

Class Name	Description
Awesome Abs	Various core exercises to help support your back and body.
Be Fit Basics	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!
Be Fit Step	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
Be Fit Strength	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!
Body Blast	High intensity strength and tone class for the entire body using weights, bands, and other fitness equipment. *Adaptable for all levels
Body Pump *	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
Boot Camp	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.
Cardio Blast	High energy, fat burning cardio class mixing strength and tone moves for the entire body. *Intermediate to advanced levels of fitness
Cardio Kickboxing	High energy, choreographed class with various kicks, jabs, and punches to burn high calories while having fun. All levels
Core Plus Barre	Total body workout that will help build a strong core, tone muscles, improve flexibility and mental focus. Obtain lean thighs, tone arms, lifted seat and flattened abs. Challenging
GROOVICS!	High fat burning cardio dance class incorporating fun hip hop moves for all levels
Low Impact	A fun cardiovascular workout with moderate choreography, while keeping one foot on the floor. *All levels
Mat Pilates	Stretch & strengthen muscles without adding bulk. Will help chronic pain, improve posture, obtain greater movement and agility.
Pilates Reformer (\$)	Private groups of 4; using specialized Pilates equipment designed for strength training. Register at Health and Wellness Control Desk
Spinning*	Experience the ultimate ride at your own personal pace! Indoor studio spinning classes are done to motivating music taught by certified Spin instructors. There are 3 levels of classes, level 1 is the beginner or novice class. Levels 2 and 3 become more challenging. Sign-up at Fitness Desk to get your pass for classes
Spin-n-Sculpt	Spinning for the first 30 minutes then go upstairs to sculpt and tone with light hand weights. *All levels of fitness welcome
Step Interval	Basic step moves incorporating strength and toning using weights, bands, balls between the cardio step moves. Great class for burning calories and keeping your heart rate in the target heart rate range for a longer period.
Step-n-Sculpt	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
Sunrise Yoga	Wake up your body with stretching and balancing through various yoga postures such as sun salutations and inversions. All levels
Tabata Warrior	High fat burning interval cardio with elements of Bootcamp: Jump rope, plyometrics, strength training, core & flexibility. Work at your own ability throughout this challenging class
Tai-Chi	Reduce stress improve balance, blood pressure, and bone density.
Tone n Sculpt	Strength and tone class for the entire body using various bands, balls, and weights to motivating music. All fitness levels welcome.
TRX Suspension Training(\$)	Total Resistance Exercise. A suspension training workout building true functional strength while improving flexibility, strength, and core all at the same time. Must register at the Health and Wellness Control Desk
Gentle Yoga (Level 1)	Perfect for the novice and the person getting back into exercise. Will include some gentle inversions as well as balancing and stretching
Yoga (Level 2)	Some understanding of Yoga is needed to participate at this level. Improve positions such as sun salutations, shoulder stands, and other inversions and balancing
Yoga (Joya) (Level 3)	This is the most challenging Yoga class. It will enable the yogi to go deeper into his/her practice through more intense asanas (postures)
Zumba	Latin dance fitness for all levels-Including Mambo, Cha Cha, Salsa and more. Basic routines are taught with exciting Latin style music.
Zumba Fit	A combination of high energy fitness moves and Latin style dance to Latin music

Katz JCC Health & Wellness Department

Group Fitness & Wellness Menu



Effective
November 16, 2011



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: 7:00 am - 6:00 pm

Any Questions? Call Jayne @ 856-424-4444 ext 1140 or Email: jmorgan@jfedsnj.org

Monday	Class	Room	Instructor	Thursday	Class	Room	Instructor
5:45-6:30 am	Tabata Warrior	1	Kris	9:40-10:40 am	Body Blast	1	Anouk
8:15-9:15 am	Spinning All Levels*	S	Gail	9:45-10:45 am	Tai Chi-All Levels	Y	Morris
9:30-10:15 am	Water Therapy	P	Pam/Laurie	10:30-11:15 am	Water Therapy	P	Pamela
9:30-10:30am	Mat Pilates Level 1 & 2	2	Eileen	10:45-11:30 am	Zumba Fit	1	Ally
9:30-10:30 am	Body Pump	1	Emelia	11:00-12:00 pm	Gentle Yoga Level 1	Y	Nancy
9:30-10:30 am	Spinning Level 2 & 3*	S	Mona	"Be Fit" Strength	1	Celeste	
9:30-10:30 am	Yoga Level 1 & 2	Y	Gloria	Beg. Pilates Reformer \$	2	Eileen	
10:15-11:00 am	Aqua Jam!	P	Pam/Laurie	Total TRX\$	Y	Lauren	
10:40-11:40 am	Pilates Reformer \$	2	Eileen	Body Pump	1	Gail	
10:45-11:45 am	"Be Fit" Basics	1	Roland	Aqua Jam!	P	Kathleen	
11:00-12:00 pm	Gentle Yoga Level 1	Y	Nancy	Zumba	1	Melissa	
12:00-12:45 pm	Zumba!	1	LouAnn	Pilates Reformer \$	2	Eileen	
5:30-6:30 pm	Spin-n-Taste of TRX 1&2*	S/Y	Michelle	Spinning All Levels *	S	TBA	
5:30-6:30 pm	Pilates Reformer \$	2	Eileen	Step -n- Tone	1	Roland	
6:30-7:30 pm	Circuit TRX \$	Y	Emelia	Mat Pilates Beginner	2	Eileen	
6:30-7:15 pm	Zumba!	1	LouAnn	Yoga Level 2	Y	Gisele	
7:30-8:30 pm	Yoga Level All Levels	1	Giselle	Body Blast	1	Roland	
7:30-8:15 pm	Groovics	1	Ricky				
7:40-8:40 pm	Pilates Reformer \$	2	Eileen				
				Friday			
Tuesday				5:45-6:45 am	Circuit TRX\$	1	Kris
5:45-7:00 am	Spinning Level 2 & 3*	S	Eleanor	8:15-9:00 am	Spinning All Levels*	S	Madeline
8:30-9:30 am	Tone n Sculpt	1	Mikki	8:30-9:30 am	Step-n-Sculpt	1	Mikki
8:30-9:30 am	Pilates Reformer Challenge \$	2	Eileen	9:30-10:30 am	Body Pump	1	Lauren/Celeste
9:30-10:30 am	Circuit TRX \$	Y	Mona	9:30-10:30 am	Mat Pilates Level I & 2	2	Melanie
9:30-10:30 am	"Be Fit" Aqua	P	Pam	9:30-10:45 am	Yoga Level 2	Y	Ruth
9:30-10:30 am	Mat Pilates-Beginner	2	Eileen	9:30-10:30 am	Spinning Level 2 & 3*	S	Mona
9:30-10:30 am	Zumba Fit	Y	Ally	10:00-10:30 am	Aqua Sculpt	P	Kathleen
9:30-10:30 am	Spin N Sculpt	S	Stacey	10:30-11:30 am	"Be Fit" Aqua	P	Kathleen
10:30-11:30 am	Water Therapy	P	Pamela	Pilates Reformer Beg. \$	2	Frances	
10:40-11:40 am	Pilates Reformer Beg. \$	2	Eileen	"Be Fit" Basics	1	Patti	
10:45-11:30 am	Zumba!	1	LouAnn	Yoga Level 1 & 2	Y	Pam	
11:00-12:00 pm	Tai Chi-All Levels	Y	Morris	H2O Arthritis	P	Pam	
11:30-12:15 pm	Be Fit Strength	1	Celeste	Body Pump Express	1	Gloria	
12:15-1:15 pm	Yoga Level 1 & 2	Y	Pam				
1:30-2:30 pm	Tai Chi Level 2	1	Master Ting				
3:15-4:15 pm	Yoga for Kids \$	Y	TBA	Saturday			
4:15-5:15 pm	Karate for Kids \$	1	TBA	8:15-9:00 am	Total TRX\$	Y	Sarah
5:15-6:15 pm	Aqua Jam	P	Kathleen	9:15-10:15 am	Tabata Warrior	1	Kris
5:15-6:15 pm	Pre-Natal Yoga \$	Y	TBA	9:15-10:15 am	Core Barre	Y	Stacey
5:30-6:15 pm	Bootcamp	1	Kris	9:30-10:30am	Spin All levels	S	Sarah
5:30-6:30 pm	Pilates Reformer Beg.\$	2	Eileen	10:30-11:30 am	Circuit TRX\$	Y	Celeste
6:00-7:00 pm	Spin N Sculpt All Levels*	S	Stacey	Zumba	1	Ally	
6:30-7:30 pm	Step-n-Tone	1	Roland				
6:30-7:30 pm	Yoga Level 1	Y	Nancy				
6:30-7:30 pm	Pilates Reformer \$	2	Eileen				
7:35-8:35 pm	Body Pump	1	Gail				
7:40-8:40 pm	Pilates Reformer Beg. \$	2					
Eileen				Sunday			
				8:00-9:00am	Aqua Zumba!	P	Wendi
Wednesday				8:15-9:15 am	Spinning Level 1&2*	S	Michelle
5:45-6:30 am	Awesome Abs	1	Eleanor	9:15-10:15 am	Step Int./Cardio Kickbox	Y	Lauren/Asa
5:45-6:45 am	Spinning All Levels*	S	Christine	9:15-10:30 am	Joya Yoga Level 3	1	Joanne
8:30-9:15 am	Total TRX \$	Y	Gloria	9:30-10:30 am	Spinning Level 2&3*	S	Stacey
8:30-9:30 am	Spinning All Levels*	S	Gail	10:00-11:00 am	Family Karate \$	TBA	Merrick
8:30-9:30 am	Low Impact	1	Mikki	10:15-11:15 am	Body Pump	1	Sarah
9:30-10:30 am	Pilates Reformer \$	2	Melanie	10:30-11:30 am	Open Mat Pilates	2	Eileen
9:30-10:30 am	Cardio Blast/Step n Pump	1	Patti/Emelia	Total TRX\$	Y	Radek	
9:30-10:30 am	Yoga Level 2 & 3	Y	Gloria	Groovics!	1	Ricky	
9:40-10:40 am	Spinning All Levels*	S	Bonnie	Restorative			
10:00-10:45am	Aqua Sculpt	P	Kathleen	Reformer Stretch \$	2	Eileen	
10:40-11:40am	Core Plus Barre*	Y	Stacey				
10:45-11:30 am	Deep Water Walking	P	Kathleen				
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				
1:00-2:00 pm	Beginner Reformer\$	2	Diane				
4:30-5:30 pm	Body Blast	1	Mikki				
5:30-6:30 pm	Body Pump	1	Michelle				
6:30-7:15 pm	"Be Fit" TRX \$	Y	Nancy				
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	Spinning Level 1 & 2*	S	Barbara				
7:30-8:30 pm	Family Karate \$	1	Merrick				
7:30-8:30 pm	Tai Chi	Y	Morris				
7:40-8:40 pm	Pilates Reformer \$	2	Eileen				
Thursday							
5:45-7:00 am	Spinning Level 2&3*	S	Eleanor				
8:30-9:30 am	Spinning All Levels*	S	Gail				
8:30-9:30 am	Body Pump	1	Mikki				
9:30-10:30 am	"Be Fit" Aqua	P	Sherry				
9:30-10:30 am	Mat Pilates-Beginner	2	Diane				

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.	
Aqua Jam!	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.
Aqua Sculpt	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.
Aqua Zumba	Strengthen and tone the entire body using various aqua resistance equipment. All levels of fitness welcome. *Water shoes are strongly recommended.
"Be Fit" Aqua	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.
Water Therapy*	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. *Participants must provide doctor's note before access to class.
Deep Water Walking	High energy, no impact aerobics for all abilities. No swimming skills necessary. Must be comfortable in deep water with the aide of a flotation device.