

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	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
Bokwa	Sweat the Alphabet & Dance the digits!™ Energetic cardio workout routine for all levels! Come and learn the basic moves.
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 Combo with Dance/Barre	Want to burn high calories and tone up abs, glutes, thighs and hips in one workout? This class is for you! This high energy class will have you moving to the top 40 hits with simple hi/low dance inspired moves combined with intervals of Balanced Body Barre techniques to work the core and burn the calories!
Cardio Kickboxing	High energy, choreographed class mixing 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
Spinning*	There are 3 levels of classes, level 1 is the beginner or novice class. Levels 2 and 3 become more challenging. <i>Sign-up at Fitness Desk to get your pass for classes</i>
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-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
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. <i>Must register at the Health and Wellness Control Desk</i>
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
Hot Yoga *NEW*	Come sweat and stretch with Gloria while doing postures or asanas performed under hot conditions. The heat is used to increase flexibility and help release toxins from the body.
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® Fitness	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 2014**

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
5:45-6:30 am	Tabata Warrior	1	Kris
8:15-9:15 am	Spinning All Levels *	S	Gail
9:30-10:15 am	Water Therapy	P	Laurie
9:40-10:40 am	Mat Pilates Level 1 & 2	2	Eileen
9:40-10:40 am	Body Pump	1	Emelia
9:40-10:40 am	Spinning Level 2 & 3 *	S	Mona
9:40-10:40 am	Yoga Level 1 & 2	Y	Gloria
10:15-11:15 am	Aqua Jam	P	Laurie
10:40-11:40 am	Pilates Reformer Intermediate \$	2	Eileen
10:45-11:45 am	"Be Fit" Basics	1	Patti
11:00-12:00 pm	Gentle Yoga Level 1	Y	Nancy
12:00-1:00 pm	Pilates Reformer Intermediate \$	2	Eileen
12:00-12:45 pm	Total TRX \$	Y	Mona
12:15-12:45 pm	Express Spin	S	Christine
5:30-6:00 pm	Express Spin	S	Michelle
5:30-6:30 pm	Pilates Reformer Intermediate \$	2	Eileen
6:00-6:30 pm	Express TRX \$	Y	Michelle
6:30-7:15 pm	Zumba®	1	LouAnn
7:30-8:30 pm	Yoga All Levels	Y	Kate
7:40-8:40 pm	Pilates Reformer Intermediate \$	2	Eileen

Tuesday	Class	Room	Instructor
7:00-7:45 am	Total TRX \$	Y	Rachel
8:30-9:30 am	Tone n Sculpt	1	Mikki
8:30-9:30 am	Pilates Reformer Intermediate \$	2	Eileen
9:30-10:30 am	Total TRX \$	Y	Mona
9:30-10:30 am	"Be Fit" Aqua	P	Pam
9:40-10:40 am	Mat Pilates-Beginner	2	Eileen
9:40-10:40 am	Zumba® Fitness	1	Nicole
9:40-10:40 am	Spin N Sculpt All Levels	S	Stacey
10:30-11:30 am	Water Therapy	P	Pam
10:40-11:40 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
11:30-12:30 pm	"Be Fit" Strength	1	Celeste
12:15-1:15 pm	Yoga Level 1 & 2	Y	Pam
5:00-6:00 pm	Masters Aerobics (Water)	P	Kathleen
5:30-6:15 pm	Bootcamp	1	Kris
5:30-6:30 pm	Pilates Reformer Beginner \$	2	Eileen
6:00-7:00 pm	Spin N Sculpt All Levels *	S	Stacey
6:00-7:00 pm	Aqua Jam	P	Kathleen
6:15-7:15 pm	Yoga Level 1	Y	Nancy
6:30-7:30 pm	Cardio Combo Dance/Barre	1	Michele R.
6:30-7:30 pm	Pilates Reformer Intermediate \$	2	Eileen
7:30-8:30 pm	Hot Yoga	Y	Nancy
7:35-8:35 pm	Body Pump	1	Gail
7:40-8:40 pm	Pilates Reformer Beg. \$	2	Eileen

Wednesday	Class	Room	Instructor
5:45-6:45 am	Spinning All Levels *	S	Christine
8:15-9:15 am	Spinning All Levels *	S	Gail
8:30-9:30 am	Low Impact	1	Mikki
8:30-9:30 am	Pilates Reformer Intermediate \$	2	Melanie
9:00-9:45 am	Aqua Yoga	P	Nancy
9:40-10:40 am	Step n Pump	1	Sarah
9:40-10:40 am	Yoga Level 2 & 3	Y	Gloria
9:40-10:40 am	Spinning All Levels *	S	Bonnie
10:00-10:45am	Aqua Sculpt	P	Kathleen
10:40-11:40am	Core Plus Barre	Y	Stacey
10:40-11:40 am	Baby & Me Pilates	2	TBA
10:45-11:15 am	Deep Water Walking	P	Kathleen
12:00-12:45 pm	Body Pump Express	1	Gloria
12:15-1:15 pm	Yoga Level 1 & 2	Y	Pam
4:15-5:15 pm	Body Blast	1	Mikki
5:30-6:30 pm	Body Pump	1	Michelle
6:00-6:45 pm	Outdoor Total TRX \$	O	Rachel
6:30-7:15 pm	Zumba®	1	LouAnn
6:30-7:30 pm	Kickbox 'n' Tone	Y	Michelle K.
6:30-7:30 pm	Mat Pilates Level 2	2	Eileen
7:30-8:30 pm	Tai Chi All Levels	Y	Morris
7:40-8:40 pm	Pilates Reformer Intermediate \$	2	Eileen

Thursday	Class	Room	Instructor
8:30-9:30 am	Advanced Tai Chi	Y	Morris
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
9:40-10:40 am	Mat Pilates-All Levels	2	Diane
9:40-10:40 am	Body Blast	1	Celeste

Thursday	Class	Room	Instructor
9:45-10:30 am	Outdoor Total TRX \$	O	Rachel
9:45-10:45 am	Tai Chi-All Levels	Y	Morris
10:30-11:30 am	Water Therapy	P	Pam
10:45-11:30 am	Zumba® Fitness	1	Michelle R.
11:00-12:00 pm	Gentle Yoga Level 1	Y	Nancy
12:00-1:00 pm	Pilates Reformer Beginner \$	2	Eileen
4:30-5:30 pm	Body Pump	1	Gail
5:00-6:00 pm	Aqua Jam	P	Kathleen
6:00-6:45 pm	Tabata Warrior	1	Kris
6:00-7:00 pm	Pilates Reformer Intermed \$	2	Eileen
6:15-7:15 pm	Spinning All Levels	S	Beverly
7:00-8:00 pm	Mat Pilates Beginner	2	Eileen
7:00-8:00 pm	Zumba® Fitness	1	Jackie
7:30-8:30 pm	Yoga-All Levels	Y	Joanna

Friday	Class	Room	Instructor
8:15-9:00 am	Spinning All Levels *	S	Natalie O.
8:30-9:30 am	Step-n-Sculpt	1	Mikki
9:40-10:40 am	Spinning Level 2 & 3*	S	Mona
9:40-10:40 am	Body Pump	1	Celeste
9:40-10:40 am	Mat Pilates Level 1 & 2	2	Melanie
9:40-10:55 am	Yoga Level 2	Y	Ruth
10:00-10:30 am	Aqua Sculpt	P	Kathleen
10:30-11:15 am	"Be Fit" Aqua	P	Kathleen
10:45-11:45 am	"Be Fit" Basics	1	Melanie/Patti
11:00-12:00 pm	Restor. Yoga/Crystal Bowls	Y	Pam
11:30-12:15 pm	Water Therapy	P	Dmitry
12:00-12:45 pm	Body Pump Express	1	Gloria
12:30-1:15 pm	Baby & Me Yoga \$	Y	Nancy

Saturday	Class	Room	Instructor
9:15-10:15 am	Tabata Warrior	1	Kris
9:15-10:15 am	Core Plus Barre	Y	Stacey
9:30-10:30 am	Spin All Levels	S	Sarah
10:30-11:30 am	Zumba® Fitness	1	Jackie
10:30-11:30 am	Yoga All Levels	Y	Jamie

Sunday	Class	Room	Instructor
8:00-9:00 am	Pre-Natal Yoga	Y	Nancy
8:15-9:15 am	Spinning All Levels *	S	Michelle/Christine
9:15-10:15 am	Step Int./Cardio Kickbox	1	Dana L.
9:15-10:30 am	Joya Yoga Level 3	Y	Joanna
9:30-10:30 am	Spinning Level 2 & 3 *	S	Stacey
10:15-11:15 am	Body Pump	1	Sarah
10:30-11:30 am	Mat Pilates All Levels	2	Eileen
10:35-10:45 am	Bokwa Basics	Y	Celeste
10:45-11:30 am	Bokwa Cardio	Y	Celeste
11:30-12:15 pm	Groovics	1	Ricky
12:00-1:00 pm	Restorative / Apparatus Reformer Stretch \$	2	Eileen
4:00-4:45 pm	Total TRX \$	Y	Rachel

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.
"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.
Deep Water Walking	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.
Masters Aerobics	Advance your swimming technique and overall strength through lap swim training, endurance training, and fat burning workouts. This class is designed for advanced swimmers.
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.
Mat Pilates Level 2	Challenging moves for the experience Pilates practitioner--previous mat practice is advised.

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 O= Outdoor Courts

\$ Fee based class--please register before class -

- *Sign up at Fitness Desk to receive pass 15 minutes prior to class. -

- Instructors & times are subject to change.