

Group Exercise Schedule Winter 2011

TIME	CLASS	INSTRUCTOR	ROOM
SUNDAY			
8-9 am	**SPIN	Donna Koles	Spin Rm
9:15-10:15 am	**SPIN	Jenn Sherman	Spin Rm
9-10:15 am	Interval Training	Alicja/Kimani	Ex Rm 1
9-10:15 am	Intermediate/Advanced Yoga	Margaret Lesser	Ex Rm 2
10:30-11:30 am	Beginner Yoga	Margaret Lesser	Ex Rm 2
10:30-11:45 am	NEW! Shake Your Soul/ Cardio Combat	Odelia Shargian/ Catherine Walsh	Ex Rm 1
12:30-3:30 pm	Gymnastics Team (PRIVATE CLASS)	Alsu Oshepkova	Ex Rm 1

TIME	CLASS	INSTRUCTOR	ROOM
MONDAY			
6:15-7 am	SPIN	Karen Ouriel	Spin Rm
7:30-8:25 am	Cardio Merge	Annette Scala	Ex Rm 2
7:30-8:25 am	Core with Weights	Michal Melumad	Ex Rm 1
8:30-9:25 am	Bosu Bootcamp	Blanca Grinkovitch	Ex Rm 1
9:30-10:30 am	**SPIN	Blanca Grinkovitch	Spin Rm
9:30-10:25 am	Pilates Plus	Neta Torfstein	Ex Rm 2
9:30-10:25 am	Kickboxing Conditioning	Chris Carroll	Ex Rm 1
9:30-10:25 am	Bootcamp (LIMITED SPACE)	Kimani Greene	Ex Rm 1
10:30-11:25 am	ZUMBA	Jen Semon	Ex Rm 1
10:30-11:25 am	Balance your Body	Ofira Mor	Ex Rm 2
10:45-11:45 am	Pilates Plus	Neta Torfstein	YFC
10:45-11:30 am	Running Clinic	Blanca Grinkovitch	
1-2 pm	Calorie Burning Lunch	Annette Scala	Ex Rm 1
5-6 pm	Pilates Reformer Workshop	Neta Torfstein	
6:30-7:30 pm	NEW! Interval Training	Alicja Lada	Ex Rm 1
7-8 pm	SPIN	Andrew Strauss	Spin Rm
8-9 pm	NEW! Adrenaline Plus	Kimani Greene	Ex Rm 1

TIME	CLASS	INSTRUCTOR	ROOM
TUESDAY			
6-7 am	Total Body Conditioning	Mark Hardaway	Ex Rm 1
7:30-8:25 am	Catherine's 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	
9:30-10:25 am	Interval Training Level 1	Alicja Lada	Ex Rm 2
9:30-10:25 am	**SPIN	Jenn Sherman	Spin Rm
9:30-10:25 am	NEW! Shake Your Soul	Odelia Shargian	Ex Rm 1
9:30-10:30 am	NEW! Boxing	Harvey Dock	TBA
10:30-11:25 am	Classic Weight Conditioning	Barbara Finnerty	Ex Rm 1
10:30-11:30 am	NEW! Tai Chi	Gary Rosenblum	Ex Rm 2
10:45-11:25 am	Arthritis Foundation Aquatic	Ofira Mor	
11:30 am-12:15 pm	Stability Strength & Align	Ofira Mor	Ex Rm 1
12:15-1 pm	SPIN	Blanca Grinkovitch	Spin Rm
4-5 pm	Yoga	Catherine Walsh	Ex Rm 2
7-8 pm	SPIN	Michael Marriotti	Spin Rm
8-9 pm	Hip/Hop Zumba	Kristen Steitz	Ex Rm 1
8-9 pm	Pilates Plus	Neta Torfstein	Ex Rm 2

TIME	CLASS	INSTRUCTOR	ROOM
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	NEW! Bootcamp Fitness	Anthony Correo	Ex Rm 1
8:30-9:25 am	Cardio & Abs	Annette Scala	Ex Rm 2
9:30-10:25 am	**AdrenalinePlus	Kimani Greene	Ex Rm 1
9:30-10:25 am	Pilates Plus	Daphne Kelman	Ex Rm 2
9:30-10:30 am	NEW! Yoga/Barre Bootcamp	Hillary Wellish	Youth Rm 1
10:30-11:30 am	Balance and Tone	Ofira Mor	
10:45-11:45 am	** NEW! SPIN	Jenn Sherman	Spin Rm
10:30-11:30 am	NEW! Nia	Serena Puckett	Ex Rm 1
6:30-7:30 pm	Interval Training	Alicja Lada	Ex Rm 1
8:30-9:25 pm	ZUMBA	Kristen Steitz	Ex Rm 1

TIME	CLASS	INSTRUCTOR	ROOM
THURSDAY			
6-7 am	Total Body Conditioning	Mark Hardaway	Ex Rm 1
7:30-8:25 am	Tone-n-Sculpt	Catherine Walsh	Ex Rm 1
8-9 am	Pilates Reformer Workshop	Neta Torfstein	
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	Functional Training	Barbara Marrott	Ex Rm 1
9:30-10:25 am	Classic Weight Conditioning	Barbara Finnerty	Ex Rm 2
10:30-11:30 am	NEW! Gentle Yoga/PreNatal Welcome	Arlene Minoyan	Ex Rm 2
10:45-11:25 am	Arthritis Foundation Aquatic	Ofira Mor	
12-1 pm	NEW! ZUMBA	Jen Semon	Ex Rm 1
12:15-1 pm	NEW! SPIN	Blanca Grinkovitch	Spin Rm
4-5 pm	Yoga	Catherine Walsh	Ex Rm 2
6:30-7:30 pm	NEW! Adrenaline Plus	Kimani Greene	Ex Rm 1
7-8 pm	NEW! SPIN	Jenn Sherrman	Spin Rm
7-8 pm	Yoga with Toning	Margaret Lesser	Ex Rm 2

TIME	CLASS	INSTRUCTOR	ROOM
FRIDAY			
6-7 am	Total Body Workout	Mark Hardaway	Ex Rm 1
6:15-7:15 am	SPIN	Steve Berger	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	Core with Weights	Mark Hardaway	Ex Rm 1
8:30-9:25 am	Cardio & Abs	Annette Scala	Ex Rm 2
9:30-10:25 am	Pump Up Your Body	Annette Scala	Ex Rm 1
9:30-10:25 am	ZUMBA and Toning	Kristen Steitz	Ex Rm 2
9:30-10:25 am	SPIN	Blanca Grinkovitch	Spin Rm
10:30-11:25 am	Balance Your Body	Ofira Mor	Ex Rm 1

****Sign up required at fitness desk 15 minutes prior to class start.**

Classes in blue are fee based classes & workshops.

Contact Barbara Marrott at 201.408.1475 or bmarrott@jccotp.org for information.



CLASS DESCRIPTION

AQUA FITNESS

ARTHRITIS FOUNDATION AQUATIC PROGRAM

AFAP is a recreational water exercise program designed and developed by the Arthritis Foundations for people with arthritis and related conditions. Water exercise is especially beneficial for people with arthritis because it reduces stress on joints and muscles, lessens joint stiffness and increases stamina and range of motion. Class meets in Epstein Pool.

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. No cheating in this class. Guaranteed to get you into the shape you want to be in. Go back to basics and see what a difference it will make.

BELLY DANCING

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

CALORIE BURNING LUNCH

Join Annette for a mixed "bag lunch" of Step, Spin, Sculpt or a combination of the three. This class is open to staff as well as members.

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

Jump start your day with a complete body workout. 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, and 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 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. Each bicycle has its own computer measuring cadence and distance as well as adjustable degrees of resistance, allowing people at any fitness level to participate.

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.

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.

ZUMBA & TONING

The Zumba Fitness® programs fuse hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Zumba® routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba Toning™ blends body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. Students use weighted, maraca-like Zumba Toning Sticks to enhance rhythm and build strength.

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.

GENTLE YOGA/PRE NATAL WELCOME

A gentle hatha-based yoga class to develop flexibility, coordination, concentration and strength. Appropriate breathing techniques, gentle flowing movements, passive and supported poses. All levels are welcome, including prenatal, seniors, beginners and anyone who requires or prefers a softer, gentler approach to yoga.

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.

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.

SUNDAY MORNING YOGA

Wake up Sunday morning with Margaret Lesser's Yoga as she creates awareness & relaxation. 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 & TONING

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