



Fitness Class Schedule

Summer 2019 (effective August 11, 2019)

Bernard Horwich JCC

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|---|----------|
| | | 6:15am (55min) Boot Camp Group Ex/Kate | | | 6:15am (55min) Boot Camp Group Ex/Kate | |
| 8 – 10am Karate (Coed) Rosenstone/Mitch | 7am (55min) Stretch & Tone Group Ex/Kate | 7:15am (55min) Circuit Training Womenszone/Kate | 7am (55min) Stretch & Tone Group Ex/Kate | | 7:15am (55min) Circuit Training Womenszone/Kate | |
| 8:05am (55min) Yoga Group Ex/Miriam | | 8:00 a.m. (55 min) Weightlifting 101 (Men only) Menzone/Bobby | 8am (55min) Circuit Training Womenszone/Kate | 8:15am (55min) Boot Camp Group Ex/Kate | 8:15am (55min) Yoga Group Ex/Miriam | |
| 9:15am (55min) WERQ Group Ex/Laura | 9am (55min) Circuit Training Womenszone/Kate | 9am (55min) Aqua Aerobics (deep water) Pool/Kate | 8:50am (55min) Aqua Aerobics Pool/Penny | 9:15am (55min) Circuit Training Womenszone/Kate | 9:00am (55min) Aqua Aerobics (Deep Water) Pool/Kate | |
| 10:15am (55min) **Tai Chi (COED) Group Ex/Arkady | 10:00am (55min) Aqua Aerobics Pool/Penny | 10am (55min) Silver Sneakers (COED) Group Ex/Kate | 10am (55min) Boot Camp Group Ex/Kate | 10:15am (55min) Yoga Sculpt Group Ex/Hema | 9:30am (55min) Step Interval Group Ex/Hema | |
| | 11am (55min) Boot Camp Group Ex/Kate | 11am (55min) **Nia for Parkinson's (COED) GroupEx/Sarah | | 11:15am (55min) Silver Sneakers COED Group Ex/Kate | 10:00am (55min) Aqua Aerobics Pool/Eileen | |
| | | 11am (55min) Circuit Training Womenszone/Kate | | | | |
| | 4:30pm (55min) Core Cardio Group Ex/Rosa | | | | | |
| | 5:30pm (55min) Circuit Training Womenszone/Kate | | 6pm (90min) Karate (Coed) Rosenstone/Mitch | 7pm (55min) **Tai Chi (COED) Rosenstone/Arkady | | |
| | | | 7pm (55min) Yoga Group Ex/Miriam | 7:30pm (55min) WERQ Group Ex/Amy | | |

All Classes are Women-Only unless otherwise indicated.

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

Questions? Interested in a membership?

Contact the Bernard Horwich front desk at 773.761.9100.

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

773.761.9100 PHONE
773.761.8835 fax

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.

Core Cardio The class puts your body through its pace testing your core and challenging all your major muscle groups, builds strength and tone your entire body.

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 Sculpt A class that incorporates hand weights and high-intensity cardio bursts for a maximum calorie burning effect. The hand weights add a new challenge to traditional yoga classes.

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

