



## Fitness Class Schedule Winter 2019 Bernard Horwich JCC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am (55 min) <b>Yoga</b> Group Ex/Sarah R	7am (55 min) <b>Stretch and Tone</b> Group Ex/Kate	6:15am (55min) <b>Boot Camp</b> Group Ex/Kate	7:00am (55 min) <b>Stretch and Tone</b> Group Ex/Kate	8:30am (55 min) <b>Boot Camp</b> Group Ex/Kate	6:15am (55 min) <b>Boot Camp</b> Group Ex/Kate	
8:00-10:00am <b>Karate (men only)</b> Rosenstone/Mitch	8:15am (75 min) <b>Yoga</b> Group Ex/Sarah	7:15am (55min) <b>Circuit Training</b> Womenszone/Kate	8:00am (55 min) <b>Circuit Training</b> Womenszone/Kate	9:30am (55 min) <b>Circuit Training</b> Womenszone/Kate	7:15am (55 min) <b>Circuit Training</b> Womenszone/Kate	
9:15am (55 min) <b>WERQ</b> Group Ex/Laura	9:00am (55 min) <b>Circuit Training</b> Womenszone/Kate	9am (50min) <b>Aqua Aerobics (deep water)</b> Pool/Kate	8:50am (55 min) <b>Aqua Aerobics</b> Pool/Penny	10:30am (55 min) <b>Silver Sneakers COED</b> Group Ex/Kate	8:15am (75 min) <b>Yoga for What Ails You</b> Group Ex/ Sarah R	
**10:15am (55 min) <b>Tai Chi COED</b> Group Ex/Arkady	10:00am (55 min) <b>Aqua Aerobics</b> Pool/Penny	10am (55min) <b>Silver Sneakers COED</b> Group Ex/Kate	10:00am (55 min) <b>Boot Camp</b> Group Ex/Kate		9:00am (55 min) <b>Aqua Aerobics (Deep Water)</b> Pool/Kate	
	10:00am (55 min) <b>Step Interval</b> Group Ex/Hema	10:30am (55min) <b>**Nia for Parkinson's COED</b> Rosenstone/Sarah	11:00am (55min) <b>Stretch and Tone</b> Womenszone/Kate		10:00am (55 min) <b>Circuit Training</b> Group Ex/Kate	
	11am (55 min) <b>Silver Sneakers COED</b> Group Ex/Kate		**3:00pm (55 min) <b>Parkinson's Strength and Balance COED</b> Rosenstone/Chris		10:00am (55 min) <b>Aqua Aerobics</b> Pool/Penny	
	**3:00pm (55 min) <b>Parkinson's Strength and Balance COED</b> Rosenstone/Chris	7pm (75 min) <b>Yoga</b> Group Ex/Sarah R	6:00pm (90 min) <b>Karate (men only)</b> Rosenstone/Mitch	**7:00pm (55 min) <b>Tai Chi COED</b> Rosenstone/Arkady		7pm (55min) <b>WERQ</b> Half Gym/Laura
	5:30pm (55min) <b>Circuit Training</b> Womenszone/Kate		7:00pm (55 min) <b>Yoga</b> Group Ex / Sarah R	7:30pm (55min) <b>WERQ</b> Group Ex/Amy		

**All Classes are Women-Only unless otherwise indicated.**

**\*\*Parkinson's and Tai Chi Classes are not included in J-Fit Membership (See Front Desk)\*\***

**Bernard Horwich JCC**  
3003 W. Touhy Avenue  
Chicago, IL 60645

773.761.9100 PHONE  
773.761.8835 fax

Questions? Interested in a membership? Contact the  
Bernard Horwich front desk at 773.761.9100.

# Class Descriptions

## Water Fitness Classes

### Aqua Aerobics/Deep Water - Women Only

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

## Land Fitness Classes

### 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. Expect the unexpected in this full-body Boot Camp class which is packed with lots of variety and tons of fun.

### Circuit Training Class

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

### Tai Chi

An ancient Chinese martial art that focuses on cultivating inner power by connecting breath and movement as a slow, gentle, meditative non-impact exercise. Tai Chi has been clinically shown to have many health benefits which include improved cardiovascular and neurological systems. It has also shown to improve balance, "exibility, and reduce stress. It can be practiced by people of all ages, and does not require any special equipment.

### 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 SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

### Step Interval

A classic cardio workout that uses a raised platform for students to step up, around and down from in different patterns to boost heart rate and strengthen muscles.

### Stretch & Tone

A low impact class, which will use light weights and bands. This class will help achieve muscles that are toned and tightened.

### Yoga

A flow-based class that builds strength, balance and flexibility. Create space in your spine and open your heart.

### Yoga + Guided Relaxation

Flow into deep tranquility with the help of this yoga and guided relaxation session where we will explore various styles of meditation devoted to help overcome stress and connect to inner peacefulness.

### Yoga for What Ails You

This unique yoga class is designed to improve your overall health and vitality. The class moves through a mindful, restorative practice focusing on moving the joints of the body to maintain and increase range of motions, and stretching and strengthening the muscles and bones.

### WERQ®

WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music taught by Certified Fitness Professionals.

[www.jccchicago.org](http://www.jccchicago.org) 

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