

<b>Club Mix Cardio</b>	A high energy combination of hi-low moves choreographed to a mix of pop, Latin, hip-hop and top 10 radio hits. All fitness levels welcome.
<b>Be Fit Basics</b>	Low intensity cardio using low steps combined with low impact moves to burn fat. *All levels of fitness welcome, designed for beginners and active older adults!
<b>Be Fit Step</b>	Basic step moves for cardio exercise to burn fat, ending with abdominal exercises and cool down. All levels of fitness welcome, designed for beginners, intermediates and active older adults
<b>Be Fit Strength</b>	A class designed to tone, strengthen, and improve balance with intervals of low to non-impact movement, strength training and toning using light weights, bands, bars or fitness balls. *All levels of fitness welcome, designed for beginners and active older Adults!
<b>Body Blast</b>	High intensity strength and tone class for the entire body using weights, Bands, and other fitness equipment. *Adaptable for all fitness levels!
<b>Body Pump</b>	Les Mills original barbell class training all body parts choreographed to great music while using light plates and high repetitions for each muscle group! High "fat burning" weight training class. All levels of fitness welcome!
<b>Boot Camp</b>	Fat burning, high energy class with basic aerobic and strength moves. Develops core strength, stability, and agility. Great for those training for a sport. *All levels welcome including the advanced.
<b>Turbo Kick</b>	A choreographed 45 minute cardio class with a mix of punches, kicks, bobs and weaves incorporating a 2-4 minute "turbo" cardio section set to the hottest upbeat music that makes you want to move...ending with abs and cool down. All levels of fitness welcome if you want to burn cardio calories this is the class for you!
<b>Cardio Blast</b>	High energy, fat burning cardio class mixing strength and tone moves for the entire body. *Intermediate to advanced levels of fitness
<b>GRUVICS!</b>	High fat burning cardio dance class incorporating fun hip hop moves for all levels
<b>Indoor Cycling</b>	Experience the ultimate ride at your own personal pace! Indoor studio cycling classes are done to motivating music while you are led by certified Spin instructors. Before your class time, <b><u>Sign-up at Fitness desk to get your pass for classes</u></b>
<b>Low Impact</b>	A fun cardiovascular workout with moderate choreography, while keeping one foot on the floor. *All fitness levels welcome!
<b>Mat Pilates</b>	Stretch & strengthen muscles without adding bulk. This class helps chronic pain, improves posture, and gives greater movement and agility.
<b>Pilates Reformer (\$)</b>	Private groups of 4; using specialized Pilates equipment designed for strength training. <b><u>Register at Health and Fitness Control Desk</u></b>
<b>Rock N Roll Yoga</b>	Gentle flows and up beat music
<b>Spin-n-Sculpt</b>	Spinning for the first 30 minutes then go upstairs to sculpt and tone with light hand weights. *All levels of fitness welcome!
<b>Step-n-Sculpt</b>	Basic step moves to burn fat for the first half of the class then sculpting with weights in intervals of 2 to 3 minutes. *All levels of fitness!
<b>Step Krazy</b>	Advanced choreography step moves to high energy music. *Intermediate to advanced fitness levels!
<b>Tai-Chi (Level 1 &amp; 2)</b>	Reduce stress while improving balance, blood pressure, and bone density.
<b>Tone n Sculpt</b>	Strength and tone class for the entire body using various bands, balls, and weights to motivating music. All fitness levels welcome.
<b>Yoga Basics / Gentle Yoga (Level 1)</b>	Perfect for the novice and the person getting back into exercise. Will include some gentle inversions as well as balancing and stretching
<b>Yoga (Level 2)</b>	Some understanding of Yoga is needed to participate at this level. Improve positions such as sun salutations, shoulder stands, and other inversions and balancing
<b>Yoga (Level 3)</b>	This is the most challenging Yoga class. It will enable the yogi to go deeper into his/her practice through more intense asanas (postures)
<b>Zumba</b>	Latin dance fitness for all levels-Including Mambo, Cha Cha, Salsa and more. Basic routines are taught with exciting Latin style music.
<b>Zumba Fit</b>	A combination of high energy fitness moves and Latin style dance to Latin music

# Katz JCC Health & Wellness Department

# Group Fitness & Wellness Menu

Effective June 28, 2010



## Health & Wellness Hours

Sunday: 7:00 am - 5:00 pm  
Monday - Thursday 5:30 am - 10 pm  
Friday: 5:30 am - 6:00 pm  
Saturday: 1:00 pm - 6:00 pm

**Any Questions? Call Jayne @ 856-424-4444 ext 140 or Email: [jmorgan@jfedsnj.org](mailto:jmorgan@jfedsnj.org)**

# Group Fitness Classes

Monday	Class	Room	Instructor
5:45-6:30 am	Step Krazy	1	Kris
8:15-9:15 am	Indoor Cycling*	S	Gail
9:30-10:15 am	Water Therapy	P	Harriet
9:40-10:40am	Mat Pilates Level 1 & 2	2	Eileen
9:40-10:40 am	Body Pump*	1	Emelia
9:40-10:40 am	Indoor Cycling*	S	Mona
9:40-10:40 am	Yoga Level 1 & 2	Y	Gloria
10:15-11:00 am	Aqua Jam!	P	Harriet
10:45-11:45 am	Pilates Reformer \$	2	Eileen
10:45-11:45 am	Be Fit Basics	1	Roland
11:00-12:00 pm	Gentle Yoga Level 1	Y	Nancy
12:00-12:45 pm	Zumba!	1	LouAnn
4:30-5:15 pm	Turbo Kick	1	TBD
5:30-6:30 pm	Spin-n-Sculpt*	S/1	Michelle
5:30-6:30 pm	Pilates Reformer Beg. \$	2	Eileen
6:15-7:15 pm	Pre/Post Natal Yoga \$	Y	TBA
6:30-7:15 pm	Zumba!	1	LouAnn
7:30-8:30 pm	Yoga Level 1,2,3	Y	Giselle
7:30-8:30 pm	Family Karate \$	FAC	Merrick
7:30-8:30 pm	Club Mix Cardio	1	Natalie
7:40-8:40 pm	Pilates Reformer \$	2	Eileen

Tuesday	Class	Room	Instructor
5:45-7:00 am	Indoor Cycling*	S	Eleanor
8:30-9:30 am	Tone n Sculpt	1	Mikki
8:30-9:30 am	Pilates Reformer \$	2	Eileen
9:30-10:30 am	"Be Fit" Aqua	P	Ute
9:40-10:40 am	Mat Pilates-Beginner	2	Eileen
9:40-10:40 am	Cardio Blast	1	Mona
9:40-10:40 am	Indoor Cycling*	S	Irene
10:30-11:15 am	Water Therapy	P	Judy
10:45-11:45 am	Pilates Reformer Beg. \$	2	Eileen
10:45-11:30 am	Zumba!	1	LouAnn
11:00-12:00 pm	Tai Chi-All Levels	Y	Morris
12:15-1:15 pm	Yoga Level 1 & 2	Y	Pam
12:15-1:15 pm	Be Fit Strength	1	Ute
1:30-2:30 pm	Tai Chi Level 2	1	Master Ting
5:30-6:15 pm	Bootcamp	1	Kris
5:30-6:15 pm	Aqua Jam	P	Kathleen
6:00-7:00 pm	Indoor Cycling*	S	Stacey
6:30-7:30 pm	Step-n-Tone	1	Roland
6:30-7:30 pm	Yoga Level 1	Y	Nancy
7:30-8:30 pm	Body Pump*	1	Gail
7:40-8:40 pm	Pilates Reformer \$	2	Eileen
7:30-8:30 pm	Krav Maga \$	Y	Don

Wednesday	Class	Room	Instructor
5:45-6:15 am	Awesome Abs	1	Eleanor
6:00-7:00 am	Indoor Cycling*	S	Christine
8:30-9:30 am	Indoor Cycling*	S	Gail
8:30-9:30 am	Low Impact	1	Mikki
9:40-10:40 am	Pilates Reformer \$	2	Carolyn
9:40-10:40 am	Cardio Blast	1	Patti
9:40-10:40 am	Yoga Level 2 & 3	Y	Gloria
9:40-10:40 am	Indoor Cycling*	S	Bonnie
10:00-10:30am	Aqua Sculpt	P	Liz
10:30-11:15 am	Deep Water Walking	P	Liz
10:45-11:45 am	Mommy & Me Pilates	2	Carolyn
10:45-11:30 am	Zumba!	1	LouAnn
12:00-12:45 pm	Body Pump Express*	1	Gloria
12:15-1:15 pm	Yoga Level 1 & 2	Y	Pam
5:30-6:30 pm	Body Pump*	1	Michelle
6:30-7:15 pm	Zumba!	1	LouAnn
6:30-7:30 pm	Mat Pilates Level 1 & 2	2	Eileen
6:45-7:30 pm	Indoor Cycling*	S	Barbara
7:30-8:30 pm	Yoga Level 2 & 3	Y	Kate
7:40-8:40 pm	Pilates Reformer \$	2	Eileen

Thursday	Class	Room	Instructor
5:45-7:00 am	Indoor Cycling*	S	Eleanor
8:30-9:30 am	Indoor Cycling*	S	Gail
8:30-9:30 am	Body Pump*	1	Mikki
9:30-10:30 am	"Be Fit" Aqua	P	Ute
9:40-10:40 am	Mat Pilates-Beginner	2	Diane

Thursday	Class	Room	Instructor
9:40-10:40 am	Body Blast	1	Anouk
9:45-10:45 am	Tai Chi-All Levels	Y	Morris
10:30-11:15 am	Water Therapy	P	Judy
11:00-12:00 pm	Gentle Yoga Level 1	Y	Nancy
12:00-1:00 pm	Be Fit Strength	1	Celeste
12:50-1:50 am	Pilates Reformer Beg. \$	2	Eileen
4:00-4:30 pm	Prime the Pump	1	Gail
4:30-5:30 pm	Body Pump*	1	Gail
5:15-6:15pm	Aqua Jam!	P	Kathleen
5:30-6:15 pm	Zumba Fit	Y	Vanessa
6:00-6:45 pm	Turbo Kick	1	TBD
6:00-7:00pm	Pilates Reformer \$	2	Eileen
6:45-7:30 pm	Step-n-Tone	1	Roland
7:00-8:00 pm	Mat Pilates Beginner	2	Eileen
7:30-8:30 pm	Family Karate \$	FAC	Merrick
7:30-8:30 pm	Yoga Level 2	Y	Gisele
7:30-8:30 pm	Body Blast	1	Eleanor

Friday	Class	Room	Instructor
5:45-7:00 am	Step Krazy	1	Kris
8:30-9:30 am	Step-n-Sculpt	1	Mikki
9:40-10:40 am	Body Pump*	1	Lauren/Celeste
9:40-10:40 am	Mat Pilates Level I & 2	2	Melanie
9:40-10:45 am	Yoga Level 2	Y	Ruth
9:40-10:40 am	Indoor Cycling*	S	Mona
10:00-10:30am	Aqua Sculpt	P	Kathleen
10:30-11:30 am	Mommy & Me Workout	GYM	Celeste
10:30-11:30 am	Be Fit Aqua	P	Kathleen
10:45-11:45 am	Pilates Reformer \$	2	Melanie
10:45-11:45 am	Be Fit Basics	1	Ute
11:00-12:00 pm	Yoga Level 1 & 2	Y	Pam

Sunday	Class	Room	Instructor
8:30-9:30am	Aqua Zumba!	P	Wendi
9:00-10:00 am	Indoor Cycling*	S	Stacey/Michelle
9:15-10:15 am	Step Krazy		
	or Cardio Kickboxing	1	Lauren/Asa
9:15-10:30 am	Joya Yoga Level 2 & 3	Y	Joanne
10:15-11:15 am	Body Pump*	1	Sarah
10:30-11:30 am	Rock N Roll Yoga	Y	Nancy/Gisele
10:30-11:30 am	Open Mat Pilates	2	Eileen
11:30-12:15 pm	Gruvics!	1	Brice (Popcorn)

S=Spin Room P=Pool 1=Grp Wellness Rm 1 2= Grp Wellness Rm 2  
Y= Yoga Studio Gym= Basketball Court FAC= Family Activity Center

\$ - Fee based class-please register before class  
- Sign up at fitness desk to receive pass 15 mins. prior to class  
Instructors & times are subject to change.

Aquatic Class Descriptions	
Aqua shoes are recommended for classes but not required.	
<b>Aqua Jam!</b>	High intensity, deep water workout includes strong cardio and full body training with resistance equipment. All levels are welcome. Must be comfortable in deep water and wear a buoyancy belt.
<b>Aqua Sculpt</b>	A 45 minute class to strengthen and tone the entire body using various aqua resistance equipment. All levels of fitness welcome. *Water shoes are strongly recommended.
<b>Aqua Zumba</b>	Strengthen and tone the entire body using various aqua resistance equipment. All levels of fitness welcome. *Water shoes are strongly recommended.
<b>"Be Fit" Aqua</b>	Join in the fun with this one hour aqua workout! Low to non-impact aerobic workout with toning, strength, and balance segments utilizing buoyancy bells and noodles.
<b>Water Therapy*</b>	Increase muscle tone, flexibility, and core strength using a combination of exercises for arthritis and other limitations. Increase range of motion and reduce chronic pain. <b>*Participants must provide doctor's note before access to class.</b>
<b>Deep Water Walking</b>	High energy, no impact aerobics for all abilities. No swimming skills necessary. Must be comfortable in deep water with the aid of a flotation device.