

Katz JCC Health & Wellness Department

Group Fitness & Wellness Menu

Class Name	Description
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 Strength	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 Pump *	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
Body Transformer	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.
Cardio Box & Burn	A 45 minute total body workout with kicks, punches, cardio and sculpting combinations. High calorie burning class for all levels of fitness.
Cardio-Core	A combination of basic aerobic moves and ab exercises.
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 & flattened abs. Challenging
Drums Alive	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!
Easy Dance Fitness	For beginners through active older adults who like to dance. A combination of Latin, pop, oldies, line dance & more.
GROOVICS	High fat burning cardio dance class incorporating fun hip hop moves for all levels
Movement & Motion	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.
No Sweat Stretch	A 30 minute stretching class using minimal props on the mat or standing. Learn how to properly stretch the entire body.
Power Yoga	A form of yoga involving constant yoga moves to build strength and focus while unwinding tight joints and muscles.
Spin & Sculpt*	A cycling class combining spinning and small hand weights to tone and sculpt the upper body. <u><i>Sign-up at Fitness Desk to get your pass for classes</i></u>
Tabata Boot Camp ®	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, & bone density.
Tone & Sculpt	An overall full body workout utilizing weights, bands, balls and more to strengthen and tone. All level workout.
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. <u><i>Must register at the Health and Wellness Control Desk</i></u>
Ugi Fit *	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.
The WorX	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.
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.
Gentle Yoga with Weights	A gentle yoga class that uses light hand weights to strengthen the upper bones and arms. Weights are provided and are optional.
Yoga	Improve positions such as sun salutations, shoulder stands, and other inversions & balancing.
Power Plus Yoga	A "vigorous" yoga flow. Hot room, hard workout!
Yoga Bootcamp	Strong yoga flow incorporating light weights.
Zumba®	Latin dance fitness for all levels-Including Mambo, Cha Cha, Salsa and more. Basic routines are taught with exciting Latin style music.
Zumba® Fitness	A combination of high energy fitness moves and Latin style dance to Latin music.

SPECIAL ONE DAY EVENT!

**May 13th 10:00 am,
Flowing with the Rhythms, Yoga Flow
\$15 fee**

NEW CLASS!

Cardio Box & Burn Tuesday, 5:30-6:15pm



Health & Wellness Hours

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

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

**Effective:
MAY 2017**



**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
9:00—9:45am	Aqua Yoga	P	Amanda	10:30—11:30 am	Water Therapy	P	Pam
9:30—10:15am	Spinning All Levels *	S	Diane	10:45—11:45 am	Zumba® Fitness	1	Mila
9:30—10:30 am	Yoga Level 1 & 2	Y	Gloria	11:00—12:00 pm	Gentle Yoga Level 1	Y	Nancy
9:35—10:30 am	Mat Pilates Level 1 & 2	2	Eileen	12:00—1:00 pm	Pilates Reformer Beginner \$	2	Eileen
9:40—10:40 am	Body Pump	1	Sarah	1:00—2:00 pm	Movement & Motivation	Social Hall	Stacey
10:00—12:00 pm	Aqua Jam	P	Kathleen	4:30—5:30 pm	Body Pump	1	Gail
10:40—11:40 am	Pilates Reformer Intermediate \$	2	Eileen	6:00—7:00 pm	Pilates Reformer Beginner \$	2	Eileen
10:45—11:45 am	"Be Fit" Basics	1	Patty P.	6:00—7:00 pm	Gentle Yoga	Y	Laura
11:00—12:00 pm	Gentle Yoga Level 1 (with light weights)	Y	Nancy	7:00—7:45 pm	Total TRX \$	J	Rachel
12:00—12:30 pm	No Sweat Stretch	2	Eileen	7:00—8:00 pm	Zumba® Fitness	1	Karen
5:30—6:00 pm	Express Spin All Levels *	S	Michelle	7:05—8:00 pm	Mat Pilates Beginner	2	Eileen
5:30—6:30 pm	Pilates Reformer Intermediate \$	2	Eileen				
6:00—7:00 pm	Core Plus Barre	Y	Donna	Friday			
6:30—7:15 pm	Zumba®	1	LouAnn	5:45—6:30 am	Body Transformer	1	Christine
6:40—7:40 pm	Pilates Reformer Beginner \$	2	Eileen	8:15—9:00 am	Spinning All Levels *	S	Natalie
7:00—8:00 pm	Yoga Bootcamp	Y	Jana	8:30—9:30 am	Step	1	Mikki
7:15—8:15 pm	Zumba® Fitness	1	Karen	8:30—9:30 am	Pilates Reformer Beginner \$	2	Martha
7:40—8:40 pm	Pilates Reformer Intermediate \$	2	Eileen	9:00—9:45 am	Aqua Yoga	P	Chris
				9:15—10:15 am	Yoga All Levels	Y	Ruth
Tuesday				9:30—10:15 am	Spinning & Sculpt All Levels *	Y	Christine
5:45—6:30 am	Tabata Bootcamp®	1	Michelle	9:30—10:30 am	Small Group Tabata Bootcamp \$	J	Bonnie
8:10—9:10 am	Small Group Core Barre \$	Y	Melanie	9:35—10:30 am	Mat Pilates Level 1 & 2	2	Melanie
8:30—9:30 am	Tone -n- Sculpt	1	Mikki	9:35—10:35 am	Body Pump	1	Celeste
8:30—9:30 am	Pilates Reformer Intermediate \$	2	Eileen	10:00—11:15 am	Aqua Jam	P	Kathleen
9:30—10:15 am	Spinning All Levels *	S	Christine	10:20—10:50 am	Meditation	Y	Ruth
9:30—10:30 am	"Be Fit" Aqua	P	Pam	10:45—11:30 am	Drums Alive	2	Melanie
9:35—10:30 am	Mat Pilates-Beginner	2	Eileen	10:45—11:45 am	"Be Fit" Basics	1	Patty P.
9:35—10:35 am	Cardio-Core	1	Sarah	11:00—12:00 pm	Restorative Yoga/Crystal Bowls	Y	Pam
10:30—11:30 am	Water Therapy	P	Pam	11:15—12:15 pm	Water Therapy	Y	Dmitry
10:40—11:40 am	Pilates Reformer Beg. \$	2	Eileen	12:00—12:45 pm	Body Pump Express	1	Gloria
10:45—11:30 am	Easy Dance Fitness	1	LouAnn	12:15—1:00 pm	Baby & Me Yoga \$	Y	Nancy
11:00—12:00 pm	Tai Chi—All Levels	Y	Morris				
11:30—12:30 pm	"Be Fit" Strength	1	Celeste	Saturday			
12:15—1:15 pm	Yoga Level 1 & 2	Y	Pam	8:15—9:00 am	Total TRX \$	Y	Sarah
5:30—6:15 pm	Cardio Box & Burn	1	Dana	9:15—10:15 am	Tabata Bootcamp®	1	Dawn
5:30—6:30 pm	Pilates Reformer Beginner \$	2	Eileen	9:15—10:15 am	Core Plus Barre By Exhale®	Y	Stacey
5:30—6:30 pm	Small Group Tabata Bootcamp \$	J	Colleen	9:30—10:30 am	Spinning All Levels *	S	Sarah
6:00—6:45 pm	Spinning All Levels *	S	Stacey	10:30—11:30 am	Zumba® Fitness	1	Jackie
6:00—7:00pm	Yoga Levels 1 & 2	Y	Chris	10:30—11:30 am	Yoga All Levels	Y	Pam
6:15—7:00 pm	Groovics	1	Ricky				
6:30—7:30 pm	Pilates Reformer Intermediate \$	2	Eileen	Sunday			
7:00—8:00pm	Power Plus Yoga	Y	Keren	8:00—9:00 am	Pre-Natal Yoga	Y	Nancy
7:15—8:15 pm	Body Pump	1	Gail	8:15—9:15 am	Spinning All Levels *	S	Michelle
7:40—8:40 pm	Pilates Reformer Intermediate \$	2	Eileen	8:30—9:00 am	Ugi Fit	1	Colleen
				9:15—10:15 am	Tabata Bootcamp	1	Dana
Wednesday				9:15—10:15 am	Yoga All Levels	Y	Michelle
5:45—6:45 am	Spinning All Levels *	S	Christine	9:15—10:15 am	Small Group Tabata Bootcamp \$	J	Colleen
8:15—9:15 am	Spinning All Levels *	S	Gail	9:30—10:30 am	Spinning All Levels *	S	Stacey
8:15—9:15 am	Pilates Reformer Intermediate \$	2	Melanie	9:30—10:25 am	Intro to Pilates Reformer \$	2	Eileen
8:30—9:30 am	Cardio Core	1	Mikki	10:20—11:20 am	Body Pump	1	Diane/Jenny
9:00—9:45 am	Aqua Yoga	P	Amanda	10:35—11:30 am	Mat Pilates All Levels	2	Eileen
9:30—10:15 am	Body Transformer	1	Christine				
9:30—10:30 am	Power Plus Yoga	Y	Keren				
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				
5:45—6:15 pm	Ugi Fit	1	Michelle				
6:30—7:30 pm	Beginner Pilates Reformer \$	2	Eileen				
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				
Thursday							
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				

Aqua Boot Camp	A challenging high energy heart racing cardio workout. Must be comfortable in deep water and wear a buoyancy belt.
Aqua Jam!	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.
Aqua Yoga	Experience poses and postures in this all-level yoga class
"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 belts 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.
Pilates Reformer \$	Private groups; using specialized Pilates equipment designed for strength training. Register at Health and Wellness Control Desk
Mat Pilates Beginner	Tone muscles, develop core strength and stability—these basic moves will help chronic pain & improve posture, -all levels welcome
Mat Pilates Level 1 & 2	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.