

GROUP EX SCHEDULE | WINTER 2018

MON	TUE	WED	THU	FRI	SAT	SUN
6am TRX® Kettlebell Fusion - Shane (55min.)	6am Cross Training - Shane (55min.)	6am Sunrise Yoga = - Debra (55min.)	6am HIIT Day Starter - Shane (55min.)	8:15am Power Pilates - Evelyn (55min.)	8am Endurance Ride Cycling n - Reed (55min)	8am TRX® Body Blast - Shane (55min.)
8:30am Mat Pilates - Amy (55min.)	7am Endurance Ride Cycling n - Reed (55min)	7am TRX® Body Blast - Shane - (55min.)	7am Endurance Ride Cycling n - Reed (55min)	9:30am Salsa Fiesta! - Martha (55min.)	8am TRX® Body Blast - Mike (55min.)	8:30am Cheetah Indoor Cycling n - Joe (55min.)
9:15am Hot Yoga = - Bianca (55min.)	8:30am Barre Training - Annette (55min.)	8am Serious Cycling n - Lori (55min.)	8:15a Yoga: Entry Level - Evelyn (55min.)	9:15am Hot Yoga = - Bianca (55min.)	9am Shabbat Aerobics: EXTENDED - Robby (1.5hr)	9am Step it Up! - Robby (55min.)
9:15am Salsa Fiesta! ▢ - Martha (1hr)**	9:15am Water Aerobics - Rosemarie (1hr.)	9am Power Pilates - Annette (55min.)	9am Indoor Cycle n - Annette (55min.)	9:30am Serious Cycling n - Lori (55min.)	9:15am Tabata Power Pedal n - Annette (55min)	9am Water Aerobics - Rosemarie (1hr.)
9:30am Ride the Rhythm n - Nancy (55min.)	9:15am Yoga: Vinyasa = - Bianca (55min.)	9am Indoor Cycle n - Haydee (55min.)	9:15am Water Aerobics - Rosemarie (1hr.)	11am Silver Sneakers® Circuit - Margie (50min.)	9:15am Restorative Yoga = - Alex (1hr.)	10am Core, Floor & More - Robby (1hr.)
9:30am Step it Up & Tone! - Annette (55min.)	9:30am Serious Cycling - Lori (55min.)	10am Zumba® - Martha (55min.)	9:30am Salsa Fiesta! - Martha (55min.)	12pm Silver Sneakers® Yoga - Margie (50min.)	10:30am Hot Power Vinyasa = - Alex (1hr.)	11:30am Water Aerobics - Maria (1hr.)
12:30pm Silver Sneakers® Circuit - Annette (50min.)	9:30am Salsa Fiesta! - Martha (55min.)	10:30am Hot Yoga = - Liza (55min.)	9:15am Yoga: Vinyasa = - Bianca (1hr.)		12:30pm Water Aerobics - Maria (1hr.)	
1:30pm Silver Sneakers® Yoga - Annette (50min.)	10:30am Flexibility & Core - Mike (1hr.)	11am Silver Sneakers® Circuit - Linda (50min.)	10:30am 20-20-20: Total Body - Annette (55min.)			
	10:30am Restorative Yoga = - Alex (1hr.)		10:30am Restorative Yoga = - Alex (1hr.)			
5pm TRX® Body Blast - Randy (55min.)	12:30pm Silver Sneakers® Classic - Art (50min.)	4pm Fit Camp ▢ - Lillian (1hr.)** **Beginning 1.24.18!	12:30pm Silver Sneakers® Circuit - Margie (50min.)			
6pm Body Sculpting - Robby (55min.)	1:30pm Silver Sneakers® Circuit - Annette (50min.)	5pm Core Combo w/ Ball - Maria (55min.)	1:30pm Silver Sneakers® Yoga - Margie (1hr.)			
6:30pm Pop Cycling n - Zack (55min.)	5pm Step It Up! - Robby (55min.)	5:30pm Hot Yoga = - Bianca (55min.)	4:15pm Kids Yoga = - Kristen (45min.) Ages 4-10 years			
7pm Zumba® - Diana (55min.)	6pm Indoor Cycle n - Lillian (55min.)	6:30pm Pop Cycling n - Zack (55min.)	6:30pm Cheetah Indoor Cycling n - Joe (55min.)			
7:30pm Hot Power Vinyasa = - Alex (1hr.)	6pm POUND - Andrea (55min.)	6pm TRX® Body Blast - Larisa (55min.)	6:40pm Water Aerobics - Maria (1hr.)			
7:30pm Interval Cycling r - Cindy (1hr.)	6:40pm Water Aerobics - Maria (1hr.)	7pm Country Line Dancing - Misty (55min.)	7pm Hot Yoga = - Bianca (1hr)			
	7pm Hot Yoga = - Bianca (1hr.)	7:30pm Interval Cycling r - Cindy (1hr.)	7pm Cardio Kickboxing - Santiago (1hr.) Gloves required			
	7pm Yoga: Entry Level - Alex (1hr.)					

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.

Class Locations:
 = takes place in building #5: **Hot Yoga Studio**
 ▢ takes place in the ECD Preschool Building: **Activity Room**
 n takes place in the Fitness Center: **Indoor Cycling Room**

MEMBERS
FREE

JCC GUESTS
\$15

Fitness Center Hours:
 Mon. - Thu. 5am - 10pm
 Fri. 5am - 6pm
 Sat. 7am - 5pm
 Sun. 7am - 6pm

Pool Hours:
 Mon. - Thu. 6am - 8pm
 Fri. 6am - 5pm
 Sat. & Sun. 7am - 4pm

J Play Hours: Ages 3 mo. - 6 yrs.
 Mon. - Thu. 8am - 12pm & 4pm-8pm
 Fri. 8am - 12pm
 Sat. & Sun. 9am - 12pm

Kidz Corner Hours: Grades 1-7
 Mon. - Thu. 5pm - 8pm
 Sat. & Sun. 9am - 12pm
Located next to Hot Yoga

