



Group Exercise Schedule: DECEMBER 2018

Updated 11.29.18

SUNDAYS

8-8:55 am	**Booty Barre	Michal Melumad	Ex Rm 2
8:15-9 am	**Cycling	Donna Koles	Cycling Rm
8:15-9:10 am	AM Sweat	New! Rena Schenker	Ex Rm 1
9:15-10 am	**Cycling	Lauren Tuvel	Cycling Rm
9:15-10:10 am	Tabata Cardio Sculpt	Rob Fekete	Ex Rm 1
9-10:15 am	Advanced Yoga	Robert Hoon	Ex Rm 2
10:15-11:10 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
9:30-10:25 am	Kick-It-To-The-Core	Adeena Casillag	Ex Rm 1
9:30-10:25 am	Booty Barre	Evangelina Bishop	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
4:30-5:25 pm	Tabata Extreme	New! Shira Zevi	Ex Rm 1
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	Zasha Delvalle	Ex Rm 2

TUESDAYS

5:45-6:30 am	Cycling	Lauren Tuvel	Cycling Rm
6-6:55 am	Tabata Cardio Sculpt	Rob Fekete	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
9:30-10:25 am	Pilates & Sculpt	New! Tamar Lowe	Ex Rm 2
10:30-11:25 am	Yoga	Justeen Nason	Ex Rm 2
10:30-11:25 am	Classic Weight Conditioning	Barbara Finnerty	Ex Rm 1
11:30 am-12:25 pm	FITT	Maurice Cobb	Ex Rm 1
11:45 am-12:30 pm	Aquacise	New! Alison Miller	Pool
12:15-1 pm	Cycling	Blanca Grinkovitch	Cycling Rm
6-6:55 pm	Teen Lifting	New! Kimani Greene	Ex Rm 1
7-8 pm	Cardio Dance Mix	New! Cecelia Chan	Ex Rm 1
8-8:55 pm	Cardio Pump	New! Gila Singer	Ex Rm 1

PERFORMANCE LAB

NEW! Introducing Unlimited Monthly Classes

Take your workout to the next level! Top trainers lead challenging resistance-training workouts combined with fast paced cardio to achieve max results. All classes take place in our Lab located at the gym or outdoors. Work to your max potential and take as many classes as you want per month. Automatic monthly payment option is available for your convenience.
Cost: Only \$129 monthly unlimited*, \$22 per session

To sign up please see either courtesy desk or Seiden Wellness Center desk. For details visit jccotg.org/performancecab

*Get a complimentary performance shirt when you sign up for the monthly program.

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	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	Ofira Mor	Ex Rm 1
10:30-11:25 am	Zumba	New! Cecilia Chan	Ex Rm 2
11:30 am-12:30 pm	Gentle & Beginner's Yoga	Arlene Minoyan	Ex Rm 2
12:15-1 pm	Total Body Fusion	New! Tamar Lowe	Ex Rm 1
4:30-5:25 pm	FUNDamental Fitness	Kimani Greene	Ex Rm 1
5:30-6:30 pm	Meditation	Mark Van Buren	Ex Rm 2
6:30-7:30 pm	Yoga	New! Jill Schwalbe	Ex Rm 2
7:30-8:30 pm	Cycling Fusion ^Y	Shira Kraft	Cycling Rm

THURSDAYS

5:45-6:45 am	Barre Class	Shira Kraft	Ex Rm 2
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	New! Donna Koles	Ex Rm 2
9:30-10:25 am	Tabata Cardio Sculpt	Rob Fekete	Ex Rm 1
9:30-10:25 am	**Total Body Barre	Tiffany Lebowitz	Ex Rm 2
10:30-11:25 am	Classic Weight Conditioning	Barbara Finnerty	Ex Rm 1
10:30-11:20 am	Mat Pilates	Michal Regev	Ex Rm 2
10:45-11:25 am	Aquacise	New! Margaret Chibookian	Pool
11:30 am-12:25 pm	Age Less Play More	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	Zumba	New! Jane Legaspi	Ex Rm 1

FRIDAYS

6-7 am	Total Body Conditioning	Rena Schenker	Ex Rm 1
7:30-8:25 am	Keep Fit/Stay Strong	Annette Scala	Ex Rm 1
7:30-8:25 am	Barre Challenge	Tiffany Lebowitz	Ex Rm 2
8:30-9:15 am	**Cycling	Hagit Tal	Cycling Rm
8:30-9:25 am	Balance, Ball + Barre	Michal Melumad	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	Hila Revah	Ex Rm 1
10:30-11:25 am	Tai Chi Bone Strengthening	Randi Elia	Youth Rm 2
10:45-12 pm	Yoga	Alison Miller	Ex Rm 2
11:30-12:25 am	Balance Your Body	Ofira Mor	Ex Rm 1

	Monday	Tuesday	Wednesday	Thursday	Friday
6 am	Shira HIIT Factor	Scott Boot Camp	Rob Boot Camp	Shira HIIT Factor	Scott Boot Camp
9:15 am	Shira HIIT Factor	Michael TRX	Kimani Boot Camp	Shira HIIT Factor	Rob Boot Camp

Visit 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+. ^YClasses open to individuals 12+.

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.

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.

AM Sweat

Challenge your body with intervals of cardio work and Strength training. A great way to start your 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.

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 Pump

A 55-minute workout designed to improve strength and build lean muscle. This workout includes cardio and strength exercises using our brand new equipment - barbells and weighted plates - to blast all major muscle groups.

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.

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.

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.

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.

Pilates & Sculpt

A full body low impact workout that combines Pilates and Strength training. Using weighted bands, stability balls, weights and more this class with strengthen and tone arms, legs and core.

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.

Tabata Cardio Sculpt

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

Teen Lifting

Learn the basics of weight training safely and effectively by performing squats, deadlifts, bench and overhead presses.

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 Fusion

Full body workout combining strength and cardio followed by Pilates based core work.

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.

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 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

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

Performance Lab

Top trainers lead challenging resistance-training workouts combined with fast paced cardio to achieve max results. visit jccotp.org/performanceclab

Masters Swim

Prepare for your next competition or just take your swimming to the next level with professional training. email aquatics@jccotp.org