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 50 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.

Group Exercise class schedules are subject to change. Check the website for additional updates. Group Exercise classes are open to JCC members 14+. ¹Open to individuals 12+. Classes in red are fee based classes & workshops.

**SUNDAYS**

8-8:35 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
9-9:35 am  Tabata Cardio Sculpt Rob Fekete Ex Rm 1
9-10:15 am  **Cycling** TBA Cycling Rm
10-10:35 am  Zumba Hila Rehav 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  Cardo Pump Rob Fekete Ex Rm 1
8:30-9:25 am  Yoga Jill Schwab Ex Rm 2
9-10:15 am  **Cycling** Hagit Tal Cycling Rm
9:30-10:15 am  **Boot Camp** Kimani Greene Ex Rm 1
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  **Barre** Krista Menendez Ex Rm 2
1:15-15 pm  **20/20/20** Annette Scala Ex Rm 1
4:15-5:10 pm  Barre Burn Evangelina Bishop Ex Rm 2
7:15-8 pm  Cycling ¹ 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 Lauren Tuvel Cycling Rm
6-6:35 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** Bianca 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 Bianca Grinkovitch Cycling Rm
4-5:45 pm  Power Yoga Catherine Walsh Ex Rm 2
6:6-6:55 pm  Zumba New! Eileen Atkinson Ex Rm 1
7:5-7:55 pm  FUNdamental Fitness Kimani Greene Ex Rm 1
7:15-8 pm  Cycling ¹ Michael Mariotti Cycling Rm

**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** 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 ¹ 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
9:45-10:45 am  Rider & 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** Bianca Reid Ex Rm 2
9:45-10:45 am  Group Run 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
12:12-12:55 pm  ZUMBA Jen Semon Ex Rm 1
12:15-1 pm  Cycling Bianca 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 ¹ 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 Stetz Ex Rm 2
8:30-9:25 am  Drum & Pump Annette Scala Ex Rm 1
9:30-10:15 am  **Cycling** Bianca 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
10-10:15 am  ZUMBA Kristen Stetz Ex Rm 1
10-11:25 am  Tai Chi Bone Strengthening Randi Elia Youth Rm 2
10:45-11:20 pm  Vinyasa Yoga Alison Miller Ex Rm 2
11:30-12:25 am  Balance Your Body Ofira Mor Ex Rm 1

**GROUP EXERCISE SCHEDULE: AUGUST 2017**

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

Updated 8.1.17
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 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 & video 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.

FITF (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 change 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 running 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 intervals. 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 Chibokkian
Water exercise is beneficial for people with arthritis because it reduces stress on joints and muscles, and increases stamina and range of motion.

Throws, 10:45-11:25 am, $10/$13 per class	Begin 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