



SPORTS & FITNESS CENTER

GROUP FITNESS SCHEDULE March 27 through June 25, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>8:30 - 9:25am Pilates Mat (GF) EX84 Annette</p> <p>* 9:30 - 10:30am Studio Cycling (CS) Leslie</p> <p>* 9:45 - 10:55am Cardio Sculpt (GF) EX05 Fronda</p> <p>* 11:00 - 12:00pm Yoga Stretch (GF) EX67 Carey</p> <p>12:15 - 1:15pm Power Sculpt (GF) EX07 Robin</p> <p>2:30 - 3:30pm Arthritis Fitness (GF) EX54 Deirdre</p> <p>4:45 - 6:00pm Stretch & Strengthen (GF) EX36 Roberta</p> <p>6:10 - 7:10pm Yoga (GF) EX39 Tao</p> <p>7:30 - 8:30pm Interval Training (GF) EX12 Katie</p>	<p>6:00 - 7:00am Studio Cycling (CS) Michael</p> <p>8:30 - 9:15am Core Step (GF) EX30 Sadari</p> <p>* 9:15 - 10:15am Kickboxing (GF) EX45 Sadari</p> <p>NEW! * 9:15 - 10:15am Power Moms Pilates Mat (Infants welcome) (GYM) EX37 Annette</p> <p>* 10:15 - 10:30am Awesome Abs (GF) Sadari</p> <p>* 10:35 - 11:30am Aerobic Dancing (GF) EX14 Terry No class 4/5 Class Ends 6/26</p> <p>4:30 - 5:30 Gymnastics (GF) (Fee for program. No drop-in)</p> <p>6:00 - 7:00pm ZUMBA™ (GF) EX55 MaryAnn</p> <p>7:15 - 8:15pm Studio Cycling (CS) Leslie</p> <p>7:30 - 8:30pm Tai Chi (GF) EX96 Arnold</p>	<p>8:30 - 9:15am Body Sculpt (GF) EX46 Dorothea</p> <p>* 9:30 - 10:30am Studio Cycling (CS) Chelsea</p> <p>NEW! * 9:20 - 10:20am POWER ZUMBA™ (DSI) EX66 Gus</p> <p>* 9:45 - 10:55am Cardio Sculpt (GF) EX21 Fronda</p> <p>* 10:30 - 11:30am Pilates Mat (DSI) EX09 Agnes/Annette</p> <p>* 11:00 - 12:00pm Yoga Stretch (GF) EX58 Carey</p> <p>12:15 - 1:15pm Ball & Balance (GF) EX10 Fronda</p> <p>2:30 - 3:30pm Arthritis Fitness (GF) EX56 Deirdre</p> <p>4:30 - 5:45pm Stretch & Strengthen (GF) EX23 Inge</p> <p>6:35 - 7:35pm Yoga (GF) EX24 Tao</p> <p>7:40 - 9:40pm Karate (GF) (Fee for program. No drop-in)</p>	<p>6:00 - 7:00am Studio Cycling (CS) Instructor TBA</p> <p>8:30 - 9:45am Stretch & Strengthen (DSI) EX63 Roberta</p> <p>* 9:30 - 10:30am Interval Training (GF) EX41 Sadari</p> <p>* 10:35 - 11:30am Aerobic Dancing (GF) EX14 Terry</p> <p>4:00 - 5:00pm Hot Body (GF) EX72 Robin</p> <p>NEW! 6:30 - 7:30pm Stretch & Strengthen (GF) EX16 Deirdre/Annette</p> <p>7:15 - 8:15pm CycleCrunch (CS/GF) Saskia</p>	<p>8:30 - 9:15am Step-n-Sculpt (GF) EX33 Dorothea</p> <p>* 9:30 - 10:30am Studio Cycling (CS) Ophira</p> <p>* 9:45 - 10:55am Cardio Sculpt (GF) EX34 Fronda</p> <p>* 10:30 - 11:30am Advanced Pilates Mat (PS) EX51 Limit 8 participants. Contact Annette, ext. 295.</p> <p>11:00 - 12:15pm Body Sculpt (GF) EX35 Fronda</p>	<p>8:30 - 9:30am Studio Cycling (CS) Michael</p> <p>9:15 - 9:30am Awesome Abs (GF) Diana</p> <p>9:30 - 10:30am Cardio Sculpt (GF) EX82 Diana</p> <p>10:45 - 11:45am Tai Chi (GF) EX71 Arnold</p> <p>12:00 - 1:00pm Parent/ Child Tai-Chi Inclusion class ages 8 and up. By permission of SNAAC Director Charley Moskowitz (GF)</p>	<p>8:10 - 9:10am Boot Camp (GF) EX85 Dylan</p> <p>* 9:00-10:00am Studio Cycling (CS) Ophira</p> <p>* 9:15 - 10:15am Cardio Sculpt (GF) EX01 Geri</p> <p>* 10:15 - 11:15am ZUMBA™ (GF) EX77 Mary Ann</p> <p>11:45 - 1:00pm Karate (GF) (Fee for program, no drop in)</p> <p>1:15 - 2:15pm Tai Chi Push Hands (GF) EX95 Arnold *Starts 4/1 No class 4/8</p>
				<p>KEY:</p> <p>GF= Group Fitness Studio PS= Pilates Studio</p> <p>CS= Cycle Studio DSI=Dance Studio</p> <p>GYM=Gymnasium</p> <p>Off Peak classes are noted in red.</p> <p>Studio Cycling classes are noted in orange.</p> <p>Fee for program noted in blue. No drop-in.</p> <p>*Please note dates for Tai Chi Push Hands</p> <p>*Babysitting is available for children 6mos.-5yrs. Sun.-Fri. 9am - 12noon. Advanced registration required. Fee applies.</p>		

FOR MORE INFORMATION CONTACT: Deirdre Pachon, GF Coordinator 914-472-3300 ext. 326 E-mail: pachond@jccmw.org



HEALTH CENTER MEMBERS

·Unlimited classes included

FITNESS CENTER MEMBERS

·Three classes per week included

NON-MEMBER PRICING

1X/WEEK March 27 – June 25

Tue, Wed, Thu, Fri, Sun -13 Classes \$200

Mon, Sat -12 Classes \$185

Any single class \$ 20

TAI CHI PUSH HANDS

1X/WEEK 12 CLASSES April 1 - June 25 \$185

AEROBIC DANCE

2X/WEEK 26 CLASSES March 27 - June 26 \$295

15 minute classes are FREE for all Health Center and Fitness Center Members

CLASSES ARE SUBJECT TO CHANGE

HEALTH AND FITNESS CENTER MEMBERS **DO NOT** NEED TO REGISTER.
ALL OTHERS MUST PAY AT THE FRONT DESK **BEFORE** ATTENDING ANY CLASSES.
SEE BELOW FOR RATES.

STUDIO CYCLING

There is no class registration for Studio Cycling. Bike reservations can be made at checkpoint within 48 hours of class.
Please see separate Studio Cycle Schedule for program fees and reservation information.

Class Descriptions

Aerobic Dancing This class consists of a series of uninterrupted choreographed routines, which help strengthen your cardiovascular system. No dance experience required.

Arthritis Fitness Gentle exercise done sitting or standing behind a chair. Improves joint mobility, muscle strength, balance and posture. Learn how to exercise safely, self-manage pain and protect joints from further damage.

Awesome Abs A 15 minute class designed to tone the midsection.

Ball & Balance Improve your coordination and balance using the stability ball.

Body Sculpt A muscle conditioning class to tone and strengthen each muscle of your body.

Boot Camp A challenging class that will take your body to the next level, may sometimes be indoor/outdoor.

Cardio Sculpt This class consists of a warm-up and hi or low or impact aerobics, followed by weight work for strength plus core conditioning. A soothing stretch and cool down ends the session.

Core Step A strong back and core is the first step to getting physically fit. Combine that with fun STEP routines for aerobic conditioning and you get a great workout.

CycleCrunch A 45 minute cycle class followed by a 15 minute abdominal toning segment.

Hot Body Lots of reps and light weights make this a fun class!

Interval Training This class alternates aerobic intervals and strength training exercise to boost fat loss, and increase muscle strength and definition.

Kickboxing Hi intensity combo of this martial art adding a 1, 2, 3, punch & so much more.

Pilates Mat This class consists of a series of controlled movements designed to build core strength, increase flexibility, and improve posture. *Intermediate to Advanced*

Power Moms Pilates Mat A safe, effective and efficient way to restore muscle strength and tone after pregnancy and childbirth.

Power Sculpt This class is similar to body sculpt but more repetitions are incorporated. Heavier weights can be used. *Intermediate.*

Step-n-Sculpt This class consists of a 5-10 minute warm-up on a step board, followed by an interval session consisting of a step workout intermingled with strength work.

Studio Cycling A fun way for the experienced athlete, or the beginner, to burn calories, build strength and improve cardiovascular endurance.

Stretch & Strengthen This very popular class consists primarily of floor work on a mat with no music. The exercises will strengthen and stretch all major muscle groups. Alignment of the spine and healthy posture are other goals of this class. This class focuses on "Assisted-Isolated" stretching.

Tai Chi A gentle meditative exercise based on self-defense moves widely practiced for its health benefits.

Tai Chi Push Hands A non-competitive athletic exercise performed with a partner that teaches how to reduce stress, deal with challenging situations and increase understanding of oneself.

Yoga This class emphasizes the mind and body connection. Exploration here will guide you through the foundations of yoga postures (asanas) while emphasizing flexibility, breathing, and relaxation techniques.

Yoga Stretch A gentle Yoga-based class with extra stretching component. Excellent for beginner level students and students with particular limitations.

ZUMBA™ This class uses Latin-inspired music and moves to create a dynamic, exciting and effective fitness system. This unique and very "hot" class is guaranteed to keep your fitness levels elevated.

POWER ZUMBA™ With more challenging choreography, fast paced high energy routines, inspiring music, in addition to dancing for an hour you will be sure to sweat when you feel the burn in your thighs from the additional squat challenge.