



# Group Exercise Schedule: FALL 2017

Updated 9.25.17

## SUNDAYS

8-8:55 am	**Booty Barre	New!	Michal Melumad	Ex Rm 2
8:15-9 am	**Cycling		Donna Koles	Cycling Rm
9:15-10 am	**Cycling		Hagit Tal	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	Adult Ballet (begins 9.17)		Allyson Carolan	Dance Studio
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		TBD	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
3:30-4:25 pm	Core & Glute Max	New!	Karen Victor	Ex Rm 1
6-6:45 pm	Youth Zumba (begins 9.12)	New!	Lauren Greene	Cycling Rm
7-8 pm	Zumba	New!	Lauren Greene	Ex Rm 1
7:15-8 pm	Cycling	New!	Adeena Pultman	Cycling Rm
8-9 pm	Piloxing		Gila Greenbaum	Ex Rm 1

## GEX-PLUS

Fee based classes; visit [jccotp.org/registered-group-exercise](http://jccotp.org/registered-group-exercise)

## INTRODUCING! Performance Lab

Work to your max potential in small-group, high-intensity classes that will take your workout to the next level! Top trainers utilize specialty equipment to challenge your body and achieve max results.

## MONDAYS

6-7 am	Bootcamp	New!	Rob Fekete	Perf Lab
9:30-10:30 am	Bootcamp	New!	Kimani Greene	Perf Lab

## TUESDAYS

6-7 am	Bootcamp	New!	Scott	Perf Lab
7:15-8 am	Circuit Stations	New!	Kurt Ebner	Perf Lab
9:30 am	Cardio Tennis	New!	Stavri Tennis Acad	Court
10:30-11:15 am	Run, Row & Ropes	New!	Blanca Grinkovitch	Perf Lab
10:30 am	Cardio Tennis	New!	Stavri Tennis Acad	Court

## 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
10:30-11:25 am	Cardio Hip-Hop	New!	Jaclyn Alterwein	Ex Rm 2
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!	Lauren Rotendella	Ex Rm 2

## THURSDAYS

5:45-6:45 am	Barre Class		Shira Kraft	Ex Rm 2
6-6:55 am	Cycling Fusion		TBD	Cycling Rm
6:45-7:45 am	Yoga	New!	Alison Miller	Ex Rm 2
7:30-8:25 am	Chiseled		Donna Koles	Ex Rm
8:30-9:25 am	FUNDamental Fitness		Kimani Greene	Ex Rm 1
9:30-10:15 am	**Cycling		Tamar Lowe	Cycling Rm
9:30-10:25 am	Tabata Cardio Sculpt		Rob Fekete	Ex Rm 1
9:30-10:25 am	**Total Body Barre	New!	Tiffany Lebowitz	Ex Rm 2
9:45-10:45 am	Group Run	New!	Blanca Grinkovitch	Main Ent
10:30-11:25 am	Classic Weight Conditioning		Barbara Finnerty	Ex Rm 1
10:30-11:20 am	Mat Pilates	New!	Michal Regev	Ex Rm 2
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
7-7:55 pm	FUNDamental Fitness		Kimani Greene	Ex Rm 1
7:15-8 pm	Cycling Y		Michael Mariotti	Cycling Rm
8-9 pm	REV Dance Workout	New!	Cat Veca-Mejia	Ex Rm 1

## FRIDAYS

6-7 am	Total Body Conditioning		TBD	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

## WEDNESDAYS

6-6:45 pm	Youth Yoga (begins 10.18)	New!	Lauren Rotendella	Ex Rm 2
9:30-10:30 am	Bootcamp	New!	Kimani Greene	Perf Lab

## THURSDAYS

6-7 am	Bootcamp	New!	Rob Fekete	Perf Lab
7:15-8 am	Circuit Stations	New!	Kurt Ebner	Perf Lab
9-9:45 am	Rowers, Ropes & Bells	New!	Hagit Tal	Perf Lab
10:45-11:25 am	Aquatics Class (begins 9.14)	New!	Margaret Chibookian	Pool
6-6:45 pm	Youth Cycling (begins 10.19)	New!	Yael Rudolf	Cycling Rm

## FRIDAYS

6-7 am	Bootcamp	New!	Scott	Perf Lab
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Visit [jccpalisades.org](http://jccpalisades.org) to register online for prime-time classes including **Cycling classes & 9:30 am Barre classes**

**Group Exercise class schedules are subject to change; Check the website for latest updates.**

Group Exercise classes are open to JCC members 14+. <sup>Y</sup> Classes open to individuals 12+.

### For more info:

Contact Hagit Tal at [htal@jccotp.org](mailto: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.

### Drum & Pump

Have a ball and feel the burn with powerful high energy beats and rhythms of drumming for an amazing body workout. Combined with upper, lower and abdominal routines to make this a complete body experience.

### 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.

### 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.

## ADDITIONAL FEE-BASED CLASSES

### Aquatics Arthritis Class 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.

### 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](mailto:email_pilates2@jccotp.org)