

GROUP EXERCISE SCHEDULE

FALL 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	TRX Kettlebell Fusion Shane (55min)	Cross Training Shane (55min)	Sunrise Yoga* Deborah (55min)	HIIT Day Starter Shane (55min)			
7:00AM		Endurance Cycling ^ Reed (55min)	TRX® Body Blast Shane (55min)	Endurance Cycling ^ Reed (55min)	Back to the 80's ^ Monthly Ride(55m)		
8:00AM			Indoor Cycling^ Lori (55 min)			TRX® Body Blast Johnny (55min) Endurance Cycling ^ Reed (55min)	TRX® Body Blast Shane (55min)
8:15AM				Yoga: Entry Level Evelyn (55min)	Power Pilates Evelyn (55min)		
8:30AM	Mat Pilates Amy (55min)	Barre Training Annette (55min)					Indoor Cycling^ Joe (55 min)
9:00AM		Hatha Yoga* Grisell (55min)	Indoor Cycling^ Haydee (55min) Power Pilates Annette (55 min)	Indoor Cycling^ Annette (55min) Hatha Yoga* Grisell (55min)		Aerobics on Shabbat (1.5hr) Robby	Step it up! Robby (55min) Water Aerobics Rosemary (55min)
9:15AM	Hot Yoga* Bianca (55min)	Water Aerobics Rosemarie (55 min)		Water Aerobics Rosemarie (55min)	Hot Yoga* Bianca (55min)	Restorative Yoga* Alex (1hr) Tabata Cycling^ Annette (55min)	
9:30AM	Step & Tone! Annette (55min) Indoor Cycling^ Nancy (55min)	Zumba Martha (55min) Indoor Cycling^ Lori (55min)		Zumba® Martha (55min)	Zumba® Martha (55min) Indoor Cycling^ Lori (55min)		
10:00AM			Zumba® Martha (55min)				Core, Floor & More Robby (55min)
10:30AM		Flexibility & Core Art (55 min) Restorative Yoga* Alex (1hr)	Hot Yoga* Liza (55min)	20/20/20 Total Body Annette (55min) Restorative Yoga* Alex (1hr)		Hot Power Vinyasa* Alex (1 hr)	
11:00AM	Zumba Diana (55min)		Silver Sneakers® Circuit Diana (50min)		Silver Sneakers® Circuit Margie (50min)		
11:30AM				Mat Pilates Amy (55min)			Water Aerobics Maria (1 hr)
12:00PM					Silver Sneakers® Yoga Margie (50min)		
12:30PM	Silver Sneakers® Circuit Annette (50min)	Silver Sneakers® Classic Art (50min)		Silver Sneakers® Circuit Margie (50min)		Water Aerobics Maria (1 hr)	
1:30PM	Silver Sneakers® Yoga Annette (50min)	Silver Sneakers® Circuit Annette (50min)		Silver Sneakers® Yoga Margie (50min)	<p>PLEASE KEEP IN MIND:</p> <p>Be on time to ensure your spot in the class and avoid disrupting classes.</p> <p>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.</p> <p>Disruptive participants of classes risk the refusal of class and all future classes at the Alper JCC.</p> <p>Wear closed-toe shoes (with the exception of Yoga) and stay hydrated.</p> <p>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.</p> <p>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.</p> <p>Yoga: Entry Level -Parents with family memberships are welcome to bring their child age 7+ to practice and meditate in this class with them.</p> <p>Classes and instructors are subject to change. Please call x284 with questions about a particular class.</p> <hr/> <p>Class Locations: *takes place in building #5: Hot Yoga Studio</p> <p>^Indoor Cycle classes take place in the Indoor Cycling Room</p>		
4:15PM				Kids Yoga* Kristen (45min) Ages 4-10 years			
5:00PM	TRX Body Blast Randy (55min)	Step it up! Robby (45min)	Core Combo w/Ball Maria (55min)				
5:30PM			Hot Yoga* Bianca (55 min)				
6:00PM	Body Sculpting Robby (55min)	Indoor Cycling ^ Lillian (55min) POUND Andrea (55min)	TRX® Body Blast Patty (55min)	**LIMITED EDITION CLASS** Strong by Zumba® (HITT) 6pm Zumba® Toning 6:30pm Andrea (30min each)			
6:30PM	Indoor Cycling^ Zack (55min)		Indoor Cycling^ Zack (55min)	Indoor Cycling^ Joe (55min) Water Aerobics Maria (1hr)			
6:40PM		Water Aerobics Maria (1hr)					
7:00PM	Zumba Diana (55min)	Hot Yoga* Bianca (1hr) Yoga: Entry Level Alex (1hr)	Country Line Dancing Delvin (55min)	Cardio Kickboxing Santiago (1hr) Gloves Required Hot Yoga* Bianca (1hr)			
7:30 PM	Hot Power Vinyasa* Alex (1hr) Indoor Cycling^ Cindy (1hr)		Indoor Cycling^ Cindy (1hr)				

Fitness Center Hours:
 Monday - Thursday 5am - 10pm
 Friday 5am - 6pm
 Saturday 7am - 5pm
 Sunday 7am-6pm

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

Kidz Corner Hours: Grades 1-7
 Monday - Thursday 5pm - 8pm
 Saturday & Sunday 9am - 12pm
 Located next to Hot Yoga

MEMBERS FREE

JCC guests \$15

