



January 2010 Fall Group Exercise Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6am	6-6:45 Spinning™ Spin Room	5:45-6:45 Sunrise Circuit* Meet in Studio	6-6:45 Spinning™ Spin Room	5:45-6:45 Sunrise Circuit* Meet in Studio	6-6:45 Spinning™ Spin Room	
8am	8:15-9:15 Beg Pilates Area 3		8:30-9:30 Beg Yoga Area 2	8:15-9:15 Adv Pilates* Studio	8:15-9:15 Yoga Motion Area 2	8:30-9:30 Spinning™ Spinning Room
9am	9:15-10:15 Jazzercise* Studio 9:30-10:30 Spinning™ Spinning Room 9:30-10:30 Step Gym 9-10:00 Aqua Arthritis* Indoor Pool	9:00-9:30 Circuit Express Gym 9:15-10:15 Jazzercise* Studio 9:30-10:30 Boot Camp Gym 9-10:00 Aqua Arthritis* Indoor Pool	9:15-10:15 Jazzercise* Studio 9-9:45 Step 101 Gym 9:30-10:30 Spinning™ Spinning Room 9-10:00 Aqua Arthritis* Indoor Pool	9:00-9:30 Circuit Express Gym 9:15-10:15 Jazzercise* Studio 9:30-10:30 Boot Camp Gym 9-10:00 Aqua Arthritis* Indoor Pool	9:15-10:15 Jazzercise* Studio 9:30-10:30 Spinning™ Spinning Room 9:30-10:30 Step and Sculpt Gym 9-10:00 Aqua Arthritis* Indoor Pool	8:00-9:30 Holiday 911* Studio 9:30-10:30 Spinning™ Spinning Room 9:30-10:30 TNT Studio
10am	10-11:00 Senior Aerobics Auditorium 10:30-11:00 A.G.E. Studio	10-10:45 Senior Strength Auditorium 10:30-11:00 Core Conditioning Studio	10-11:00 Senior Aerobics Auditorium 10:30-11 A.G.E. Studio	10-10:45 Senior Strength Auditorium 10:30-11:00 Core Conditioning Studio	10-11:00 Senior Aerobics Auditorium 10:30-11:15 S&S Studio	10:30-11:15 Turbo Kick™ Studio
11am		11:00-11:30 Upper Express Studio	11:00-11:45 Turbo Kick™ Studio	11:00-11:30 HB&T Studio		
5pm	5:30-6:30 Adv Pilates* Area 2 5:30-6:00 HB&T Studio 5:30-6:00 Spinning™ 101 Spin Room	5:30-6:30 TNT Studio 5:45- 6:30 S.W.E.T. * Indoor pool	5:30-6:30 Pilates/Yoga Fusion Area 2 5:30-6:00 Upper Express Studio	5:30-6:30 TNT Studio 5:45- 6:30 S.W.E.T. * Indoor pool		2-3 Karate Kick Studio 3-4 Karate/Self Defense* Studio
6pm	6-7:00 Spinning™ Spin Room 6:00-6:30 Upper Express Studio 6:30-7:30 Hi/Lo Cardio Studio 6:30-7:30 Beginning Yoga Area 2	6-7 Spinning™ Spin Room 6:30-7:30 Zumba* Studio	6:00-6:30 HB&T Studio 6:30-7:30 Spinning™ Spin Room 6:30-7:30 Hi/Lo Cardio Studio	6:30-7:30 Zumba* Studio 6:30-7:30 Beginning Yoga Area 2 6:30-7:15 Spinning™ Spin Room		
7pm	7:30-8:00 Core Conditioning Studio	7:30-8:30 Karate/self defense* Auditorium	7:30-8:00 Core Conditioning Studio	7:30-8:30 Karate/self defense* Auditorium		

The fitness Facility will be open from 8am-1pm on 1/1/10. Classes **will be** held from 8am-1pm.
The JCC closes at 6pm on 12/31/09. (There will be no evening classes.)

**Classes subject to change without notice. **

*** Fee Associated with Class**

Abs & Glutes Express (A.G.E.) -This class is perfect for those that want to target those abs, glutes and low back in an effective 30 minute workout. (All levels)

Aqua Arthritis – This great low-impact water workout is designed to exercise your muscles and joints. Splash on in! (All Levels). Members: \$30 (10 classes); Nonmembers: \$50 (10 classes). Call 330-867-7850 to register.

Boot Camp: Get ready for camp! This class utilizes a variety of cardiovascular endurance and strength training drills and tools to challenge the body. (Intermediate & above)

Circuit Express: This 30 minute cardiovascular and strength training class keeps you moving minute by minute. Come and challenge your body with an express workout utilizing multiple fitness equipment stations and styles (All Levels)

Core Conditioning: Let's get to the core of conditioning! This class focuses on utilizing a variety of equipment to strengthen and stabilize your core.(All Levels)

Holiday 911: Need a jump start getting into shape after the holidays? This 90 minute class is for you. We have combined cardiovascular aerobics and muscle toning and conditioning to keep you fit, firm and fabulous. (All Levels) Member \$45 Non-Member \$65 (Jan 24-March 14)

Hi/Lo Cardio: This 45 minute cardio combination class offers a variety of step aerobic, kickboxing and floor aerobic moves to keep you motivated. This class is designed to allow for a high and low intensity aerobic conditioning. (All Levels)

Hips, Buns, & Thighs (HB&T): Strengthen the muscles of your legs, glutes and thighs. This 30 minute class focuses on various strength training exercises to shape up those "problem" areas. (All levels)

Jazzercise - A 60 minute class blending jazz dance and exercise includes cardio and strengthening. (All Levels). Please contact Pam Coy at 330-753-6640 for price information.

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

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

Kickbox: Kick and punch your way to be physically fit. This class offers a variety of aerobic and kickboxing moves to keep you motivated. (All Levels)

Pilates: Intermediate/Advanced - Are you interested in long lean abdominal muscles? The NEW Advanced Pilates class will strengthen your "powerhouse" core muscles while increasing flexibility and postural alignment awareness. New Pilates Versa Tubes and Pilates Rings will be featured to provide targeted resistance for abdominal and back muscles. Improve strength, postural alignment, balance and coordination. (Intermediate and Above)

Minimum 6 participants

Mondays 5:30-6:30pm Code: 604.203 Month session: Member fee: \$20; Nonmember \$40

Thursdays 8:15-9:15am Code: 604.202 Month session: Member fee: \$20; Nonmember \$40

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. (Beginner/All Levels)

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. (All Levels)

Senior Aerobic Low Impact - This 45 minute class includes warm-up, stretching, flexibility, cardiovascular workout, cool-down and strength training. (All Levels) Nonmember is \$30 for 10 classes.

Senior Strength Training - This 45 minute class strengthens muscles, tendons, and ligaments, improves balance, increases range of motion, and best of all gives you ENERGY! (All Levels) Nonmembers: \$30 for 10 classes

Spinning – Are you ready for an energetic stationary group cycling experience? This class is approximately 40 minutes and takes place on stationary bikes that simulate bike riding on the road. This class uses a variety interval, strength, endurance and cardiovascular training challenges. (All Levels)

Spin 101– Always wanted to add spinning to your workout and not sure how to start? This class teaches you the basics of building a spinning training program to add to your workout. (All Levels)

Step 101– This 45 minute class will get your heart rate pumping while learning the basic step patters for a step workout. (Beginning)

Step - This class of moderate to high intensity using choreographed step patterns while offering an intense aerobic workout. (All Levels)

Step & Sculpt: This class utilizes a mixture of basic cardio step patterns and drills along with strength training to get the cardiovascular system pumping. This class utilizes interval training to intensify your workout. (All Levels)

Strength & Stretch (S&S)- This strength training workout incorporates a variety of exercise equipment which focuses on improving your flexibility and strengthening your muscles. Come prepared to have a ball! (All Levels)

Sunrise Circuit- Are you an early riser or do you need help getting up in the morning? This small group circuit training class combines cardiovascular and strength training to get you fit with one of our trainers. Meet us at the JCC for an eye opening, energizing exercise to get the day started. (All Levels) \$15 per class or \$109 per month.

S.W.E.T. (Shallow Water Exercise Training)- This class is high energy, aerobic activity in the shallow water consisting of aquatic movements that encourage cardiovascular fitness and is designed to maximize your muscle condition. No swimming ability necessary and all fitness levels are welcome. Members- \$30; Nonmembers- \$45

Tone and Tighten (TNT) – This class is a challenge for the muscles. Come work your major muscle groups the arms, back, chest, legs, hips, thighs, abdominals and buttocks. This class utilizes a variety of equipment. Come and sculpt your body. (All Levels)

Turbo Kick™-Do you want to sweat? During this class you will gain endurance, flexibility & control while focusing on the techniques of kicks and punches. Burn calories while conditioning the muscles. (All Levels)

Upper Express- Strengthen the muscles of your arms, back and chest. This 30 minute class focuses on strengthening the upper body utilizing a variety of bars, bands and bells! (All Levels)

Yoga– This introductory yoga class is ideal for those who are new to yoga. Basic yoga poses, techniques and breathing are the focus of this beginner class. (All Levels)

Yoga Motion: Places emphasis on improvement of your mental well-being as well as your physical condition. This class focuses on combining asanas (poses) in a flowing sequence along with breathing techniques to challenge your body. (All Levels)

Zumba– You will love this Latin based dance fitness experience, which is a high intensity cardiovascular workout. Join the Zumba Party! (All Levels) Zumba Card- Member Fee \$20 Non-Member Fee \$40 / Per Class Member Walk In Fee \$7 Non-member Walk In Fee \$12

Group Exercise Level Guide

Beginner: For those just beginning an exercise program, these classes will teach you the fundamentals of each format.

Intermediate: For those currently exercising regularly, these classes will utilize additional choreography and move at a faster pace.

Advanced: For those who feel they have mastered the technique and form of a group exercise and are ready to progress to a higher level.

All Levels: These classes allow participants to work at their own pace and comfort level.

*Fee associated with class

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