

Dave and Mary Alper JCC Group Fitness Class Schedule • As of August 12, 2010 • Call 305.271.9000 x284

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	6-7 am Boxing All Levels/Santiago		6-7 am Wt Training in wt rm Duvie	6-7 am Boxing Santiago	6:30-7 am Boot Camp Santiago		
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
8:00 AM	8-9 am Hatha Yoga (Pd) Nora	8-8:30 am Abs & Back Zack	8-9 am Hatha Yoga (Pd) Nora		8:15-9:15 am Mat Pilates Sally		
8:15 AM							
8:30 AM		8:30-9:30 am Mat Pilates/w Mini Ball Zack		8:30-9:30 am Circuit Training Santiago			
8:45 AM							
9:00 AM							
9:15 AM	9:15-10:15 am Body Sculpting Linda	9:30-10:30 am Salsa Aerobics Martha	9:15-10:15 am Core Pilates Zack		9:15-10:15am Salsa Aerobics Martha	9-10 am Shabbat Aerobics Robby	9-10 am Step Robby
9:30 AM							
9:45 AM							
10:00 AM				9:40-10:40 am Body Sculpting Linda (4/1)			
10:15 AM							
10:30 PM	10:30-11:30 am Silver Sneakers® I Muscular Strength	10:30-11 am Abs & Lower Back / Art	10:30-11:30 am Silver Sneakers® II	10:45-11:45 am Silver Sneakers® I Muscular Strength	10:30-11:30 am Silver Sneakers® Yoga Stretch	10:15-11:15 am Mat Pilates LuLu	
10:45 AM							
11:00 AM		11:15-12:15 pm Silver Sneakers® I Muscular Strength					
11:15 AM							
11:30 AM	11:30-12:30 pm Silver Sneakers® I Muscular Strength		11:45-12:45 pm Zumba Salsa Martha		11:35-12:35 Silver Sneakers® Yoga		
11:45 AM							
12:00 PM							
12:15 PM							
12:30 PM							
5:00 PM		5-6 pm Body Sculpting Zack	5:15-6:15 pm Core Control on Ball / Maria	5:30-6:30 pm Strength Training Maria			
5:15 PM							
5:30 PM	5:30 - 6 pm Abs & Back Lourdes						
5:45 PM							
6:00 PM	6-7 pm Body Sculpting Lourdes	6-7 pm Cardio Circuit Kick Boxing Santiago	6:20-7:20 pm Step & Pump Maria	6:30-7:30 pm Salsa Aerobics Martha			
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM	7-8 pm Salsa Aerobics Martha				7:30-8:30 pm WaterAerobics Maria/Pool Members Free		
7:15 PM							
7:30 PM		7:30-8:30 pm Boxing Circuit Santi		7:30-8:30 pm Cardio Boxing Circuit / Santi			
7:45 PM							
8:00 PM							

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

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

Call 305-271-9000 x284 for updates on classes
Dave and Mary Alper JCC, 11155 SW 112 Avenue, Miami, FL 33176
www.alperjcc.org fitness@alperjcc.org