

GROUP EXERCISE SCHEDULE as of 3/1/25 (All classes, times, and instructors are subject to change)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 7:15am H.I.I.T Workout Lilly	6:45am - 7:45am Cycling Judy	6:15am - 7:15am H.I.I.T Workout Lilly	6:45am - 7:45am Cycling Lilly	8:00am - 9:00am Power Pilates Annette	7:45am - 8:45am Cycling Judy	7:45am - 8:45am Cycling Blake
8:30am - 9:30am Total Body Annette	8:00am - 9:00am Barre Annette	8:00am - 9:00am Power Pilates Annette	8:00am - 9:00am Total Body Annette	8:00am - 9:00am *Reformer Pilates (\$) Mayda	8:00am - 9:00am *Vinyasa Yoga Carla	9:00am - 10:30am Cardio Step & Sculpt Robbie
9:30am -10:00am *Yin Yoga Carla	9:00am - 10:00am *Hatha Yoga Grisell	9:00am - 10:00am *Vinyasa Yoga Alex	9:00am - 10:00am Zumba Martha	9:00am - 10:00am Zumba Martha	9:00am - 10:30am Cardio Step & Sculpt Robby	9:15am - 10:15am *Restorative Yoga Alex
9:30am -10:30am Zumba Martha	9:00am - 10:00am Zumba Martha	9:00am - 10:00am Zumba Martha	9:15am - 10:15am Hybrid Yoga Christian	9:00am - 10:00am *Hatha Yoga Grisell	9:00am - 10:00am *Total Body Strength Annette	
10:30am - 11:30am Core and Flexibility Lilly	9:30am - 10:30am *Pump & Tone Annette	10:15am - 11:15am Chair Yoga Alex	10:00am - 11:00am Barre Annette	10:15am - 11:15am Pilates Amy	10:15am - 11:15am *Reformer Pilates (\$) (Every other week) Mayda	
11:30am - 12:30pm *Reformer Pilates (\$) Mayda	10:00am - 11:00am *Tai Chi / Qigong Grisell	11:30am - 12:30pm *Reformer Pilates (\$) Mayda	10:15am - 11:15am *Restorative Yoga Christian	11:30am - 12:30pm Silver Sneakers Chair Yoga Amy	10:30am - 12:00pm *Women's Wisdom & Empowerment Circle (\$) Michele	
11:45am - 12:45pm Silver Sneakers Circuit Annette	10:30am - 11:30am Silver Sneakers Circuit Annette	11:30am - 12:30pm Silver Sneakers Mix Circuit & Chair Yoga Annette	11:15am - 12:15pm Silver Sneakers Amy	<p>Join the Game Room fun every Monday, Wednesday and Friday, 10:30am-2:30pm, in Studio 1. Enjoy playing games such Mahjong, Canasta, & Bridge. Games not supplied.</p> <p>All reservations for group classes, pool lanes, racquetball courts, Peloton Bike, & Game Room must be done through MINDBODY.</p> <p>First time attending a class? We welcome ALL LEVELS! Be sure to arrive at least 10 minutes early and introduce yourself to the instructor.</p> <p>Be on time to ensure your spot in the class and avoid disrupting classes.</p> <p>Do not enter rooms while a class is in session. At the instructor's discretion, a five- to ten-minute grace period for late admittance may be allowed.</p> <p>Attire: Wear closed-toe shoes (with the exception of Yoga & Reformer Pilates).</p> <p>Equipment: Must bring your own mat and boxing gloves for classes that require special equipment.</p> <p>All classes, with the exception of *, are held in the group exercise room.</p> <p>*Yoga (Vinyasa, Restorative, Hatha), Tai Chi / Qigong, Reformer Pilates & Total Body Strength: Studio 2</p> <p>*Martial Arts & Game Room: Studio 1</p> <p>*Pump & Tone: Racquetball Court</p> <p>All classes are free, with the exception of classes labeled with \$\$.</p> <p>\$ Women's Wisdom & Empowerment Circle: \$10 Members / \$18 Guests</p> <p>\$ Reformer Pilates: Prices as low as \$18 per class</p> <p>Looking for Personal Training? Complete our PT inquiry form at the front desk or Contact Steven Gomez at ext. 277 to schedule your free assessment.</p>		
1:00pm - 2:00pm Silver Sneakers Circuit Evelyn	11:30am - 12:30pm Friendship Club Michele	12:45pm - 1:45pm Silver Sneakers Mix Circuit & Chair Yoga Annette	5:00pm - 6:00pm Cardio Step & Sculpt Robby			
4:00pm - 5:00pm *Reformer Pilates (\$) Mayda	12:45pm - 1:45pm Silver Sneakers Amy	5:00pm - 6:00pm Cardio Step & Sculpt Robby				
5:00pm - 6:00pm *Tai Chi / Qigong Grisell	5:00pm - 6:00pm *Yin Yoga Carla	5:00pm - 6:00pm *Reformer Pilates (\$) Mayda				
5:00pm - 6:00pm TRX Boot Camp Patty	6:00pm - 7:00pm 20-20-20 Lilly	6:00pm - 7:00pm Power Pilates Annette				
6:00pm - 7:00pm Stretch & Restore Yoga Grisell						
6:00pm - 7:00pm Cycling Lilly						

HOURS OF OPERATION & CLASS DESCRIPTIONS

<p>HOURS OF OPERATION</p>	<p>Barre: An electrifying class combining ballet, yoga, and pilates for a holistic workout that emphasizes strenght and mindfulness through precise movements. Achieve a dancer's graceful look by enhancing core stability and alignment while tonig and lengthening your muscles.</p>	<p>Recovery Flow/ Restorative: This class is designed for all levels to improve mobility, flexibility and recovery. This is a yoga based flow, that allows the student to experience restorative postures to rehabilitate soreness and tension in muscles and joints. This class is open to students who experience muscular tension after heavy workouts and exercise regimens, but is also therapeutic for those looking for a less powerful flow.</p>	<p>Vinyasa Yoga: Vinyasa is a creative sequence of poses that prepare the body for either a peak pose or for an overall full body experience. Vinyasa classes can be both powerful and energetic, and gentle and restorative, focusing on the relationship between movement and breath.</p>
<p><u>Fitness Center Hours</u> Monday - Thursday: 5:00am - 9:00pm Friday: 5:00am - 6:00pm Saturday & Sunday: 7:00am - 5:00pm</p>	<p>Hybrid Yoga: This yoga class is a blend of breath work, yoga, functional movement, and fitness. For Levels I & II. Expect to feel challenged and improve your movement and breath fluency.</p>	<p>SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.</p>	<p>Water Aerobics: Taught in our outdoor heated pool, sweat while you are wet and have fun!</p> <p>Yoga: Improve your health, flexibility, and mental focus by adding the practice of yoga into your life. Namaste.</p>
<p><u>Tennis Hours</u> Monday - Thursday: 9:00am - 10:00pm Friday: 5:00am - 6:00pm Saturday & Sunday: 7:00am - 5:00pm</p>	<p>Gentle Hatha Yoga: Hatha Yoga refers to a set of physical exercises known as asanas or postures and sequences of asanas, designed to align your skin, muscles, and bones.</p> <p>Indoor Cycling: Classes are based on individual fitness levels to improve upon cardio- vascular endurance. Our Beginners class will help you learn the fundamentals of the Cycling Program at a comfortable pace. Water bottle, tennis shoes or cycle shoes are required.</p>	<p>SilverSneakers® Circuit: Increase your cardiovascular and muscular endurance power with a fun standing circuit workout. Upper body strength work withhand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.</p>	<p>Yin Yoga: This yoga class specializes in enhancing flexibility and promoting deep relaxation by holding poses for longer durations to gently stretch and strengthen connective tissues. Perfect for reducing stress and finding inner calm.</p>
<p><u>Child Care Hours</u> (Check Mindbody daily for closures) Monday - Thursday: 8:00am - 11:30Am ; 4:00pm - 7:30pm Friday: 8:00am - 11:30Am Saturday & Sunday: 7:30am - 11:30AM</p>	<p>High-intensity interval training (HIIT): Effective full body workout through a variety of stations such as battle ropes, agility exercises and sprinting. Tabata- style training is incorporated however working at your own pace is also an option.</p> <p>Mat Pilates: Pilates Mat work is a great way to strengthen your core muscles, as well as aligning the whole body using fun exercises that challenge and balance you.</p>	<p>SilverSneakers® Yoga: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.</p>	<p>Zumba: A dance infused workout best described as a fun, joyful, latin inspired fitness class that combines all rythms in Latin music. Zumba applies moves from Salsa, Cumbia, Merengue, Rumba, Mambo, Belly Dancing, Flamenco, Samba, Tango, Reggaeton, and of course Hip Hop.</p>
<p><u>Pickleball Hours</u> (Check Mindbody daily for closures) Monday - Wednesday: 7:30am - 11:30AM Thursday & Friday: 9:00am - 12:30pm Saturday & Sunday: 7:30am - 11:30AM</p>	<p>Reformer Pilates: Pilates reformer uses a reformer machine to help focus on core strength and proper muscle engagement improving overall body health and well being.</p> <p>Friendship Club for Seniors: Enjoy compelling discussions as they are randomly picked, topped off with an oldies sing-along at the end!</p>	<p>Step and Tone: Choreographed to high energy music, this class offers a great cardio and strength endurance workout. Participants will step to the rhythm and complete upper and lower body strength exercises using hand weights.</p>	<p>Classes are included as part of membership with the exception of any classes listed with (\$); guests may purchase a \$15 all access day pass.</p> <p>Most classes suitable for all levels.</p> <p>Holiday Hours are updated on our website and via Alper JCC emails (sign-up online).</p>
<p><u>Adult Basketball Open Gym Hours</u> (Check Mindbody daily for closures) Monday - Wednesday: 7:30am - 11:30AM Thursday - Friday: 9:00am - 12:00pm Saturday & Sunday: 7:30am - 11:30AM</p>	<p>Pump and Tone: Transform your fitness routine with our Pump and Tone class! This dynamic workout blends strength training and toning exercisesfor a full body sculpt.</p> <p>Stretching & Core: Move through a series of stretches and toning exercises to lengthen and strengthen the body.</p>	<p>TRX® Suspension Training: Suspension Training bodyweight exercise that develops strength, balance, flexibility and core stability simultaneously. The TRX Suspension Trainer is a portable performance training tool that leverages gravity and the user's body weight to complete 100s of exercises.</p> <p>Women's Wisdom & Empowerment Circle: Increase your inner peace, calm and strength as your learn strategies for stress reduction, resilience and self empowerment in a small and supportive community.</p> <p>20-20-20: Strenght, cardio, & core work that targets the entire body using a variety of traditional functional & strength training tools.</p>	<p>www.alperjcc.org 11155 SW 112 Avenue, Miami, FL 33176 (305) 271-9000</p> 