



# GROUP FITNESS SCHEDULE

## SUMMER 2024



EFFECTIVE 06.24.24

### SUNDAY

8:15-9 AM	BARRE	MICHAL MELUMAD	EX RM 2
8:30-9:15 AM	CYCLING	ADEENA PULTMAN	CYCLING RM
8:30-9:15 AM	HIIT	TAMAR LOWE	EX RM 1
9:15-10:10 AM	SLOW FLOW - <b>NEW!</b>	HARRY O'BYRNE	EX RM 2
9:30-10:15 AM	CYCLING	ADEENA PULTMAN	CYCLING RM
9:30-10:15 AM	STRENGTH, STRETCH, & ALIGN	OFIRA MOR	EX RM 1
10:30-11:15 AM	ZUMBA®	CECILIA CHAN	EX RM 1
10:30-11:15 AM	BARRE	SHIRA KRAFT	EX RM 2

### MONDAY

6:45-7:30 AM	<b>FIT &amp; STRONG</b>	<b>ANNETTE SCALA</b>	<b>VIRTUAL</b>
7:30-8:15 AM	METABOLIC CONDITIONING	GRACE O'BRIEN	EX RM 1
8:15-9:15 AM	YOGA	JILL SCHWALABE	EX RM 2
8:30-9:15 AM	CARDIO STRENGTH INTERVALS	TAMAR LOWER - <b>NEW!</b>	EX RM 1
9:30-10:15 AM	POWER PUMP	MICHAL MELUMAD	EX RM 2
9:30-10:15 AM	PILATES AMPED	TAMAR LOWE	EX RM 1
9:30-10:15 AM	CYCLING	MICHAEL O'REILLY	CYCLING RM
10:30-11:15 AM	BALANCE YOUR BODY	OFIRA MOR	EX RM 2
10:30-11:15 AM	POWER SCULPT	RONNIE ALLEN - <b>NEW!</b>	EX RM 1
11:30-12:15 PM	ZUMBA GOLD	SALONEY CHANDRA	EX RM 1
12:00-12:45 PM	AQUA FIT	ALISON MILLER	INDOOR POOL
12:30-1:15 PM	PILATES STRETCH.	TIFFANY DIAMOND	EX RM 1
6:00-6:45 PM	MAX STRENGTH	SHIRA KRAFT	EX RM 1
6:30-7:15 PM	CYCLING	MICHAEL O'REILLY	CYCLING RM
7-7:45 PM	FUNDAMENTAL FITNESS	KIMANI GREENE	EX RM 1

### TUESDAY

6:15-7:00 AM	BREAKFAST CLUB	KIMANI GREENE	EX RM 1
7:30-8:15 AM	CARDIO CONDITIONING	SHIRA KRAFT	EX RM 1
8:30-9:15 AM	MAX STRENGTH	SHIRA KRAFT	EX RM 1
9:30-10:15 AM	CARDIO BOOTY BARRE	MICHAL MELUMAD	EX RM 2
9:30-10:15 AM	CYCLING	DONNA KOLES	CYCLING RM
9:30-10:15 AM	FULL BODY BLAST	TIFFANY DIAMOND	EX RM 1
10:30-11:15 AM	PILATES STRETCH	TIFFANY DIAMOND	EX RM 1
10:30-11:00 AM	BODY BLAST EXPRESS	DONNA KOLES	EX RM 2
11:30-12:15 PM	ZUMBA®	CECILIA CHAN	EX RM 1
5:00-5:45 PM	STRETCH, STRENGTH & ALIGN	OFIRA MOR	EX RM 1
6:00-6:45 PM	FUNDAMENTAL FITNESS	KIMANI GREENE	EX RM 1
6:45-7:30 PM	CYCLING.	SUZANNE ALEKSIC	CYCLING RM

### WEDNESDAY

6:00-6:45 AM	CARDIO STRENGTH CONDIT.	SHIRA KRAFT	EX RM 1
6:45-7:30 AM	<b>FIT &amp; STRONG</b>	<b>ANNETTE SCALA</b>	<b>VIRTUAL</b>
7:00-7:45AM	TOTAL BODY FUSION	MICHAL MELUMAD	EX RM 1
8:00-8:45 AM	FUNDAMENTAL FITNESS	KIMANI GREENE	EX RM 1
9:30-10:15 AM	BARRE	SHIRA KRAFT	EX RM 2
9:30-10:15 AM	CYCLING	MICHAEL O'REILLY	CYCLING RM
9:30-10:25 AM	POWER VINYASA FLOW	CHAVIE ROSEN	EX RM 1
10:30-11:15 AM	BARRE.	BARBARA PEREZ	EX RM 2
10:30-11:15 AM	STRENGTH, STRETCH, & ALIGN	OFIRA MOR	EX RM 1
11:30-12:15 AM	STRETCH AND RECOVERY	RONNIE ALLEN	EX RM 2
11:45-12:30 PM	AQUA AEROBICS	ALISON MILLER	INDOOR POOL
12:30 -1:15 PM	FUNDAMENTAL FITNESS	KIMANI GREENE	EX RM 1
6:00-6:55 PM	YOGA	JILL SCHWALBE	EX RM 2

### THURSDAY

7:00-7:45 AM	TOTAL BODY CONDITIONING	RONNIE ALLEN	EX RM 1
7:30-8:25 AM	<b>BODY SCULPT</b>	<b>SHIRA KRAFT</b>	<b>VIRTUAL</b>
7:30-8:25 AM	YOGA	ALISON MILLER	EX RM 2
8:30-9:15 AM	SCULPT PILATES	DONNA KOLES	EX RM 1
9:30-10:15 AM	OFF THE BARRE	SHIRA KRAFT	EX RM 1
9:30-10:15 AM	CYCLING	DONNA KOLES	CYCLING RM
10:30-11:15 AM	PILATES	SHIRA KRAFT	EX RM 1
10:30-11:15 AM	AGE LESS, PLAY MORE	MARGARET C.	EX RM 2
11:30-12:15 PM	ZUMBA®	JEN SEMON	EX RM 1
11:30-12:15 PM	AQUA AEROBICS	MARGARET C.	INDOOR POOL
4:00-4:45 PM	FUNDAMENTAL FITNESS	KIMANI GREENE	EX RM 1
6:00-6:45 PM	ELITE STRENGTH	RONNIE ALLEN	EX RM 1
7:30-8:15 PM	ZUMBA®	SALONEY CHANDRA	EX RM 1

### FRIDAY

6:45-7:30 AM	<b>FIT &amp; STRONG</b>	<b>ANNETTE SCALA</b>	<b>VIRTUAL</b>
7:30-8:15 AM	LEAN BODY BURN	TIFFANY DIAMOND	EX RM 2
8:00-8:55 AM	YOGA	ALISON MILLER	EX RM 2
8:30-9:15 AM	FULL BODY BLAST	TIFFANY DIAMOND	EX RM 1
9:30-10:15 AM	POWER ZONE	TAMAR LOWE	EX RM 1
9:30-10:15 AM	CYCLING	ADEENA PULTMAN	CYCLING RM
9:30-10:15 AM	BARRE	MICHAL MELUMAD	EX RM 2
10:30-11:15 AM	STRETCH AND RECOVERY	RONNIE ALLEN	EX RM 1
10:30-11:15 AM	CARDIO DANCE FITNESS	SARAH GUTTMAN	EX RM 2
11:30-12:15 PM	BALANCE YOUR BODY	OFIRA MOR	EX RM 1

**NEW!** = Format, instructor, or location has been changed or added.

### GROUP FITNESS CLASS RULES REMINDER:

ABSOLUTELY NO CELL PHONE USE WHILE CLASS IS IN SESSION  
 OUR AGE MINIMUM FOR PARTICIPATION IS 14  
 PLEASE BOOK YOUR SPOTS ON THE APP PRIOR TO CLASS  
 PLEASE ARRIVE AT LEAST 5 MINUTES BEFORE CLASS, OR YOUR SPOT WILL BE GIVEN TO SOMEONE ON THE WAITLIST  
 PLEASE DO NOT COME INTO CLASS LATE  
 KINDLY RETURN ALL EQUIPMENT TO ITS HOME BASE

QUESTIONS? HAGIT TAL, FITNESS & WELLNESS DIRECTOR  
 HTAL@JCCOTP.ORG : 201.408.1472

TO SCHEDULE A VISIT, VIEW VIRTUAL CLASS SCHEDULE OR REGISTER, DOWNLOAD OUR JCCOTP APP OR VISIT  
 JCCOTP.ORG/RESERVATIONS/

KAPLEN JCC on the Palisades TAUB CAMPUS | 411 E CLINTON AVE, TENAFLY, NJ 07670 | 201.569.7900 | jccotp.org





# GROUP FITNESS SCHEDULE

## SUMMER 2024 - CLASS DESCRIPTIONS



### AGE LESS, PLAY MORE (BEGINNER)

Age is not a limitation! This low impact workout is designed to work on strength, stability, alignment and balance while having fun. We will use dumbbells, bands and floor exercises to make you feel and look better.

### AQUA AEROBICS (BEGINNER)

This low-impact class will get you moving safely and with a smile. Join others from the community who are looking to improve circulation, regain range of motion and support strength development. Exercise class in the pool reduces stress on the joints and increases stamina and range of motion. Water aerobic is beneficial for individuals with arthritis.

### AQUAFIT (ALL LEVELS)

This fast-paced Aqua class will get your heart rate pumping as you alternate between fast and slower-paced movements utilizing the resistance of the water to improve strength, endurance, and cardio efficiency.

### BALANCE YOUR BODY (BEGINNER-INTERMEDIATE)

This low-impact class focuses on strength, increased range of motion and improvement of posture and balance. You will utilize and be familiarized with many modalities including: free weights, medicine balls, body bars, resistance bands, steps and mat work. Just because you are lying down does not mean you will be relaxed!

### BARRE (ALL LEVELS)

This total body class utilizes ballet-inspired movement to target the muscles for a deep burn. The isometric exercises increase endurance, strength and coordination. The core, glutes, quadriceps and arms will be challenged in this precise and disciplined class.

### BODY SCULPT (INTERMEDIATE)

Nothing will be left out of this one: kettlebells, weighted bars, dumbbells, BOSUs and more! This total body class leaves nothing left in the tank. Come ready to work!

### BREAKFAST CLUB (INTERMEDIATE)

Start your day with the Breakfast Club workout. Build muscles and strengthen your core and add some cardio intervals.

### CARDIO BOOTY BARRE (BEGINNER-INTERMEDIATE)

A total body workout that combines Pilates, Ballet and Yoga to target the core from all sides: glutes, abdominals, obliques and pelvic floor. Isometric exercises increase time under tension and help to sculpt lean lines.

### CARDIO CONDITIONING (INTERMEDIATE-ADVANCED)

Push your body to the limit in this class that is designed to leave you breathless. Challenge your cardiovascular capacity and muscular endurance in this fast-paced, non-stop, super satisfying class.

### CARDIO STRENGTH CONDITIONING (INTERMEDIATE-ADVANCED)

Condition the body through cardio and strength intervals. Movements designed to maximize time and define the body.

### CYCLING (ALL LEVELS)

Rock out to some incredible jams while you climb hills, fight wind tunnels and sprint your way to greater fitness. This class is designed for anyone who wants to be better and feel a part of a team. Our clips are SPD but cages are available to those without cycling shoes.

### CYCLE & STRENGTH (ALL LEVELS)

A hybrid class that starts with a 30-min intense ride in the cycling studio and then transitions to Grp Ex Room 1 for 25-min of strength training with dumbbells. Concludes with a 5-min stretch. An efficient workout that will leave you sweaty and feeling great!

### FIT & STRONG (BEGINNER)

This low-impact class keeps you on your toes with a variety of modalities: steps, weights, bands and medicine balls to name a few! Work on stability, balance and bone-density while singing along with your favorite tunes from the 50's through to today.

### FULL BODY BLAST (ALL LEVELS)

This HIIT (high intensity interval training) workout will leave you feeling breathless and stronger than ever! Designed to burn the fat into lean muscle while increasing stamina, endurance, and overall strength. Grab those weights and get ready to work!

### FUNDAMENTAL FITNESS (INTERMEDIATE-ADVANCED)

Coach Kimani Greene has revamped this class to take your training to the next level. You will move through all planes of motion while challenging your strength, endurance and power. Through a combination of carefully chosen body weight, plyometric and dumbbell exercises - you are guaranteed to leave it all on the floor!

### ELITE STRENGTH (INTERMEDIATE-ADVANCED)

A twist on Fundamental Fitness, this version uses a variety of implements to help you build strength.

### HIIT (INTERMEDIATE)

High Intensity Interval Training will challenge your aerobic capacity in a high energy workout combining calisthenics, light to moderate weights and a wide variety of equipment. This class will leave you feeling sweaty in the best way possible.

### HIIT CIRCUIT BLAST (INTERMEDIATE)

This fast paced workout targets every muscle group as you switch from weights to cardio in three circuits. Conclude each class with an intense abdominal sequence.

### LEAN BODY BURN

High intensity, low impact total body workout. Designed to increase balance, strengthen and sculpt the entire body.

### MAX STRENGTH (ADVANCED)

Strengthen your mind and body by pushing yourself to achieve maximum results Pure strength, NO cardio!

### METABOLIC CONDITIONING (ALL LEVELS)

A full body workout using a variety of movements and equipment with a focus on conditioning. Includes both high intensity aerobic (endurance) and anaerobic (speed) intervals to increase your metabolism for hours after.

### MAT PILATES (BEGINNER)

This class teaches an approach to strength that starts at the core and extends throughout the body. A focused and deliberate approach, Pilates will teach core and breath that supports and strengthens your body through other endeavors.

### OFF THE BARRE

Everything you know and love about BARRE, but OFF the Barre! Ballet-inspired movement, isometric exercises, deep core and muscle work will challenge you in this precise, targeted and disciplined class.

### PILATES STRETCH

This unique class is designed to increase mobility, flexibility, and overall strength. Low lighting and weekly playlists lends itself to a unique "flow state" experience needed to function and perform at optimum capacity. Leave feeling rejuvenated and restored. Grab a mat, roller and a yoga block. No weights.

### POWER PUMP

Join us for an exhilarating fitness class designed to ignite your energy and sculpt your physique.

### POWER SCULPT (BEGINNER - INTERMEDIATE)

Full body conditioning workout for everyone designed to enhance muscle definition, balance, strength and endurance on major muscle groups. Use different types of equipment each week to add to your workout library.

### POWER VINYASA YOGA (INTERMEDIATE-ADVANCED)

This Yoga practice will challenge your strength and push you to new levels. The poses and flows increase both strength and resilience.

### SCULPT & STRETCH (ALL LEVELS)

The perfect lunchtime break to get it all in! Low impact total body workout, designed to challenge the core while sculpting and toning. The stretch component of this class makes this just what the doctor ordered.

### SLOW FLOW (BEGINNER)

This accessible Yoga class is designed to unify mind, body and soul. Create body awareness, improve circulation, develop strength and access your parasympathetic system. This is a class for every busy person looking to take a mindful moment for themselves.

### STRETCH, STRENGTH AND ALIGN (BEGINNER)

Led by our dedicated Occupational Therapist, this class is designed to create strong foundational fitness to support the activities of daily living. Mobility, stability, and posture are targeted utilizing techniques from Pilates, Yoga and Feldenkrais. Standing and mat work required.

### STRETCH AND RECOVERY (ALL LEVELS)

An all-over body stretching and mobility program that will leave you feeling revitalized and rejuvenated. Using progressive stretching techniques you will gain a greater range of motion and an improved body recovery state.

### TOTAL BODY CONDITIONING (ALL LEVELS)

Full body workout combining strength, core, and cardio designed to target all muscle groups.

### TOTAL BODY FUSION (ALL LEVELS)

Full body workout combining strength and cardio, followed by pilates core work.

### YOGA (ALL LEVELS)

Vinyasa Yoga is all about the flow -- with each cycle you will add something to increase complexity. Let this class increase your yoga toolbox! It will leave you feeling accomplished, centered and ready for your next challenge.

### ZUMBA (ALL LEVELS)

Get up and DANCE! This Latin-inspired group dancing class teaches dance segments that are threaded together to create fun and fulfilling movement. The unique community found in the Zumba studio ensures that you will leave with a smile on your face.