

DR. EDWIN & JUDY BROWN FITNESS CENTER

Group Exercise Class Schedule

Effective June 1st, 2010

Fitness Center Hours: (M-Th 5:30 am-8:45 pm) (Fri 5:30 am-5:45 pm) (Sat 12-5:45 pm) (Sun 8 am-5:45 pm)
 Fitness Center Babysitting Hours: (M-F 9:30 am-12:00 noon) (M-Th 6:00 pm-8:00 pm) (Sun. 8:00 am-12:00 noon)

Fitness Center Director: Guido Posso

** PLEASE NOTE SPECIAL CLASS TIME

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5:30 am <i>Schwinn Cycle</i> ~ Karen ~		5:30 am <i>Schwinn Cycle</i> ~ Karen ~	
8:00 am <i>Schwinn Cycle</i> ~ Christine ~		8:00 am <i>Guts & Butts</i> ~ Irene ~		8:00 am <i>Instructor Choice</i> ~ Irene ~	8:00 am <i>Beginning Pilates</i> ~ Lori ~
9:15 am <i>Hi/Lo</i> ~ Alicia ~	9:15 am <i>Instructor Choice</i> ~ Chandra ~	9:00 am ** <i>Schwinn Cycle</i> ~ Sue L ~	9:15 am <i>20-20-20</i> ~ Chandra ~	9:00 am ** <i>Schwinn Cycle</i> ~ Art ~	9:15 am <i>Cardio Combo</i> ~ Irene ~
10:15 am <i>Pilates Mat®</i> ~ Lori ~	10:30 am ** <i>SilverSneakers®</i> <i>Cardio Circuit</i> ~ Chandra ~	10:15 am <i>Pilates Mat®</i> ~ Lori ~		10:15 am <i>Pilates Mat®</i> ~ Lori ~	10:15 am ** <i>Circuit Plus</i> ~ Chandra ~
			11:00 am ** <i>Senior & Beginner</i> <i>Spin</i> ~ Art ~	11:15 am ** <i>ZUMBA Gold</i> ~ Vicky ~ (Begins 6/24)	
12 noon <i>SilverSneakers®</i> <i>Range of Motion</i> ~ Guido ~	12 noon <i>Well Fit</i> ~ Irene ~	12 noon <i>SilverSneakers®</i> <i>Cardio Circuit</i> ~ Guido ~	12 noon <i>Well Fit</i> ~ Bonnie ~	12 noon <i>SilverSneakers®</i> <i>Yoga Stretch</i> ~ Bonnie ~	12 noon <i>Stretch Yoga</i> ~ Irene ~
		1:00 pm <i>SilverSneakers®</i> <i>Range of Motion</i> ~ Guido ~			
2:30 pm <i>Schwinn Cycle</i> <i>EVERY OTHER</i> <i>WEEK</i> ~ Jason~ Begins 1/17					
	5:30 pm <i>ZUMBA</i> ~ Patty ~ Schaffer Gym			5:30 pm <i>ZUMBA Toning</i> ~ Patty ~	
	5:30 pm <i>Schwinn Cycle</i> ~ Christine ~				
	6:45 pm <i>Super Sculpt</i> ~ Max ~	6:30 pm ** <i>Schwinn Cycle</i> ~ Art ~	6:00 pm ** <i>Core Strength</i> <i>Circuit</i> ~ Guido ~	6:30 pm ** <i>Cardio Kick Boxing</i> ~ Alicia ~	
		7:45 pm <i>Yoga Eclectic</i> ~ Vanessa ~	7:00 pm ** <i>Jiu-Jitsu</i> ~ Matt DiCerbo ~ Call 221-4040		



Robert & Dorothy Ludwig Schenectady Jewish Community Center
 2565 Balltown Rd., Schenectady, NY 12309
 (518) 377-8803 www.schenectadyjcc.org

CLASS DESCRIPTIONS

FREE FOR MEMBERS; \$5.00 FOR NON-MEMBERS (UNLESS OTHERWISE NOTED)

20-20-20: Twenty minutes of abdominals, twenty minutes of lower body, and twenty minutes of upper body strengthening, toning and sculpting exercises make this class a full body, fat burning, hour of fun.

Beginning Pilates: This class will take the core movements of the classic Pilates repertoire and slow them down to focus on proper form and technique. Modifications are made for limitations or injuries and personalized instruction is provided to ensure safety while building strength and mobility. All levels are welcome. \$12/non-member.

Cardio Combo: Cardio/Strength/Stretch - One hour full of everything you need to get more strength, endurance and flexibility.

Cardio Kick Boxing: Starting with a warm-up and combining kickboxing moves and boot camp style strength training drills, this class is appropriate for any fitness level. Come on in! Summer is around the corner. Are you ready?

Circuit Plus: Exercise with body balls for developing strength, improving balance, coordination and flexibility.

Core Strength Circuit: Strengthen your core using a variety of exercises and equipment. Each class is a little different. Take your training to a new level.

Guts and Butts: This 45 minute class will tighten and tone your gut and butt.

Hi/Lo: This aerobic format incorporates high impact and low impact movements. You choose the level that best fits your needs.

Instructor Choice: The instructor chooses formats designed to improve cardiovascular/musculoskeletal health.

JCC Maccabi Kids: Boys and Girls in grades K-5 who want to exercise and have fun in the gym!

Pilates Mat®: Pilates is a body conditioning system that seeks to build strength, flexibility, endurance, and coordination without adding muscle bulk. The program focuses on strengthening the body's "core", improving posture, and fully engaging the body and mind. Mat classes are based on the classic Pilates technique and are open to all. Modifications will be provided as needed.. \$12/non-member.

Schwinn Cycle: Our instructors guide you on a variety of "journeys" designed to push you to your fitness limits. Meet the challenge. Have fun. Free for members, \$10 non-members.

Senior & Beginner Spin: Introduce yourself to the wonderful world of indoor cycling. This class is specifically designed for seniors or beginning indoor cyclists. You will enjoy low impact exercise to great music. It's challenging and fun. Free for members, \$10 non-members.

SilverSneakers® Range of Motion: Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of motion. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is provided for support. ~ Free to SilverSneakers® Participants and JCC members, \$3 non-members~

SilverSneakers® Cardio Circuit: This standing workout alternates from upper body to low impact full body movement. Balls, weights and elastic bands are used for resistance. ~Free to SilverSneakers® Participants and JCC members, \$3 non-members~

SilverSneakers® Yoga Stretch: Move your whole body through a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of movement. Breathing exercises and a final relaxation will promote stress reduction and mental clarity. ~Free to SilverSneakers® Participants and JCC members, \$3 non-members~

Stretch/Yoga: Move your whole body through a complete series of yoga poses designed to increase flexibility, balance and range of movement. Breathing exercises, stretching and a final relaxation will promote stress reduction and mental clarity.

Super Sculpt: Ask more from your muscles! This class is designed for men and women, who want tone, strength and definition. Weight training exercises and motivating music offer a class that will push you beyond and into the next level of fitness.

Well Fit: If you are new to group fitness, prefer a lower impact workout or just trying to stay well and fit, this is the class for you.

Yoga Eclectic: A combination of the hatha and tantric branches of yoga. Each class includes asanas (physical postures), meditation and pranayama (breath techniques). FREE for Members, \$5/non-members.

ZUMBA: This fusion of Latin and international music and dance forms create a dynamic, exciting, effective fitness system.

ZumbaGOLD: The same great Latin styles of music and dance as Zumba but done at a lower intensity and not as fast.

ZUMBA Toning: Take Zumba to the next level! As much fun as ever, using light weights combined with cardio to chisel your entire physique.

FEE FOR SERVICE CLASSES (ALL PARTICIPANTS)

Jiu-Jitsu: This ancient martial art is a system of fighting, primarily unarmed, but in some instances using weapons. \$40 for members; \$50 for non-members. Call Matt DiCerbo at 221-4040 for registration and additional information.