



Group Exercise Schedule: WINTER Updated 2.14.20

SUNDAYS

8-8:55 am	**Booty Barre	Michal Melumad	Ex Rm 2
8:15-9 am	**Cycling	Donna Koles	Cycling Rm
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	Zasha Delvalle	Ex Rm 2
10:15-11:10 am	Dance Fit	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	Total Cut	Karen Victor	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 Csillag	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
10:45-11:30 am	Movin' Mamas, Public (resumes 1/6)	Adeena Casillag	Gym/OUT
1-1:55 pm	20/20/20	Annette Scala	Ex Rm 1
6:30-7:30 pm	Booty Barre New!	Michal Melumad	Ex Rm 2
7:15-8 pm	Cycling †	Michael Mariotti	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	Adeena Pultman	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	Jill Cheris	Cycling Rm
4-5 pm	Stability & Strength New!	Ofira Mor	Ex Rm 1
6-7pm	Lifting & Toning New!	Kimani Greene	Ex Rm 1
7-8 pm	Cardio Dance Mix	Cecelia Chan	Ex Rm 1
8-8:55 pm	Cardio Pump	Gila Singer	Ex Rm 1

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	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
12:30-1:25 pm	Mommy & Me Yoga (resumes 1.8)	Arlene Minoyan	Ex Rm 2
4:30-5:25 pm	FUNDamental Fitness	Kimani Greene	Ex Rm 1
5:30-6:30 pm	Meditation	Mary Ann Fernandez	Ex Rm 2
6:30-7:30 pm	Yoga New!	Jill Schwalbe	Ex Rm 2
7:30-8:30 pm	Cycling Fusion †	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 1
8:30-9:25 am	Mat Pilates New!	Shira Kraft	Ex Rm 2
8:30-9:25 am	FUNDamental Fitness	Kimani Greene	Ex Rm 1
9:30-10:15 am	**Cycling	Donna Koles	Cycling Rm
9:30-10:25 am	Tabata Cardio Sculpt	Rob Fekete	Ex Rm 1
9:30-10:25 am	**Barre Class New!	Rena Schenker	Ex Rm 2
10:30-11:25 am	Classic Weight Conditioning	Barbara Finnerty	Ex Rm 1
10:30-11:20 am	Power Flow (advanced) New!	Chavi Rosen	Ex Rm 2
10:30-11:15 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	Jill Cheris	Cycling Rm
4-4:55 pm	Power Yoga	Catherine Walsh	Ex Rm 2
7-7:55 pm	FUNDamental Fitness	Kimani Greene	Ex Rm 1
8-8:55 pm	Zumba	Lauren Greene	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	Tiffany Lebowitz	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 - Amped! New!	Ajel Huit	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

Elevate Your Fitness, the Treadmill HIIT Class Way!

January special: 4 classes for \$45/ Single class \$15 payable at the Seiden Wellness Center Desk

Try our high-intensity interval training, on and off the Woodway treadmill. A great way to burn calories fast. This is a 45 minute advanced high intensity class. Register online 48 hours in advance of the class start.

Offered Mon, 8:30 am (starting January), Tue, 10:30 am; Thur, 8:35 am; & Fri, 6 am

Register online for prime-time classes including

****Cycling, Barre & Woodway Treadmill**

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

Group Exercise classes are open to JCC members 14+. *Classes open to individuals 12+.

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 - barbell 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.

Dance Fit...

...is an all out dance party that incorporates several styles of dance. It's a great cardio workout featuring different exciting tracks that provide peaks of high intensity. So much fun, you'll forget you're working out!

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.

Glutes & Core Flow

A conditioning series of exercises that focus on firing up all aspects of the glutes, hips/thighs and abdominal muscles. You will be guided through progressive flowing movements of warm-ups to high/low intensity and finishing off with a relaxing cool-down.

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!

Movin' Mama

Stroll, squat and spring into a fun and challenging workout! Movin' Mamas caters to moms of all fitness levels. This 45-minute class includes cardio, strength training, and core work. Incorporating your baby and stroller into this class guarantees the ultimate mom and baby bonding time. **Non-members: \$15 per class.**

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.

Power Flow

Power Vinyasa Flows to build overall strength and flexibility. The music will always be pumping and the energy flowing as you work to bring up your heart rate, stretching and sweating it all out, while still being able to take pause to connect in to your mind, body and spirit. Students of all levels are welcome to join the fun and will learn how to take your yoga practice to the next level utilizing numerous yoga postures and arm balances.

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.

Toning & Lifting

Lifting weights, lifting bands, lifting your body weight are all ways to help you tone in your muscles and feel the burn.

Total Body Conditioning

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

Total Cut

Challenging but fun total body workout incorporating strength and low impact cardio.

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.

Meditation for Beginners

Learn simple techniques to help relax your body and center your mind. When you make meditation part of your daily routine it helps build resistance to emotional stress, anxiety or depression and boosts your mood. Brought to you by Graf Center for Integrative Medicine at Englewood Health.

Mommy & Me Yoga

Inviting all moms with young babies to enjoy special bonding through yoga movements. Great opportunity to work with Arlene Minoyan, a yoga instructor with extensive experience.

Stability & Strength

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

Treadmill HIIT Classes