

GROUP EXERCISE SCHEDULE

SUMMER 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	TRX Kettlebell Fusion Shane (55min)	Cross Training Shane (55min)	Sunrise Yoga* Deborah (55min)	HIIT Day Starter Shane (55min)			
7:00AM		Endurance Cycling ^ Reed (55min)	TRX® Body Blast Shane (55min)	Endurance Cycling ^ Reed (55min)			
8:00AM		Water Aerobics Rosemarie (55 min)	Indoor Cycling^ Lori (55 min)	Water Aerobics Rosemarie (55min)		TRX® Body Blast Johnny (55min)	TRX® Body Blast Shane (55min)
8:15AM				Yoga: Entry Level Evelyn (55min)	Power Pilates Evelyn (55min)	Endurance Cycling ^ Reed (55min)	
8:30AM	Mat Pilates Amy (55min)	Barre Training Annette (55min)					Indoor Cycling^ Joe (55 min)
8:50AM			Power Pilates Annette (55 min)				
9:00AM		Hatha Yoga* Grisell (55min)	Indoor Cycling^ Haydee (55min)	Indoor Cycling^ Annette (55min)		Aerobics on Shabbat (1.5hr) Robby	Step it up! Robby (55min)
9:15AM	Hot Yoga* Bianca (55min)			Hatha Yoga* Grisell (55min)	Hot Yoga* Bianca (55min)	Restorative Yoga* Alex (1hr)	Water Aerobics Rosemary (55min)
9:30AM	Step & Tone! Annette (55min)	Zumba Martha (55min)		Zumba® Martha (55min)		Tabata Cycling^ Annette (55min)	
10:00AM	Indoor Cycling^ Nancy (55min)	Indoor Cycling^ Lori (55min)		Indoor Cycling^ Lori (55min)			
10:30AM		Zumba® Martha (55min)					Core, Floor & More Robby (55min)
		Flexibility & Core Art (55 min)	Hot Yoga* Liza (55min)	20/20/20 Total Body Annette (55min)		Hot Power Vinyasa* Alex (1 hr)	
		Restorative Yoga* Alex (1hr)		Restorative Yoga* Alex (1hr)			
11:00AM	Zumba Diana (55min)		Silver Sneakers® Circuit Linda (50min)		Silver Sneakers® Circuit Margie (50min)		
11:30AM				Mat Pilates Amy (55min)			Water Aerobics Maria (1 hr)
12:00PM					Silver Sneakers® Yoga Margie (50min)		
12:30PM	Silver Sneakers® Circuit Annette (50min)	Silver Sneakers® Classic Art (50min)		Silver Sneakers® Circuit Maraie (50min)		Water Aerobics Maria (1 hr)	
1:30PM	Silver Sneakers® Yoga Annette (50min)	Silver Sneakers® Circuit Annette (50min)		Silver Sneakers®Yoga Margie (50min)	PLEASE KEEP IN MIND: Be on time to ensure your spot in the class and avoid disrupting classes. Do not enter the studio while a class is in session. At the instructor's discretion, a five-minute grace period for late admittance may be allowed as long as it doesn't disrupt class. Disruptive participants of classes risk the refusal of class and all future classes at the Alper JCC. Wear closed-toe shoes (with the exception of Yoga) and stay hydrated. First time attending a class? We welcome all levels! Be sure to arrive at least 10 minutes early and get with the instructor to better acclimate you on the routine. A five-minute transition period begins at the end of most classes and before the classes that follow them. This is to allow the previous class to clean up, and the following instructor to enter and begin setting up. Minimum age for all class participation is 13 years, unless otherwise noted. Not all classes are suitable for teens, please check with the instructor prior. Children ages 13-15 must be both on a family membership and accompanied by their parent/legal guardian. Yoga: Entry Level -Parents with family memberships are welcome to bring their child age 7+ to practice and meditate in this class with them. Classes and instructors are subject to change. Please call x284 with questions about a particular class.		
4:15PM				Kids Yoga* Kristen (45min) Ages 4-10 years			
5:00PM	TRX Body Blast Randy (55min)	Step it up! Robby (45min)	Core Combo w/Ball Maria (55min)				
5:30PM			Hot Yoga* Bianca (55 min)				
6:00PM	Body Sculpting Robby (55min)	Indoor Cycling ^ Lillian (55min)	TRX® Body Blast Patty (55min)	**LIMITED EDITION CLASS** Strong by Zumba® (HIIT) 6pm Zumba® Toning 6:30pm Andrea (30min each)			
6:30PM	Indoor Cycling^ Zack (55min)	POUND Andrea (55min)	Indoor Cycling^ Zack (55min)	Indoor Cycling^ Joe (55min)			
6:40PM		Water Aerobics Maria (1hr)		Water Aerobics Maria (1hr)			
7:00PM	Zumba Diana (55min)	Hot Yoga* Bianca (1hr)	Country Line Dancing Delvin (55min)	Cardio Kickboxing Santiago (1hr)			
		Yoga: Entry Level Alex (1hr)		Gloves Required Hot Yoga* Bianca (1hr)			
7:30 PM	Hot Power Vinyasa* Alex (1hr)		Indoor Cycling^ Cindy (1hr)				
	Indoor Cycling^ Cindy (1hr)						

Fitness Center Hours:

Monday - Thursday 5am - 10pm
 Friday 5am - 6pm
 Saturday 7am - 5pm
 Sunday 7am-6pm

J Play Hours: Ages 3 mo. - 6 yrs.

Monday - Thursday 8am - 12pm & 4-8pm
 Friday 8am - 12pm
 Saturday & Sunday 9am - 12pm

Pool Hours:

Monday - Thursday 6am - 8pm
 Friday 6am - 5pm
 Saturday & Sunday 7am - 4pm

Kidz Corner Hours: Grades 1-7

Monday - Thursday 5pm - 8pm
 Saturday & Sunday 9am - 12pm
 Located next to Hot Yoga

**MEMBERS
FREE**

**JCC guests
\$15**

