

# 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)	TRX® Body Blast Shane (55min)
8:15AM				Yoga: Entry Level Evelyn (55min)	Power Pilates Evelyn (55min)	Endurance Cycling ^ Reed (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)	Indoor Cycling^ Annette (55min)		Aerobics on Shabbat (1.5hr) Robby	Step it up! Robby (55min)
9:15AM	Hot Yoga* Bianca (55min)	Water Aerobics Rosemarie (55 min)	Power Pilates Annette (55 min)	Hatha Yoga* Grisell (55min)	Water Aerobics Rosemarie (55min)	Hot Yoga* Bianca (55min)	Water Aerobics Rosemary (55min)
9:30AM	Step & Tone! Annette (55min)	Zumba Martha (55min)		Zumba® Martha (55min)		Restorative Yoga* Alex (1hr)	
10:00AM	Indoor Cycling^ Nancy (55min)	Indoor Cycling^ Lori (55min)		Indoor Cycling^ Lori (55min)		Tabata Cycling^ Annette (55min)	
10:30AM		Zumba® Martha (55min)	Zumba® Martha (55min)		Zumba® Martha (55min)		Core, Floor & More Robby (55min)
11:00AM		Flexibility & Core Art (55 min)	Hot Yoga* Liza (55min)	20/20/20 Total Body Annette (55min)		Hot Power Vinyasa* Alex (1 hr)	
11:30AM	Zumba Diana (55min)	Restorative Yoga* Alex (1hr)	Silver Sneakers® Circuit Diana (50min)	Restorative Yoga* Alex (1hr)			
12:00PM				Mat Pilates Amy (55min)	Silver Sneakers® Circuit Margie (50min)		Water Aerobics Maria (1 hr)
12:30PM	Silver Sneakers® Circuit Annette (50min)				Silver Sneakers® Yoga Margie (50min)		
1:30PM	Silver Sneakers® Yoga Annette (50min)	Silver Sneakers® Circuit Annette (50min)		Silver Sneakers® Yoga Margie (50min)	<p><b>PLEASE KEEP IN MIND:</b></p> <p><b>Be on time</b> to ensure your spot in the class and avoid disrupting classes.</p> <p><b>Do not enter</b> 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><b>Disruptive participants</b> of classes risk the refusal of class and all future classes at the Alper JCC.</p> <p><b>Wear</b> closed-toe shoes (with the exception of Yoga) and stay hydrated.</p> <p><b>First time attending a class?</b> 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><b>Minimum age</b> 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><b>Yoga:</b> 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><b>Classes and instructors are subject to change. Please call x284 with questions about a particular class.</b></p> <p><b>Class Locations:</b>                      *takes place in building #5: Hot Yoga Studio</p> <p>*Indoor Cycle classes take place in the Indoor Cycling Room</p> <p>All other classes take place in the main Group Exercise Room</p>		
4:15PM				Kids Yoga* Kristen (45min) <b>Ages 4-10 years</b>			
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)	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)	POUND Andrea (55min)	Indoor Cycling^ Zack (55min)	Indoor Cycling^ Joe (55min)			
6:40PM		Water Aerobics Maria (1hr)		Water Aerobics Maria (1hr)			
7:00PM	Zumba Diana (55min)	Hot Yoga* Bianca (1hr)	Country Line Dancing Delvin (55min)	Cardio Kickboxing Santiago (1hr) <i>Gloves Required</i> Hot Yoga* Bianca (1hr)			
7:30 PM	Hot Power Vinyasa* Alex (1hr)	Yoga: Entry Level Alex (1hr)	Indoor Cycling^ Cindy (1hr)				

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

**Pool Hours:**  
 Monday - Thursday 6am - 8pm  
 Friday 6am - 4pm  
 Saturday & Sunday 7am - 4pm  
*During Alper J Swim Club programming, JCC Members can enjoy a minimum of two swim lanes available.*

**J Play Hours: Ages 3 mo. - 6 yrs.**  
 Monday - Thursday 8am - 12pm & 4-8pm  
 Friday 8am - 12pm  
 Saturday & Sunday 9am - 12pm

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

**MEMBERS  
FREE**

**JCC guests  
\$15**

