

JCC Summer Fitness At-A-Glance: July 1-September 6, 2009 (TENTATIVE schedule subject to change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						TEAM Body Combat 8:00-9:00
			Body Combat 9:15-10:15		Zumba 9:15-10:15	Yoga 8:00-9:00
Body Pump 8:30-9:30		Body Pump 9:15-10:15	Fitness Ball 10:00-11:00	Body Pump 9:15-10:15	Body Flow 9:30-10:30	Body Pump 9:00-10:00
Fitness Ball 10:00-11:00	Body Flow 9:15-10:15	Fitness Ball 10:00-11:00	Body Flow 10:30-11:30	TEAM Body Combat 10:30-11:30		
Body Combat 9:45-10:45	Body Combat 10:30-11:30	Body Flow 10:30-11:30			Fitness Ball 10:00-11:00	
Zumba 11:00-12:00		Abs 12-12:30		Abs 12-12:30	TEAM Body Combat 11:00-12:00	
		Young at Heart 12:30-1:00		Zumba 12:30-1:00		
	Body Flow 6:00-7:00					
	Fitness Ball 7:00-8:00			Body Combat 6:00-7:00		
	Body Pump 7:15-8:15	Yoga 7:00-8:00	Zumba 6:00-7:00	Fitness Ball 7:00-8:00		
		Body Combat 7:15-8:15	Body Pump 7:15-8:15	Body Flow 7:15-8:15		

Please check daily schedule for class location.

All classes subject to Minimum & Maximum number of participants.

If after 3 weeks a minimum of 3 people are not attending a class, it may be removed from the schedule.

jPass BODY PUMP

A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles!

jPass BODY FLOW

A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates.

jPass BODY COMBAT

Combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi and kickboxing.

jPass ZUMBA

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy!!!



jPass YOUNG AT HEART

Low impact cardio workout


YOGA

Yoga-based stretching, relaxation and breathing techniques help to increase your flexibility and reduce stress.


JPASS CLASSES


Now also included



and



Coming soon



Fitness Center Hours

M-TH 6am-10pm
F 6am-6pm
S, S 8am-5pm

UPDATED JUNE 29, 2009