleek tummy.

Cycling Fusion

Get the best of both worlds - first half of class is cycling followed by weight training.

Dynamic Strength

The ultimate cardio and strength interval workout designed to work every part of your body and maximize your post workout caloric expenditure. Using all forms of equipment, from Step to Bosu to Body Bar, this workout will keep your mind sharp and body strong.

FITT (Frequency, intensity, time & type)

Full body strengthening highlighting core stability, balance and symmetry, using weights, bands, mats and stability balls.

Forever Fit Class

A functional total body workout, to promote better movement throughout your everyday life. Weight training, cardio, and your own body weight to maximize your overall fitness.

FUNDamental Fitness

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. Go back to basics and see what a difference it will make.

Group Run

Open to all levels, beginner or experienced runners. Meet at the main entrance of the JCC for weekly workout including various running drills. Starting again in March, 2017.

HIIT IT

Be prepared to work hard, sweat hard and have fun while using high intensity intervals of cardio and strength training - hit all of those hard to change areas with resistance using weights, kettlebells, body bars, and more.

Keep Fit/Stay Strong

Keep fit with the class that you can participate in forever. Class includes low impact cardio using a variety of equipment such as steps, weights, bands and weighted balls to work on stability, balance and bone strengthening while listening to the songs of the 50's through today. Beginner to intermediate.

Kick-It-To-Core

A non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class combines kicks and punches into high energy, athletic combinations using weighted gloves. Weight conditioning and core are integrated into the class to leave you feeling strong and fit!

Off the Barre - Amped!

A combination of boot camp style workout to get your heart pumping and then take it to the barre for a burn.

Piloxing

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

Power Hour

Heart pumping cardio intervals combined with weight strength training and core work. Non-stop body movement to maximize results making you powerful inside and out.

Rev Dance Workout

Intense aerobic dance fitness featuring mixed music styles and movements designed to help burn fat while sculpting lean muscles and increasing physical endurance.

Stay Strong/Keep Fit

Keep fit with the class you can participate in forever. Mix it up. Start with weight bearing exercises and conclude the class with cardio.

Tabata Cardio Sculpt

A dynamic and functional class provides a full body workout using equipment and body weight exercises incorporating Tabata interval timing.

Total Body Conditioning

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

Zumba

This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

MIND/BODY

Balance Your Body

This low impact exercise class helps strengthen muscles, increase range of motion and flexibility, and improve balance and body posture. Utilizes free weights, medicine balls, body bars, resistance bands, Steps, and mandatory mat work. Geared towards the prevention of osteoporosis.

Gentle & Beginner's Yoga

This gentle, Hatha-based yoga class develops flexibility, coordination, concentration, and strength. Learn breathing techniques, gentle flowing movements, passive and supported poses.

Mat Pilates

Focus on spinal alignment and breath this class challenges your core using the traditional Pilates mat work exercises.

Pilates Evolution

Use bands, balls and dumbbells for a whole body workout that concentrates on functional moves, balance and the core.

Stability, Strength, and Align

This dynamic class helps to realign the body utilizing techniques from Pilates, Yoga and Feldenkrais. Concentration is on stretching and strengthening to create lifestyle changes that last forever. Standing and mat work required.

Tai Chi Bone Strengthening

Developed centuries ago in China, Tai Chi is now used to promote optimal health and increase a greater understanding of our bodies using slow, low-impact movements and exercise to develop and strengthen tendons and bones, increasing balance and energy, while reducing stress, calming the mind and strengthen the immune system.

Vinyasa Flow

Start with breathing exercises and move with uplifting Vinyasa flow infused with creative musical playlist. Modifications offered for beginners. Leave class energized and refreshed.

Vinyasa Yoga

Refine and build upon your practice in this intermediate Vinyasa class that presents variations of the basic poses in a creative sequence flow.

Yoga

This Sunday morning class is designed to create awareness & relaxation, improve circulation, and balance the immune system, while unifying the body, mind, and soul.

FEE-BASED CLASSES

Arthritis Foundation Aquatics Program with Margaret Chibookian

Water exercise is beneficial for people with arthritis because it reduces stress on joints and muscles, and increases stamina and range of motion.

Thursdays, 10:45-11:25 am, \$10/\$13 per class
Begins again in the fall.

Boot Camp with Kimani Greene

High intensity personal master training in a small group experience make these classes fun and challenging. Limited space available, register early.

Drop in fee: \$22 each class,

visit jccotp.org/registered-group-exercise

Pilates Apparatus Small Group Training

Use springs resistance to assist proper form and challenge your neuromuscular system, focusing on ideal spinal alignment and use of the core to strengthen extremities.

email pilates2@jccotp.org

Hour Long Classes: \$35 each session, 10/\$335, 20/\$630

Maximum of 4 participants per class.

Half Hour Classes: \$18 each session, 10/\$175, 20/\$350

Maximum of 3 participants per class.

Strength Training Workshops

visit jccotp.org/registered-group-exercise