



## Fitness Class Schedule

Winter 2020 (effective March 11, 2020)

Bernard Horwich JCC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:15-7:10am <b>Boot Camp</b> Group Ex/Kate			6:15 -7:10 am <b>Boot Camp</b> Group Ex/Kate	
8 – 10am <b>Karate</b> (Coed) Rosenstone/Mitch	7-7:55 am <b>Stretch &amp; Tone</b> Group Ex/Kate	7:15-8:10 am <b>Circuit Training</b> Womenszone/Kate	7-7:55 am <b>Stretch &amp; Tone</b> Group Ex/Kate		7:15-8:10 am <b>Circuit Training</b> Womenszone/Kate	
8:05 – 9am <b>Yoga</b> Group Ex/Dana		9-9:55 am <b>Aqua Aerobics</b> (deep water) Pool/Kate	8 -8:55 am <b>Circuit Training</b> Womenszone/Kate	8:30- 9:25am <b>Boot Camp</b> Group Ex/Kate	8:15 – 9:10 am <b>Yoga</b> Group Ex/Melissa	
9:15-10:10am <b>WERQ</b> Group Ex/Laura	9-9:55 am <b>Circuit Training</b> Womenszone/Kate	10- 10:55 am <b>Silver Sneakers</b> (COED) Group Ex/Kate	8:50-9:45 am <b>Aqua Aerobics</b> Pool/Penny	9:30 – 10:25 am <b>Circuit Training</b> Womenszone/Kate	9 – 9:55 am <b>Aqua Aerobics</b> (Deep Water) Pool/Kate	
10:15-11:10 am <b>**Tai Chi</b> (COED) Group Ex/Arkady	10- 10:55 am <b>Power Pilates</b> Group Ex/Sarah	10:30-11:25 am <b>Nia for Parkinson's</b> (COED) Rosenstone/Sarah	10-10:55am <b>Boot Camp</b> Group Ex/Kate	10:30-11:25 am <b>Silver Sneakers</b> COED Group Ex/Kate	10- 10:55 am <b>Aqua Aerobics</b> Pool Eileen/Penny	
	11-11:55 am <b>Silver Sneakers</b> (COED) Group Ex/Kate	11-11:55 am <b>Circuit Training</b> Womenszone/Kate		11:30am-12:25pm <b>Stretch &amp; Tone</b> Group Ex/Kate	10-10:55 am <b>Circuit Training</b> Womenszone/Kate	
	3-3:55pm <b>Aqua Aerobics</b> Pool/Penny	2-2:45 pm <b>Stretch &amp; Balance</b> (COED) Rosenstone/Rosa			10:30-11:25 am <b>**Nia for Parkinson's</b> (COED) Rosenstone/Sarah	
	5:30-6:25 pm <b>Circuit Training</b> Womenszone/Kate			5 – 5:55 pm <b>Core Cardio</b> Group Ex/Rosa		
		7 – 7:55 pm <b>Pilates</b> Group Ex/Sarah	6-7:30 pm <b>Karate</b> (Coed) Group Ex/Mitch			
	7- 7:55 pm <b>WERQ</b> Group Ex/Amy	8 - 8:55 pm <b>Tabata</b> Group Ex/Sarah	8-8:55pm <b>Yoga</b> Group Ex/Dana	7-7:55 pm <b>**Tai Chi</b> (COED) Rosenstone/Arkady		

**All Classes are Women-Only unless otherwise indicated. Must be 16 years of age or older to use fitness facility and attend classes. Ages 13-15 may attend with parent or guardian at adult rate.**

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

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Tuesday's Nia for Parkinsons and Stretch & Balance are part of Community Tuesdays and complimentary with thanks to the Lucille and Albert Delighter and Marcella Winston Foundation, A supporting Foundation of the Jewish Federation of Metropolitan Chicago.

# 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.

**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.

**Pilates** Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility .

**Power Pilates** Power Pilates combines the best of both worlds . Build your endurance and strengthen your core and spine. This class starts with cardio intervals and then heads to the mat for core and glute strengthening exercise with a focus on postural alignment. All levels.

**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.

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

**Stretch & Balance** A low impact class focusing on improving balance.

**Tabata** Tabata is a combination of short interval exercises in a fun, high intensity workout!

**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, flexibility, and reduce stress. It can be practiced by people of all ages and does not require any special equipment.

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

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