

summer fitness

SCHEDULE

FLEX FIT - Free classes for members

SUN	MON	TUES	WED	THURS	FRI
Weekend Yoga 8:00-9:00 am Room 201 FS11-WY10 M-\$60 NM-\$72	Heart Smart 8:00-9:00 am Room 201 FS11-HS11 M-Free NM-\$66	NEW Sunrise Yogalates 7:00-8:00 am Room 201 FS11-SY12 M-Free NM-\$77	GUT Buster 8:45-9:15 am Room 201 FS11-GB13 M-Free NM-\$77	NEW Walk This Way 8:30-9:45 am Teen Lounge/Outdoors FS11-WW14 M-\$70 NM-\$84	Total Body Tone 9:30-10:30 am Room 203 FS11-TB35 M-Free NM-\$77
Fitness Sampler 9:30-10:30 am Room 201 FS11-FS10 M-Free NM-\$66	Power Hour 9:30-10:30 am Room 201 FS11-PH11 M-Free NM-\$66	NEW Express Yourself 8:45-9:15 am Room 201 FS11-EY12 M-Free NM-\$77	Zumba 9:30-10:30 am Room 201 FS11-ZU13 M-\$70 NM-\$84	Hula Hoop it Up! 9:30-10:30 am Room 201 FS11-HH14 M-\$70 NM-\$84	Zumba 10:00-11:00 am Aud A FS11-ZU35 M-\$70 NM-\$84
Zumba 10:45-11:45 am Room 201 FS11-ZU10 M-\$60 NM-\$72	Hatha Yoga 9:30-10:30 am Boardroom FS11-HY11 M-\$60 NM-\$72	ABSolGlute Training 9:30-10:30 am Room 201 FS11-AB12 M-Free NM-\$77	Total Body Toning 9:30-10:30 am Room 203 FS11-TB23 M-Free NM-\$84	Osteoblast II 10:35-11:20 am Room 201 FS11-OB44 M-Free NM-\$77	50+ Aero-Circuit 10:00-10:45 am Room 201 FS11-AC15 M-Free NM-\$77
	Osteoblast I 11:00-11:45 am Room 201 FS11-OB11 M-Free NM-\$66	Osteoblast 10:30-11:15 am Room 201 FW11-OB22 M-Free NM-\$77	Kundalini Yoga 10:00-11:30 am Boardroom FS11-YL13 M-\$98 NM-\$126	NEW To The Core 3:00-4:00 pm Room 201 FS11-AC14 M-Free NM-\$77	Flo Yoga 10:15-11:15 am JCC Express FS11-PL15 M-\$70 NM-\$84
	Instructors Choice 1:00-2:00 pm Room 201 FS11-IC11 M-Free NM-\$66	Beginners Yoga 10:35-11:20 am JCC Express FS11-PL12 M-Free NM-\$84	Osteoblast 11:00-11:45 am Room 201 FS11-OB33 M-Free NM-\$77	Belly Dancing 6:30-7:30 pm Room 201 FS11-BD14 M-\$70 NM-\$84	
	Teen Zumba** 6:00-7:00 pm Room 201 FS11-TZ11 M-\$30 NM-\$42	Teen Boot Camp** 5:00-6:00 pm JCC Express FS11-TT12 M-\$35 NM-\$49	Instructors Choice 1:00-2:00 pm Room 201 FS11-IC23 M-Free NM-\$77	Teen Kickboxing** 6:35-7:35 pm Room 201 FS11-TK14 M-\$35 NM-\$49	
	Hatha Yoga 6:15-7:30 pm Board Room FS11-YL11 M-\$60 NM-\$72	Total Body Toning 6:05-7:05 pm Room 201 FS11-TB12 M-Free NM-\$77	Teen Yoga** 5:00-6:00 pm Room 201 FS11-TY13 M-\$35 NM-\$49	Pilates II 7:35-8:35 pm JCC Express FS11-PL34 M-\$70 NM-\$84	
	Muscle Jam 7:35-8:35 pm Room 201 FS11-MU11 M-Free NM-\$66	Hatha Yoga 7:10-8:10 pm pm Room 201 FS11-HY12 M-\$70 NM-\$84	Butt & Gutt 7:05-8:00 pm Room 203 FS11-BG13 M-Free NM-\$77	Total Body Tone 7:40-8:40 pm Room 201 FS11-TB24 M-Free NM-\$77	
			Zumba 7:30-8:30 pm Room 201 FS11-ZU23 M-\$70 NM-\$84	<i>Open Enrollment. Prorating Provided*</i> <i>*Drop-ins welcome:</i> <i>Flex Fit Classes M Free NM \$12</i> <i>All other classes M \$10 NM \$12</i> <i>**Ask about "Teen Passport" for savings</i>	

Class Day	Start Dates	Session Length	Class Day	Start Dates	Session Length
Sunday	July 10	6 weeks	Wednesday	July 6	7 weeks
Monday	July 11	6 weeks	Thursday	July 7	7 weeks
Tuesday	July 5	7 weeks	Friday	July 8	7 weeks

Schedule & Classes subject to change

silver sneakers classes* - Ages 65+

MON	TUES	WED	THURS	FRI
		8:45-9:30 am Strength Training Room 203		
10:00-10:45 am Cardio Room 203		9:45-10:30 am Cardio Room 203		
		10:45-11:30 am Strength Training Room 203	10:45-11:30 am Cardio Room 203	
11:00-11:45 am Strength Training Room 203				11:00-11:45 am Strength Training Room 203

SILVER SNEAKERS STRENGTH TRAINING - AGES 60+

Exercises designed to increase muscular strength, range of movement and skills required during activities for daily living (ADL). Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for standing support, stretching and relaxation.

SILVER SNEAKERS CARDIO CIRCUIT - AGES 60+

Exercises designed to increase cardiovascular and muscular endurance power with a standing circuit workout. Dumbbells, band and balls will be utilized. A chair will be used for support, strengthening and relaxation exercises.

10 Sessions Punch Card RF10-SSAC

M \$40 NM \$80*

*Free to Silver Sneaker Members. Contact your individual health insurance plan for eligibility.

fitness class descriptions

CARDIO, SCULPT, AND COMBO CLASSES

AbsoGlute: Tone & condition your muscles while targeting your glutes, abs & legs.

Belly Dancing: A high energy class focusing on toning and sculpting your body through the art of belly dancing.

Butt & Gutt: Tone and condition muscles while targeting your glutes, abs & legs.

Dance Fusion: An upbeat and funky combination of dance and exercise.

Express Yourself: An intense 30 minute weight and cardio work-out.

Hula Hoop it Up!: Whittle your waist and reshape your body with this 50's craze! Instructional class and Hula Hoops provided!

Kickboxing: Punch, kick and jab your way into a great workout using your entire body. Tone muscles, while burning maximum calories.

Muscle Jam: Tone, shape and sculpt your body with this fantastic weight workout.

Power Hour: Emphasizes athletic drills to help you get into your aerobic zone. Weights will be utilized to tone and sculpt muscles.

Sunday Morning Fitness Sampler: Our menu includes: Cardio Kick Camp, Bosu Blast, Interval Training, Core Fusion, Step Aerobics and much more.

To the Core: Strengthen and tone your mid-section to improve the look of abs and posture.

Total Body Toning: A total body workout using weights, bars and medicine balls to tone and sculpt your body.

Walk this Way: Enjoy walking outside for 45 min (inside track in inclement weather) and a 30 minute lecture and group discussion on exercise and nutrition.

Zumba: Come join the party! Zumba is a fuse of Latin and international dances that create a unique and exciting workout.

Heart Smart: Designed for mature exercisers with cardiac risk factors. Blood pressure and pulse are taken.

Osteoblast: An osteoporosis program designed to strengthen muscles and prevent falls by introducing weight bearing exercises and balance techniques.

50+ Aero-Circuit: Aerobics and conditioning class that uses weights.

YOGA & PILATES

Hatha Yoga: Emphasizes health and well being through breathing exercises, special postures and concentration.

Kundalini Yoga: Combines postures, movements, breath, stretching, relaxation, chanting, meditation and rhythm to work on every aspect of your being.

Mat Pilates: Balance and strengthen your mid-section while firming and elongating your body.

Weekend Yoga/Sunrise Yoga: Multi-level Flo-yoga class, stretching, postures and relaxation poses.