

**Alper JCC  
Fitness Center Class Schedules**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>		
6:00 AM	6-7 am <b>Boxing All Levels/Santiago</b>		6-7 am <b>Wt Training</b> in wt rm Tony	6-7 am <b>Boxing</b> Santiago	6:30-7 am <b>Boot Camp</b> Santiago				
6:15 AM									
6:30 AM									
6:45 AM									
7:00 AM									
8:00 AM	8-9 am <b>Hatha Yoga (Pd)</b> Nora	8-8:30 am <b>Abs &amp; Back</b> Zack	8-9 am <b>Hatha Yoga (Pd)</b> Nora		8:15-9:15 am <b>Mat Pilates</b> Sally				
8:15 AM						8:30-9:30 am <b>Circuit Training</b> Santiago			
8:30 AM		8:30-9:30 am <b>Mat Pilates/w Mini Ball</b> Zack							
8:45 AM						9-10 am <b>Shabbat Aerobics</b> Robby	9-10 am <b>Step</b> Robby		
9:00 AM									
9:15 AM	9:15-10:15 am <b>Body Sculpting</b> Linda	9:30-10:30 am <b>Salsa Aerobics</b> Martha	9:15-10:15 am <b>Core Pilates</b> Zack		9:15-10:15am <b>Salsa Aerobics</b> Martha				
9:30 AM									
9:45 AM				9:40-10:40 am <b>Body Sculpting</b> Linda (4/1)					
10:00 AM									
10:15 AM									
10:30 PM	10:30-11:30 am <b>Silver Sneakers® I</b> Muscular Strength	10:30-11 am <b>Abs &amp; Lower Back / Art</b>	10:30-11:30 am <b>Silver Sneakers® II</b>	10:45-11:45 am <b>Silver Sneakers® I</b> Muscular Strength	10:30-11:30 am <b>Silver Sneakers®</b> Yoga Stretch	10:15-11:15 am <b>Mat Pilates</b> Sally			
10:45 AM									
11:00 AM		11:15-12:15 pm <b>Silver Sneakers®I</b> Muscular Strength							
11:15 AM									
11:30 AM	11:30-12:30 pm <b>Silver Sneakers®I</b> Muscular Strength		11:45-12:45 pm <b>Zumba Salsa</b> Martha						
11:45 AM									
12:00 PM									
12:15 PM									
12:30 PM									
5:00 PM		5-6 pm <b>Body Sculpting</b> Zack	5:15-6:15 pm <b>Core Control on Ball / Maria</b>	5:30-6:30 pm <b>Strength Training</b> Maria					
5:15 PM									
5:30 PM	5:30 - 6 pm <b>Abs &amp; Back</b>								
5:45 PM									
6:00 PM	6-7 pm <b>Body Sculpting</b> Lourdes	6-7 pm <b>Cardio Circuit Kick Boxing</b> Santiago	6:20-7:20 pm <b>Step &amp; Pump</b> Maria	6:30-7:30 pm <b>Salsa Aerobics</b> Martha					
6:15 PM									
6:30 PM									
6:45 PM									
7:00 PM	7-8 pm <b>Salsa Aerobics</b> Martha			7:30-8:30 pm <b>Cardio Boxing Circuit / Santi</b>					
7:15 PM									
7:30 PM		7:30-8:30 pm <b>Boxing Circuit</b> Santi							
7:45 PM									
8:00 PM									

Call 305-271-9000 x284 for updates on classes  
 Dave and Mary Alper JCC, 11155 SW 112 Avenue, Miami, FL 33176  
[www.alperjcc.org](http://www.alperjcc.org) [fitness@alperjcc.org](mailto:fitness@alperjcc.org)

**Alper JCC  
Fitness Center Class Schedules**

<b>SPINNING® Schedule</b>							
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6:00 AM							
7:00 AM		7 am Zack					
8:00 AM			8 am Beg. Lori Members Free			8 am Zack	8 am Zack
9:30 AM		9:30 am		9:30 am			
6:00 PM		6 pm					
7:00 PM		7 pm		7 pm			

**Intro To Spin® and SPINNING® Program**

Learn from some of the most educated, safest, Certified Spinning Instructors in Miami! Spinning Energy Zone Training®, a highly effective heart rate training program, is emphasized. Intro to Spin Learn the fundamentals of the Spinning program. Participants learn bike set-up, basic movements and exercise concepts at a comfortable pace.

**SPINNING® Class Fees**

Fitness Center Members \$7/Class or buy 10 for \$70 and get one free  
Non-Member \$9/Class

- Babysitting: Free to Fitness Center Members, \$6 Non-Members
- Fitness Center Hours: Mon-Thurs 5:45am-10pm / Fri 5:45am-6pm / Sat 8am-5pm / Sun 7am-5pm
  - Pool: Closes 1 hour prior to Fitness Center each day
- Holiday hours: See website or sign up for weekly email blasts at [www.alperjcc.org](http://www.alperjcc.org)

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