

# GROUP EX SCHEDULE | WINTER 2018

MON	TUE	WED	THU	FRI	SAI	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 Fiestal - Martha (55min.)	8am TRX® Body Blast - Mike (55min.)	8:30am Cheetah Indoor - Cycling n - Joe (55min.)
9:15am Hot Yoga ≈ - Bianca (55min.)	9:15am Water Aerobics - Rosemarie (1hr.)	8am Serious Cycling n - Lori (55min.)	9:15am Water Aerobics - Rosemarie (1hr.)	9:15am Hot Yoga ≈ - Bianca (55min.)	9am Shabbat Aerobics: EXTENDED - Robby (1.5hr.)	9am Step it Up! - Robby (55min.)
9:15am Salsa Fiestal ▽ - Martha (1hr.)** **Beginning 1.15.18!	8:30am Barre Training - Annette (55min.)	9am Power Pilates - Annette (55min.)	8:15a Yoga: Entry Level - Evelyn (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.)	9am Indoor Cycle n - Annette (55min.)	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 r - Lori (55min.)	10am Zumba® - Martha (55min.)	9:30am Salsa Fiestal - 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 Fiestal - 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.)		5:30pm Hot Yoga ≈ - Bianca (55min.)				
7:00pm Israeli Rikudim Dancing - Karem (1hr.)	5pm Step It Up! - Robby (55min.)	6:30pm Pop Cycling n - Zack (55min.)	4:15pm Kids Yoga ≈ - Kristen (45min.) Ages 4-10 years			
7:30pm Hot Power Vinyasa ≈ - Alex (1hr.)	6pm Indoor Cycle n - Lillian (55min.)	6pm TRX® Body Blast - Larisa (55min.)	6:30pm Cheetah Indoor Cycling n - Joe (55min.)			
	6pm POUND - Andrea (55min.)					
7:30pm Interval Cycling r - Cindy (1hr.)	6:40pm Water Aerobics - Maria (1hr.)	7pm Country Line Dancing - Misty (55min.)	6:40pm Water Aerobics - Maria (1hr.)			
	7pm Hot Yoga ≈ - Bianca (1hr.)	7:30pm Interval Cycling r - Cindy (1hr.)	7pm Hot Yoga ≈ - Bianca (1hr.)			
	7pm Yoga: Entry Level - Alex (1hr.)		7pm Cardio Kickboxing - Santiago (1hr.) Gloves required			

**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.  
*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 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

