

# Katz JCC Health & Wellness Department

## Group Fitness & Wellness Menu

### New Classes:

**Yoga Bootcamp Mondays, 7:00-8:00 pm**

**H.I.I.T. Thursdays, 9:35-10:20 am**

**Yoga 1 & 2 Tuesdays, 6:00-7:00 pm**



### Health & Wellness Hours

Sunday: 7:00 am - 5:00 pm  
 Monday - Thursday: 5:30 am - 10:00 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](mailto:jmorgan@jfedsnj.org)**

**Effective:  
 APRIL 2017**

Class Name	Description
<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 Strength</b>	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 Pump *</b>	Les Mills original barbell class training all body parts choreographed to great music while using light plates & high repetitions for each muscle group! High "fat burning" weight training class. All levels
<b>Body Transformer</b>	Weights plus bodyweight exercises to hit 9 key areas, including core, chest, back shoulders, and legs with minute cardio bursts to boost metabolism and burn more calories.
<b>Cardio-Core</b>	A combination of basic aerobic moves and ab exercises.
<b>Core Plus Barre</b>	Total body workout that will help build a strong core, tone muscles, improve flexibility and mental focus. Obtain lean thighs, tone arms, lifted seat & flattened abs. Challenging
<b>Drums Alive</b>	This high-energy class utilizes "whole brain-whole body" through dynamic aerobic movements with pulsating rhythms of the drum. Improve your balance, concentration & learning ability in addition to getting a cardiovascular workout!
<b>Easy Dance Fitness</b>	For beginners through active older adults who like to dance. A combination of Latin, pop, oldies, line dance & more.
<b>GROOVICS</b>	High fat burning cardio dance class incorporating fun hip hop moves for all levels
<b>Movement &amp; Motion</b>	Explore your body's possibilities through music both old and new to improve your balance, flexibility, coordination and gait. Ideal class for those with Parkinson's or chronic illnesses.
<b>No Sweat Stretch</b>	A 30 minute stretching class using minimal props on the mat or standing. Learn how to properly stretch the entire body.
<b>Power Yoga</b>	A form of yoga involving constant yoga moves to build strength and focus while unwinding tight joints and muscles.
<b>Spinning*</b>	There are 3 levels of classes, level 1 is the beginner or novice class. Levels 2 and 3 become more challenging. <u><a href="#">Sign-up at Fitness Desk to get your pass for classes</a></u>
<b>Tabata Boot Camp ®</b>	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.
<b>Tai-Chi</b>	Reduce stress improve balance, blood pressure, & bone density.
<b>Tone &amp; Sculpt</b>	An overall full body workout utilizing weights, bands, balls and more to strengthen and tone. All level workout.
<b>TRX Suspension Training(*)</b>	Total Resistance Exercise. A suspension training workout building true functional strength while improving flexibility, strength, and core all at the same time. <u><a href="#">Must register at the Health and Wellness Control Desk</a></u>
<b>Ugi Fit *</b>	This 30 minute workout uses a weighted ball for a series of 1 minute basic exercises that combine fun yet challenging strength, cardio, and core training.
<b>The WorX</b>	This class challenges you to move in all directions. Build strength, endurance and mobility in 3 timed sets of resistance-training and dynamic core reconstruction with short bursts of cardio.
<b>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>Gentle Yoga with Weights</b>	A gentle yoga class that uses light hand weights to strengthen the upper bones and arms. Weights are provided and are optional.
<b>Yoga</b>	Improve positions such as sun salutations, shoulder stands, and other inversions & balancing.
<b>Power Plus Yoga</b>	A "vigorous" yoga flow. Hot room, hard workout!
<b>Yoga Bootcamp</b>	Strong yoga flow incorporating light weights.
<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® Fitness</b>	A combination of high energy fitness moves and Latin style dance to Latin music.



**Katz JCC  
 Cherry Hill, NJ**

Monday	Class	Room	Instructor	Thursday	Class	Room	Instructor
5:45—6:30am	Spinning All Levels *	S	Dana	9:35—10:20 am	The WorX	1	Jenny
7:30—8:30 am	Small Group Tabata Bootcamp \$	J	Dana	9:35—10:30 am	Mat Pilates-Beginner	2	Martha
8:15—9:15 am	Spinning All Levels *	S	Gail	9:45—10:45 am	Tai Chi All Levels	Y	Morris
8:30—9:00 am	Intro to Ugi Ball	1	Colleen	10:30—11:30 am	Water Therapy	P	Pam
9:00—9:45am	Aqua Yoga	P	Amanda	10:45—11:30 am	Zumba® Fitness	1	Mila
9:30—10:15am	Spinning All Levels *	S	Diane	11:00—12:00 pm	Gentle Yoga Level 1	Y	Nancy
9:30—10:30 am	Yoga Level 1 & 2	Y	Gloria	12:00—1:00 pm	Pilates Reformer Beginner \$	2	Eileen
9:35—10:30 am	Mat Pilates Level 1 & 2	2	Eileen	1:00—2:00 pm	Movement & Motivation	Social Hall	Stacey
9:40—10:40 am	Body Pump	1	Emelia	4:30—5:30 pm	Body Pump	1	Gail
10:00—12:00 pm	Aqua Jam	P	Kathleen	6:00—7:00 pm	Pilates Reformer Beginner \$	2	Eileen
10:40—11:40 am	Pilates Reformer Intermediate \$	2	Eileen	6:00—7:00 pm	Gentle Yoga	Y	Laura
10:45—11:45 am	"Be Fit" Basics	1	Patty P.	7:00—8:00 pm	Power Plus Yoga	Y	Keren
11:00—12:00 pm	Gentle Yoga Level 1 (with light weights)	Y	Nancy	Zumba® Fitness	1	Karen	Karen
12:00—12:30 pm	No Sweat Stretch	2	Eileen	Pilates Reformer Beginner	2	Eileen	Eileen
5:30—6:00 pm	Express Spin All Levels *	S	Michelle				
5:30—6:30 pm	Pilates Reformer Intermediate \$	2	Eileen	<b>Friday</b>			
6:00—7:00 pm	Core Plus Barre	Y	Donna	5:45—6:30 am	Body Transformer	1	Christine
6:30—7:15 pm	Zumba®	1	LouAnn	8:15—9:00 am	Spinning All Levels *	S	Natalie
6:40—7:40 pm	Pilates Reformer Beginner \$	2	Eileen	8:30—9:30 am	Step	1	Mikki
7:00—8:00 pm	Yoga Bootcamp	Y	Jana	8:30—9:30 am	Pilates Reformer Beginner \$	2	Martha
7:15—8:15 pm	Zumba® Fitness	1	Karen	9:00—9:45 am	Aqua Yoga	P	Chris
7:40—8:40 pm	Pilates Reformer Intermediate \$	2	Eileen	9:15—10:15 am	Yoga All Levels	Y	Ruth
				9:30—10:15 am	Spinning All Levels *	S	Christine
<b>Tuesday</b>				9:30—10:30 am	Small Group Tabata Bootcamp \$	J	Bonnie
5:45—6:30 am	Tabata Bootcamp®	1	Michelle	9:35—10:30 am	Mat Pilates Level 1 & 2	2	Melanie
8:10—9:10 am	Small Group Core Barre \$	Y	Melanie	9:35—10:35 am	Body Pump	1	Celeste
8:30—9:30 am	Tone -n- Sculpt	1	Mikki	10:00—11:15 am	Aqua Jam	P	Kathleen
8:30—9:30 am	Pilates Reformer Intermediate \$	2	Eileen	10:20—10:50 am	Meditation	Y	Ruth
9:30—10:15 am	Spinning All Levels *	S	Christine	10:45—11:30 am	Drums Alive	2	Melanie
9:30—10:30 am	"Be Fit" Aqua	P	Pam	10:45—11:45 am	"Be Fit" Basics	1	Patty P.
9:30—10:30 am	Power Plus Yoga	Y	Keren	11:00—12:00 pm	Restorative Yoga/Crystal Bowls	Y	Pam
9:35—10:30 am	Mat Pilates-Beginner	2	Eileen	11:15—12:15 pm	Water Therapy	P	Dmitry
9:35—10:35 am	Cardio-Core	1	Emelia	12:00—12:45 pm	Body Pump Express	1	Gloria
10:30—11:30 am	Water Therapy	P	Pam	12:15—1:00 pm	Baby & Me Yoga \$	Y	Nancy
10:40—11:40 am	Pilates Reformer Beg. \$	2	Eileen				
10:45—11:30 am	Easy Dance Fitness	1	LouAnn	<b>Saturday</b>			
11:00—12:00 pm	Tai Chi—All Levels	Y	Morris	8:15—9:00 am	Total TRX \$	Y	Sarah
11:30—12:30 pm	"Be Fit" Strength	1	Celeste	9:15—10:15 am	Tabata Bootcamp®	1	Dawn
11:30—1:00 pm	Aqua Boot Camp	P	Kathleen	9:15—10:15 am	Core Plus Barre By Exhale®	Y	Stacey
12:15—1:15 pm	Yoga Level 1 & 2	Y	Pam	9:30—10:30 am	Spinning All Levels *	S	Sarah
4:30—5:15 pm	Cardio Core	1	Melanie	10:15—11:00 am	Family Drums Alive	2	Melanie
5:30—6:15 pm	Tabata Bootcamp®	1	Dana	10:30—11:30 am	Zumba® Fitness	1	Jackie
5:30—6:30 pm	Pilates Reformer Beginner \$	2	Eileen	10:30—11:30 am	Yoga All Levels	Y	Pam
5:30—6:30 pm	Small Group Tabata Bootcamp \$	J	Colleen				
6:00—6:45 pm	Spinning All Levels *	S	Stacey	<b>Sunday</b>			
6:00—7:00pm	Yoga Levels 1 & 2	Y	Chris	8:00—9:00 am	Pre-Natal Yoga	Y	Nancy
6:15—7:00 pm	Groovics	1	Ricky	8:15—9:15 am	Spinning All Levels *	S	Michelle
6:30—7:30 pm	Pilates Reformer Intermediate \$	2	Eileen	8:30—9:00 am	Ugi Fit	1	Colleen
7:00—8:00pm	Power Plus Yoga	Y	Keren	9:15—10:15 am	Tabata Bootcamp	1	Dana
7:15—8:15 pm	Body Pump	1	Gail	9:15—10:15 am	Yoga All Levels	Y	Michelle
7:40—8:40 pm	Pilates Reformer Intermediate \$	2	Eileen	9:15—10:15 am	Small Group Tabata Bootcamp \$	J	Colleen
				9:30—10:30 am	Spinning All Levels *	S	Stacey
<b>Wednesday</b>				9:30—10:25 am	Intro to Pilates Reformer \$	2	Eileen
5:45—6:45 am	Spinning All Levels *	S	Christine	10:20—11:20 am	Body Pump	1	Diane/Jenny
7:30—8:15 am	Total TRX \$	Y	Dana	10:35—11:30 am	Mat Pilates All Levels	2	Eileen
8:15—9:15 am	Spinning All Levels *	S	Gail				
8:15—9:15 am	Pilates Reformer Intermediate \$	2	Melanie				
8:30—9:30 am	Cardio Core	1	Mikki				
9:00—9:45 am	Aqua Yoga	P	Amanda				
9:30—10:15 am	Body Transformer	1	Christine				
9:30—10:30 am	Power Yoga	Y	Gloria				
9:45—10:45 am	Mommy & Me Bootcamp \$	J	Rachel				
10:00—11:30 am	Aqua Jam	P	Kathleen				
10:40—11:40 am	Core Plus Barre By Exhale®	Y	Stacey				
12:00—12:45 pm	Body Pump Express	1	Gloria				
12:15—1:15 pm	Yoga Level 1 & 2	Y	Pam				
4:30—5:30 pm	Teen Fitness "101" \$	J	Stacey				
5:45—6:15 pm	Ugi Fit	1	Michelle				
6:30—7:30 pm	Beginner Pilates Reformer \$	2	Eileen				
6:30—7:30 pm	Small Group Tabata Bootcamp \$	J	Michelle				
6:30—7:30 pm	Zumba Fit®	1	Jodie				
7:00—7:30 pm	Express Spinning All Levels *	S	Harold				
7:30—8:30 pm	Tai Chi All Levels	Y	Morris				
7:40—8:40 pm	Pilates Reformer Intermediate \$	2	Eileen				
<b>Thursday</b>							
5:45—6:30 am	Total TRX \$	J	Lazzar				
5:45—6:45 am	Yoga Bootcamp	Y	Jana				
8:00—8:45 am	Spinning All Levels *	S	Bonnie				
8:30—9:30 am	Advanced Tai Chi	Y	Morris				
8:30—9:30 am	Tone -n- Sculpt	1	Mikki				
9:00—9:45 am	Spinning All Levels *	S	Gail				
9:30—10:30 am	"Be Fit" Aqua	P	Sherri				

<b>Aqua Boot Camp</b>	A challenging high energy heart racing cardio workout. <b>Must</b> be comfortable in deep water and wear a buoyancy belt.
<b>Aqua Jam!</b>	High intensity, water workout includes strong cardio and full body training with resistance equipment. All levels are welcome. Should be comfortable in deep water and wear a buoyancy belt.
<b>Aqua Yoga</b>	Experience poses and postures in this all-level yoga class
<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 belts 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>Pilates Reformer \$</b>	Private groups; using specialized Pilates equipment designed for strength training. <b>Register at Health and Wellness Control Desk</b>
<b>Mat Pilates Beginner</b>	Tone muscles, develop core strength and stability—these basic moves will help chronic pain & improve posture, -all levels welcome
<b>Mat Pilates Level 1 &amp; 2</b>	Some mat experience or moderate level of fitness-required intermediate moves to deepen core engagement & challenge postural muscles.

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

**\$ Fee based class—advanced registration required -**

**- \*Sign up at Fitness Desk to receive pass 45 minutes prior to class. -**

**- Instructors & times are subject to change.**