

Group Fitness Class Schedule

Winter 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	TRX Kettlebell Fusion Shane (55min)	Cross Training Shane (55min)	Sunrise Yoga* Stepany (55min)	HIIT Day Starter Shane (55min)			
7:00AM		Endurance Cycling ^ Reed (55min)	TRX® Body Blast Shane (55min)	Endurance Cycling ^ Reed (55min)	Recharge Ride ^ Lourdes(55min)		
8:00AM			Indoor Cycling^ Lori (55 min)			TRX® Body Blast Patty (55min)	TRX® Body Blast Art (55min)
8:15AM		Water Aerobics Rosemarie (55 min)		Water Aerobics Rosemarie (55min)	Power Pilates Evelyn (55min)	Endurance Cycling ^ Reed (55min)	
8:30AM	Mat Pilates Amy (55min)	Barre Training Annette (55min)		Barre Training Evelyn (55min)			Indoor Cycling^ Joe (55 min)
9:00AM		Hatha Yoga** Grisell (55min)	Power Pilates Annette (55 min) (9am)	Hatha Yoga** Grisell (55min)		Step / Exchange (1.5hr) Robby	Step & Tone! Robby (55min)
9:15AM	Vinyasa Yoga** Bianca (55min)		Indoor Cyclinq^ Haydee (55min) (9am)	Indoor Cycling^ Annette (55min)	Vinyasa Yoga** Bianca (55min)	Restorative Yoga** Alex (1hr)	Water Aerobics Rosemary (55min)
9:30AM	Step & Tone! Annette (55min)	Zumba Martha (55min)		Zumba® Martha (55min)	Zumba® Martha (55min)	Tabata Cycling^ Annette (55min)	
10:00AM	Indoor Cycling^ Lillian (55min)	Indoor Cycling^ Lori (55min)	Zumba® Martha (55min)		Indoor Cycling^ Lori (55min)		Body Sculpt Robby (55min)
10:30AM		Core & Flexibility Art (55 min)		20/20/20 Total Body Annette (55min)		Hot Power Vinyasa* Alex (1 hr)	
11:00AM	Zumba Diana (55min)	Restorative Yoga** Alex (1hr)	Silver Sneakers® Circuit Diana (50min)	Restorative Yoga* * Alex (1hr)	Silver Sneakers® Circuit Margie (50min)		Water Aerobics Maria (1 hr)
11:30AM					Silver Sneakers® Yoga Margie (50min)		
12:00PM						Water Aerobics Maria (1 hr)	
12:30PM	Silver Sneakers® Circuit Annette (50min)	Silver Sneakers® Classic Art (50min)		Silver Sneakers® Circuit Margie (50min)			
1 :30PM	Silver Sneakers® Yoga Annette (50min)	Silver Sneakers® Circuit Annette (50min)		Silver Sneakers®Yoga Margie (50min)	<p>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.</p>		
5 :00PM	TRX Body Blast Patty(55min)	Step & Tone! Robby (45min)	Power Circuit Maria (55min)				
5 :30PM			Vinyasa Yoga** Bianca (55 min)				
6 :00PM	Body Sculpt Robby (55min)	Indoor Cycling ^ Lillian (55min)	TRX® Body Blast Patty (55min)	Legs & Booty Boot Camp 6pm Patty (30min)			
6 :30PM		POUND Andrea (55min)		Power Abs 6:30pm Patty (30min)			
6 :40PM		Water Aerobics Maria (1hr)		Indoor Cycling^ Joe (55min)			
7 :00PM	Zumba Andrea (55min)	Hot Vinyasa Yoga* Bianca (1hr)	Candlelight Yoga & Meditation** Alex (1hr)	Water Aerobics Maria (1hr)			
7:30 PM	Hot Power Vinyasa* Alex (1hr)	Cardio Kickboxing Santiago (1hr) <i>Gloves Required</i>	Country Dancing Delvin (55min)	Hot VinyasaYoga* Bianca (1hr)			
	Indoor Cycling^ Cindy (1hr)		Indoor Cycling^ Cindy (1hr)				

Fitness Center Hours:

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

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 - 4pm
 Saturday & Sunday 7am - 4pm

Mon. through Fri. during Alper J Swim Club programming between the hours of 12-1pm & 3:30-7pm (4pm Fri.), JCC Members will have two lanes

Phone: 305-271-9000 ext. 284
Address: 11155 SW 112th Ave, Miami, FL 33176

MEMBERS FREE	JCC guests \$15
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