

Group Exercise Schedule Summer 2010

TIME	CLASS	INSTRUCTOR	ROOM
SUNDAY			
9-10:15 am	Interval Training	Alicja/Kimani	Ex Rm 1
9-10:15 am	Int/Adv Yoga	Margaret Lesser	Ex Rm 2
9-10 am	Spin	Jenn Sherman	Spin Rm
10:30-11:30 am	Beginner Yoga	Margaret Lesser	Ex Rm 2
10:30-11:45 am	Cardio Combat/ Shake Your Soul	Catherine/Odelia	Ex Rm 1

MONDAY

6:15-7 am	SPIN	Karen Ouriel	Spin Rm
7:30-8:25 am	NEW! Ballet Bootcamp	Hillary	Ex Rm 1
7:30-8:25 am	Cardio Merge	Annette Scala	Ex Rm 2
8:30-9:25 am	Core with Weights	Michal	Ex Rm 1
9:30-10:30 am	**SPIN	Tracy	Spin Rm
9:30-10:25 am	Kickboxing Conditioning	Chris Carroll	Ex Rm 1
9:30-10:25 am	Pilates Plus	Neta Torfstein	Ex Rm 2
10:30-11:25 am	ZUMBA	Jen Semon	Ex Rm 1
10:30-11:25 am	Balance your Body	Ofira Mor	Ex Rm 2
1-2 pm	Calorie Burning Lunch	Annette Scala	Ex Rm 1
6:30-8 pm	Interval Training	Alicja Lada	Ex Rm 1
7-8 pm	SPIN	Andrew Strauss	Spin Rm

TUESDAY

6-7 am	Total Body Conditioning	Mark Hardaway	Ex Rm 1
6:30-7:30 am	*Triathlon Group Training	Andres Herrera	
7:30-8:25 am	Cardio Conditioning	Catherine Walsh	Ex Rm 1
8:30-9:25 am	Interval Training Level 2	Alicja Lada	Ex Rm 1
8:30-9:30 am	Pilates Reformer Workshop	Neta Torfstein	Ex Rm 3
9:30-10:25 am	Interval Training Level 1	Alicja Lada	Ex Rm 1
9:30-10:25 am	**SPIN	Jenn Sherman	Spin Rm
9:30-10:25 am	ZUMBA GOLD	Andrea Testa	Ex Rm 2
10:30-11:25	Classic Weight Conditioning	Barbara Finnerty	Ex Rm 1
10:45-11:25 am	Arthritis Foundation Aquatic	Ofira Mor	Pool
11:30 am-12:15 pm	Stability Strength & Align	Ofira Mor	Ex Rm 1
11:45 am-12:45 pm	Yoga Fundamentals	Arlene Minoyan	Ex Rm 2
12:15-1 pm	SPIN	Blanca Grinkovitch	Spin Rm
4-5 pm	Power Yoga	Catherine Walsh	Ex Rm 2
7-8 pm	SPIN	TBA	Spin Rm
8-8:55 pm	Pilates Plus	Neta Torfstein	Ex Rm 2

Schedule subject to change.

WEDNESDAY

6:15-7 am	SPIN	Andrew Strauss	Spin Rm
7:30-8:25 am	Cardio Merge	Annette Scala	Ex Rm 2
7:30-8:25 am	Functional Training	Barbara Marrott	Ex Rm 1
8:30-9:25 am	Functional Training Part 2	Barbara Marrott	Ex Rm 1
8:30-9:25 am	Cardio/Abs	Annette Scala	Ex Rm 2
9:30-10:25 am	Adrenaline Plus	Kimani Greene	Ex Rm 1
9:30-10:25 am	Pilates Plus	Daphne Kelman	Ex Rm 2
10:45-11:45 am	**NEW! SPIN	Jenn Sherman	Spin Rm
6:30-8 pm	Interval Training	Alicja Lada	Ex Rm 1
7:30-8:25 pm	Bellydance	Saffire	Ex Rm 2
8:30-9:25 pm	ZUMBA	Erica Lee Valens	Ex Rm 1

THURSDAY

6-7 am	Total Body Conditioning	Mark Hardaway	Ex Rm 1
6:30-7:30 am	*Triathlon Group Training	Andres Herrera	
7:30-8:25 am	Tone-n-Sculpt	Catherine Walsh	Ex Rm 1
7:30-8:25 am	SPIN	Karen Ouriel	Spin Rm
8-9 am	Pilates Reformer Workshop	Neta Torfstein	Ex Rm 3
8:30-9:25 am	Adrenaline Plus	Kimani Greene	Ex Rm 1
9:30-10:25 am	**SPIN	Donna Koles	Spin Rm
9:30-10:25 am	Classic Weight Conditioning	Barbara Finnerty	Ex Rm 1
9:30-10:25 am	Functional Training	Barbara Marrott	Ex Rm 2
10:30-11:25 am	Stability, Strength & Align	TBA	Ex Rm 1
10:45-11:25 am	Arthritis Aquatic Foundation	Ofira Mor	Pool
12:15-1 pm	SPIN	Karen/Blanca	Spin Rm
4-5 pm	Power Yoga	Catherine Walsh	Ex Rm 2
6-6:55 pm	Adrenaline Plus	Kimani Greene	Ex Rm 1
7-8 pm	Yoga w/ Toning	Margaret Lesser	Ex Rm 2
8-9 pm	Restorative Yoga Workshop	Arlene Minoyan	Ex Rm 2

FRIDAY

6-7am	Total Body Conditioning	Mark Hardaway	Ex Rm 1
6:15-7:15 am	SPIN	Steve	Spin Rm
6:45-7:20 am	Pre Warm-up Run	Barbara Marrott	Softball Field (weather permitting-everyone welcome)
7:30-8:25 am	Cardio Merge	Annette Scala	Ex Rm 2
7:30-8:25 am	Functional Training	Barbara Marrott	Ex Rm 1
8:30-9:25 am	Core/Weights	Mark Hardaway	Ex Rm 1
8:30-9:30 am	Cardio and Weights	Annette Scala	Ex Rm 2
9:30-10:25 am	**SPIN	Michael	Spin Rm
9:30-10:25 am	NEW! ZUMBA Toning	Erica Lee Valens	Ex Rm 1
9:30-10:30 am	Pump up Your Body	Annette Scala	Ex Rm 2
10:30-11:25 am	Balance Your Body	Ofira Mor	Ex Rm 2

****Sign up required at fitness desk 15 minutes prior to class start. *Triathlon Group Training is fee based.**
Contact Barbara Marrott at 201.408.1475 or bmarrott@jccotp.org for more information.
Classes in blue are fee based wellness classes & workshops, call Linda at 201.408.1479 for information.



CLASS DESCRIPTION

AQUA FITNESS

ARTHRITIS FOUNDATION AQUATIC PROGRAM

AFAP is a water exercise program designed and developed by the Arthritis Foundations for people with arthritis and related conditions.

GROUP FITNESS

ADRENALINE PLUS (A-I)

Reap the benefit of a personal trainer in a group exercise setting. You will move, burn, stimulate and take charge of every muscle using a variety of equipment.

BALLET BOOTCAMP

A high energy blend of several methods (pilates/yoga/ballet) this workout will strengthen muscles from the inside out. A combo of cardio and intense core training, you will strengthen and then stretch muscles to create long lean "dancer" type toned muscles. One will learn to balance and isolate certain muscle groups while also using large muscle groups - using body at full capacity. A fun, upbeat workout for all levels. Please see our School of Performing Arts if you are interested in building longer, leaner dancer type muscles.

BELLY DANCING

Join Safire for the ultimate core workout! Move your hips and abs to music from the Middle East. This class is very popular with mothers and daughters. All levels welcome.

CALORIE BURNING LUNCH-TIME WORKOUT

A mixture of Step, Spin, Sculpt or a combination.

CARDIO & ABS

If you need to get your cardio in and don't feel like running on the treadmill, join Annette in this 45-min cardio mix, followed by abdominal work and stretching.

CARDIO MERGE

Raise your heart-rate to burn fat and tone upper and lower body. Class utilizes cardio activities such as aerobics, steps, movement with light weights, as well as weight bearing activities using heavy weights, medicine balls, stability balls and bars.

CARDIO COMBAT

Work up a sweat and build your strength at the same time! A great combination of cardio kickboxing and upper body muscle builders.

CLASSIC WEIGHT TRAINING

Learn proper techniques for lifting free weights to get fast results.

CORE WITH WEIGHTS

This challenging class provides excellent core conditioning, building strong abs working with stabilization and balance. Strengthen abs, back, upper and lower body using a variety of equipment including stability balls, as well as medicine balls and gliding.

FUNCTIONAL TRAINING (I-A)

Functional training is a cardio/resistance class that utilizes medicine balls, resistive tubing, stability balls, free weights, BOSU, jump ropes and steps. The class is

designed using an interval training method so the heart rate stays elevated while "real life" type exercises are performed using a form of resistance. This class is designed for all.

INTERVAL TRAINING (I-A)

The best of both worlds! A great aerobic workout and total body conditioner all in this 90-minute class. Through use of the BOSU and Step, students are given short bursts of aerobic activities followed by resistance training.

KICKBOXING CONDITIONING

This high energy class is a combination of total body conditioning and kickboxing instruction. Exercises designed to increase explosive power for striking and cardio are coupled with kickboxing drills that stress balance, footwork, and proper punch, kick, knee and elbow techniques. Boxing gloves are recommended.

PUMP UP YOUR BODY

Get every muscle moving and pumping. Combining cardio moves and weight bearing exercises to burn the maximum amount of calories and tone your arms, legs and abs at the same time. Never boring! Class changes from week to week.

SHAKE YOUR SOUL

A fun, soulful, exercise class which includes very simple, easy to follow movements influenced by different movement forms like Jazz, Modern dance, African dance, Latin dance and more, choreographed to highly inspirational music from around the globe. The main benefits from this class are: cardiovascular fitness, increased tone, flexibility and strength, and stress reduction.

SPIN

Enjoy great music while participating in a dynamic instructor-led program on stationary bikes. The ride is as individual as the instructor.

TONE & SCULPT

Tone muscles you never knew you had with your own body weight, light hand weights or very simple equipment. You will be amazed with the results and how easy it is to incorporate into your daily life.

TOTAL BODY CONDITIONING

This cardiovascular conditioning and body sculpting class will help you tone your muscles and improve your strength while burning fat.

TRIATHLON TRAINING

As a participant in the program, you will be individually evaluated so you can train for this multi-sport endurance event consisting of swimming, cycling and running in immediate succession. The course will help you compete for your fastest course completion time, including "transitions" between your individual swim, bike, and run components.

ZUMBA/ZUMBA GOLD

Dance your way to a fitter you. Exciting and unique Latin moves and rhythms. ZUMBA is the class that is taking the world by storm. Enjoy the various styles of each instructor and see how much fun getting into shape can be.

MIND/BODY

BALANCE YOUR BODY

A low impact exercise class that is designed to help strengthen muscles, increase range of motion and flexibility, improve balance and body posture. This class is a total body workout that uses free weights, medicine balls, body bars, resistance bands and steps. Class format is geared towards prevention of osteoporosis. Mat work is a mandatory part of this class.

PILATES PLUS

The Pilates class is based on the Pilates techniques, a series of exercises that yield almost immediate results. Pilates will help you improve your balance and strengthen your core by emphasizing body alignment and breath control. Our credentialed instructors will work with beginner and seasoned students.

PILATES REFORMER WORKSHOP-

Each Pilate's reformer has varying degrees of resistance designed to maximize strength and flexibility for all levels with the assistance and resistance of springs. Controlled breathing, strengthening and balancing your body, are all the components addressed

POWER YOGA

Power Yoga is a combination of Hatha & Vinyasa Yoga. Vinyasa yoga focuses on flow & breath combined with Hatha yoga which can prevent countless ailments and gives relief from existing ones. The practice of the postures strengthens the body and creates a feeling of well being. Yoga sharpens the intellect and aids mental concentration.

RESTORATIVE YOGA

Benefits include increased flexibility, reduced anxiety and stress, reduced blood pressure & cholesterol, chronic pain relief, a release in deeply held tensions, improved digestion, deeper & restful sleep and improved well-being

STABILITY STRENGTH & ALIGN

This dynamic class takes functional exercise to new levels, using Pilates, Yoga and Feldenkrais techniques to realign the body. The targeted workout concentrates on stretching and strengthening to create lifestyle changes that last forever. Standing and mat work required.

YOGA

Yoga helps improve circulation and balance the immune system, while unifying the body, mind and soul. It can be practiced by people of all fitness levels. Both beginner and advanced students are welcome.

YOGA FUNDAMENTALS WORKSHOP

A slow paced beginner small group workshop, incorporating breath and movement, in a relaxed atmosphere. Props and modifications offered for a proper alignment and to help maneuver gently into the postures. Build the foundation of your practice as you are taught the fundamentals of yoga, with emphasis on correct alignment

YOGA & TONING

Enjoy classical yoga poses performed with resistance bands and core exercises. Reduce stress and tone at the same time.