

Group Exercise Schedule - JANUARY 2008

Shaw Jewish Community Center / 750 White Pond Drive / Akron, OH 44320 / 330-867-7850 Cynthia Santucci, Group Exercise Director 330-835-0032

	Time	Class	Location	Instructor
Monday	6:00 AM	Spinning	Spinning Room	John
	8:15 AM	Beginning Pilates	Meeting Room 3	Julie
	9:00 AM	*Aqua Arthritis	Pool	Elaine
	9:15 AM	*Jazzercise	Studio	Pam
	9:30 AM	Spinning	Spinning Room	Cynthia
	9:30 AM	Step	Gymnasium	Patti
	10:00 AM	Senior Aerobics	Main Auditorium	Kerry
	10:30 AM	Abs & Glutes (35 min)	Studio	Cynthia
	6:00 PM	Spinning	Spinning Room	Julie
	6:15 PM	Beginning Yoga	Meeting Room 2 & 3	Laura

	Time	Class	Location	Instructor
Thursday	9:00 AM	*Aqua Arthritis	Pool	Elaine
	9:15 AM	*Jazzercise	Studio	Pam
	9:30 AM	Spinning	Spinning Room	Cynthia
	10:00 AM	Senior Strength	Main Auditorium	Nicole
	10:30 AM	Bootcamp Strength	Studio	Cynthia
	12:05 PM	Spinning	Spinning Room	Cynthia
	5:30 PM	Body Sculpt	Studio	Patti
	6:15 PM	Beginning Yoga	Meeting Room 2 & 3	Laura
	6:30 PM	Spinning	Spinning Room	Gary
	7:00 PM	*Karate / Self Defense	Main Auditorium	American Arts Karate

	Time	Class	Location	Instructor
Tuesday	9:00 AM	*Aqua Arthritis	Pool	Elaine
	9:15 AM	*Jazzercise	Studio	Pam
	9:30 AM	Boot Camp Strength	Gym	Cynthia
	10:00 AM	Senior Strength	Main Auditorium	Nicole
	12:05 PM	Spinning	Spinning Room	Cynthia
	5:30 PM	Body Sculpt	Studio	Rachel
	6:00 PM	Spinning	Spinning Room	Gary
	7:30 PM	*Kobo Cardio Aerobics	Studio	American Arts Karate

	Time	Class	Location	Instructor
Friday	6:00 AM	Spinning	Spinning Room	John
	8:30 AM	*Moderate Yoga(80 min)	Meeting Room 1	Donna
	9:00 AM	*Aqua Arthritis	Pool	Elaine
	9:15 AM	*Jazzercise	Studio	Pam
	9:30 AM	Spinning	Spinning Room	TBA
	9:30 AM	Step	Gym	Patti
	10:00 AM	Senior Aerobics	Main Auditorium	Nicole
	10:30 AM	Strength & Stretch on Ball	Studio	Lizzy

	Time	Class	Location	Instructor	
Wednesday	6:00 AM	Spinning	Spinning Room	John	
	8:30 AM	Beginning Yoga	Meeting Room 2 & 3	Sue	
	9:00 AM	*Aqua Arthritis	Pool	Elaine	
	9:15 AM	*Jazzercise	Studio	Pam	
	9:30 AM	Spinning	Spinning Room	Cynthia	
	10:00 AM	Senior Aerobics	Main Auditorium	Patti	
	10:30 AM	Abs Express (30 min)	Studio	Cynthia	
	NEW DAY Starting 1-16-08	5:30 PM	Pilates & Yoga Fusion	Meeting Room 2 & 3	Keir
	6:30 PM	Pilates Advanced	Meeting Room 2 & 3	Keir	
	6:00 PM	*Youth Karate	Meeting Room 3	American Arts Karate	
6:30 PM	Spinning	Spinning Room	Lizzy		
7:30 PM	Abs Express (30 min)	Studio	Lizzy		

	Time	Class	Location	Instructor
Sunday	8:30 AM	Spinning	Spinning Room	Jodi / Cynthia
	9:30 AM	Spinning	Spinning Room	John
	10:30 AM	Body Sculpt	Studio	Patti
	2:00 PM	*Focus Kickbox	Studio	American Arts Karate
	3:00 PM	*Karate/Self Defense	Studio	American Arts Karate

Intro to Spin - 30 minutes

10:30 AM	1st Sunday of month January 6	Spinning Room	John
5:30 PM	1st Monday of month January 7	Spinning Room	Julie

*Please note this schedule may change monthly & without notice.

*Classes with asterisk have fee

*Please see reverse side for more information

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Class Description and Information

Abs Express - A class designed to strengthen your abdominal muscles. Muscular conditioning for the trunk, stability, body alignment, & balanced are emphasized. (30 min)

Abs & Glutes - a class focused specifically on strengthening and slimming your abdominal and gluteal muscles. (35 minute)

Aqua Arthritis - A great low-impact water workout to exercise your muscles and joints. Members: \$30 (10 classes); Nonmembers: \$50 (10 classes)
Call 330-867-7850 to register

Body Sculpt - A powerful, focused workout that sculpts your entire body; muscular strength exercises will reshape and tone; class includes an intense abdominal workout for core stability, and stretching. All levels welcome. FREE to members; Nonmember fee: \$10/class

Boot Camp Strength - A complete workout that blends strength training and cardiovascular conditioning with focus on muscular strength
FREE to members, Nonmember fee: \$10/class

Focus Kickboxing Workout - This high energy workout burns fat, builds muscle and tones and allows you to release STRESS by punching and kicking hand held targets. Designed for both the karate student and people who just want to improve overall fitness. Walk ins: \$8 per class
Members: Monthly rate: \$56; \$30 for 8 sessions; NONmembers: \$69/month; nonmember family (2 person) \$99; (3 person) \$129; (4 person) \$159

Jazzercise - A 60 minute class blending jazz dance and exercise, includes cardio and strengthening; Call Pam Coy at 330-753-6640 for cost information

Karate / Self Defense - Black belt instructors will show you how to use karate and jujitsu techniques for self defense; Members: monthly rate: \$56; \$30 for 8 sessions
NONmembers: \$69/month; nonmember family (2 person) \$99; (3 person) \$129; (4 person) \$159; Walk Ins: \$8/class

KOBO Cardio Aerobic Karate - This fun aerobic workout uses karate techniques to give you an excellent cardiovascular workout. Designed for both the karate student and people who just want to improve overall fitness
Members: Monthly rate: \$56; \$30 for 8 sessions;
NONmembers: \$69/month; nonmember family (2 person) \$99; (3 person) \$129; (4 person) \$159 (for ages 13 and up); Walk Ins: \$8/class

Pilates - Beginning Mat - This class focuses on the basic instruction of the pilates method; class focuses on core strengthening. Benefits include increased muscular definition, improved body awareness and coordination FREE to members. Nonmembers: \$10/class

Pilates & Yoga Fusion - This class is the perfect blend of core strengthening Pilates exercise and traditional yoga exercises. Muscular conditioning for abdominals, back and glutes combined with stress relieving yoga exercise that focus on body, breath and mind make this class an invigorating workout. FREE to members

Spinning - do you want a great cardiovascular workout? Spinning an energetic stationary group cycling experience led by a certified instructor. The class is approximately 40 minutes and takes place on stationary bikes that simulate bike riding on the road. All fitness levels welcome
Please sign up in advance at Rear Entrance Fitness Desk. FREE to members; (Nonmembers may only attend the Tuesday/Thursday lunchtime spin \$10/class)

Spinning - INTRO TO SPIN - Interested in trying spinning? This 30 minutes Introduction to Spinning is a great way to get started. Bike fit and cycling techniques among other topics are explained

Senior Aerobic Low Impact - This class includes warm-up, stretching, flexibility, cardiovascular workout, cool-down and strength training. FREE to members
Nonmembers is \$30 for 10 classes.

Senior Strength Training - This class strengthens muscles, tendons, and ligaments, improves balance, increases range of motion, and best of all gives you ENERGY
FREE to members; Nonmembers: \$30 for 10 classes

Step - This is 60 minute class of moderate to high intensity using basic step moves followed by abdominal work. FREE to members; Nonmember fee: \$10/class

Strength & Stretch on Ball - You will learn exercises and stretches using the stability ball. The class will help you increase flexibility, and strength in just 45 minutes
FREE to members; non-member fee: \$10/class

Yoga - Beginning - This introductory yoga class is ideal for those who are new to yoga. Basic yoga poses and techniques are the focus of this beginner's class
FREE to members Non-member fee: \$10/class

Yoga - Moderate - 80 minutes Some yoga experience necessary; yoga postures, breathing techniques and mindful awareness are at foundation of this class. Emphasis is on structure integration, stress management, and releasing muscle tension. Member Fee: \$6/class or 5 class punch card for \$25 or 20 class punch card for \$116
Non-member fee: \$12/class or 5 class punch card for \$50 or 20 class punch card for \$116

*For any questions please call Cynthia Santucci at 330-835-0032. Prices subject to change.