

fitness

at Bernard Horwich JCC

Fitness Schedule

For the most up-to-date schedule, visit: jccchicago.org/horwichfitness

SUN	MON	TUES	WED	THURS	FRI
<p>8:30-10AM KARATE (COED) Mitch R. Rosenstone</p> <p>9-10AM WERQ Laura G. Group Ex Room</p> <p>10-11AM MEN'S CARDIO CIRCUIT TRAINING Yoni S. MenZone</p> <p>10:30-11:30AM (COED) TAI CHI Arkady Group Ex Room</p>	<p>9-9:55AM CIRCUIT TRAINING Kate B. WomenZone</p> <p>9-9:55AM AQUA AEROBICS Penny R. Pool</p> <p>10-11AM MEN'S STRENGTH CIRCUIT TRAINING Yoni S. MenZone</p> <p>1:30-2:25PM SILVER SNEAKERS Kate B. Group Ex Room</p> <p>2:30-3:25PM BOOT CAMP Kate B. Group Ex Room</p>	<p>6-6:55AM BOOT CAMP Kate B. Group Ex Room</p> <p>7-7:55AM STRETCH & TONE Kate B. Group Ex Room</p> <p>8-8:55AM DEEP WATER AEROBICS Kate B. Pool</p> <p>9-9:55AM AQUA AEROBICS Eileen F. Pool</p> <p>10-11AM MEN'S CARDIO CIRCUIT TRAINING Yoni S. MenZone</p> <p>9-9:55AM CIRCUIT TRAINING Kate B. WomenZone</p> <p>10-10:55AM SILVER SNEAKERS Kate B. Group Ex Room</p>	<p>8:30-9:25AM CIRCUIT TRAINING Kate B. WomenZone</p> <p>9:30-10:25AM STRETCH & TONE Kate B. Group Ex Room</p> <p>9-9:55AM AQUA AEROBICS Penny R. Pool</p> <p>10-11AM MEN'S STRENGTH CIRCUIT TRAINING Yoni S. MenZone</p> <p>10:30-11:25AM SILVER SNEAKERS Kate B. Group Ex Room</p> <p>12-12:55PM BOOT CAMP Kate B. Group Ex Room</p> <p>6-7:30PM KARATE (COED) Mitch R. Rosenstone</p>	<p>6:15-7:10AM BOOT CAMP Kate B. Group Ex Room</p> <p>7:15-8:10AM CIRCUIT TRAINING Kate B. WomenZone</p> <p>9-9:55AM AQUA AEROBICS Penny R. Pool</p> <p>11-11:55AM SILVER SNEAKERS Kate B. Group Ex Room</p> <p>1:30-2:25PM STRETCH & TONE Kate B. Group Ex Room</p> <p>4:15-5:15PM TAI CHI Arkady Group Ex Room</p> <p>8:15-10PM WOMEN'S DROP IN BASKETBALL Gymnasium</p>	<p>7:30-8:25AM STRETCH & TONE Kate B. Group Ex Room</p> <p>9-9:55AM DEEP WATER AEROBICS Kate B. Pool</p> <p>10-10:55AM SILVER SNEAKERS Kate B. Group Ex Room</p> <p>11-11:55AM CIRCUIT TRAINING Kate B. WomenZone</p> <p>1-1:55PM BOOT CAMP Kate B. Group Ex Room</p>

Pre-registration & check-in at the front desk is required for all GroupX classes.
Classes available are based on specific membership type.

All information subject to change | Effective Aug 14, 2023

Class Description

All Classes are Women-Only unless indicated. Must be ages 16+ to use fitness facility and attend classes. Ages 13-15 may attend with parent or guardian at adult rate.

AQUA AEROBICS

Natural water resistance, noodles and foam dumbbells are used to burn fat, develop lean muscles, improve posture and enhance endurance.

BIKE BOOT CAMP

Build cardio strength and endurance in this 60-minute ride with fun energizing music. Designed for all ages and fitness levels. It's the perfect opportunity to get your heart pumping while you burn some serious calories.

BOOT CAMP

No guts, no glory in this total body workout! Circuit training alternates strength training exercises with aerobic activities to give you two workouts in one. Boot Camp class combines intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate circuit workout.

CIRCUIT TRAINING

This class will take you through a series of circuits using machines, body weight exercises, stability balls and resistance bands.

DEEP WATER AQUA AEROBICS

Experience this non-impact, high-resistant total body exercise workout while suspended in water where your feet cannot touch the bottom surface. Benefits of this method include less stress on the back, hips, knees and ankles.

DROP-IN BASKETBALL (WOMEN'S)

Open gym time for casual women-only basketball play or practice. Suitable for all skill levels. Non women only drop in is available throughout the week; inquire at the front desk.

KARATE (COED)

A coed martial arts course which focuses on self-confidence, self-control and self-defense.

MIXXED FIT

Dynamic dance-based workout that combines energetic music, simple choreographed movement, and bodyweight toning.

STRETCH & TONE

A low impact, low intensity workout that will tone your muscles, increase your range of motion and help you relieve stress through a series of stretching and toning exercises.

SILVER SNEAKERS

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class is suitable for beginning to intermediate skill levels.

WERQ

The addictive cardio dance workout based on trending pop and hip hop music.

TAI CHI (COED)

An ancient Chinese martial art that focuses on cultivating inner power by connecting breath and movement as a slow, gentle, meditative non-impact exercise shown to improve balance, flexibility, and reduce stress (Coe

