



BARRY AND FLORENCE
FRIEDBERG
JEWISH COMMUNITY CENTER

February - March 2017



Physical



Spiritual



Social



Intellectual



Emotional



Occupational

GroupEx Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 AM Sport Yoga Jennifer	8:05-9:05 AM Core Boxing Andrea	9-10 AM Zumba® Wendy	8:30-9:15 AM TRX Bootcamp Wendy	8:10-9:10 AM Sun Salutation Yoga Donald	9:10-10:10 AM Core & More Lydia
9-10 AM Zumba®/POUND® Andrea	9:10-10:10 AM Mat Yoga Sandye	9-10 AM Yoga Donald	8:45-9:30 AM POUND® Andrea	9:15-10:15 AM Aerobics Lydia	9:15-10:15 AM Zumba® Andrea
9:30-10:15 AM Indoor Cycling* Regina	9:15-10:10 AM Cardio Dance Andrea	10-11 AM Cardio Sculpt Wendy	9:30-10:30 AM Burn & Firm Lori	9:15-10:15 AM Yoga Donald	10:15-11:15 AM Forever Fit Lori
10-11 AM Vinyasa Flow Yoga Jennifer	10:15-11:15 AM Yoga Jennifer	10-11 AM Aerobics Lydia	9:30-10:30 AM Tai Chi Liz	10:35-11:10 AM Core Fusion Lydia	10:30-11:15 AM Silver Sneakers® Lisa
10:30-11:15 AM Indoor Cycling* Regina	10:30-11:30 AM Chair Yoga Sandye	11-11:45 AM Silver Sneakers® Lydia	9:30-10:15 AM Indoor Cycling Lisa	11:15 AM-12:15 PM Strong & Stretch* Carol	
	11:15 AM-12:15 PM Strong and Stretch* Carol		10:30-11:30 AM Forever Fit Lori		
			11 AM -12 pm Chair Yoga Sandye		
	6:30-7:15 PM Pilates Sculpt Sue	6-6:45 PM Indoor Cycling Ali	6:15-7:10 PM Knockout Dance Fusion Karen	6-6:55 PM HIIT Regina	
	7:15-8:15 PM Barre Sculpt Sue	7:30-8:30 PM Vinyasa Flow Yoga Liana	7:15-8 PM Indoor Cycling Ali	7-7:45 PM Indoor Cycling Regina	
			7:15-8:15 PM Core Pilates Lydia	7-7:45 PM Cardio Crunch Lydia	

Babysitting
available
Mon - Fri
9-11:30 am

Minimum age
of 13 years old
to participate
in classes.

Questions? Contact: Stacy Miller, Lead Trainer, 516-766-4341 or smiller@friedbergjcc.org

*For Sunday Indoor Cycling: Please call the Front Office at 516-766-4341 after 12 pm on Friday to reserve a bike.

Last Update:
1/31/17





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AEROBICS Get fit in this fun, energetic class that will allow our seasoned members to work on strength movements while improving overall fitness.

BARRE SCULPT You will get hooked on this total body workout after the very first class! Using light hand weights, Pilates balls, the mat, and the ballet barre, you will work deeply into every muscle group to lift, tone and sculpt your best body.

BODY BLAST This is a full body workout that involves cardio to increase the heart rate, and resistance training to sculpt the arms, butt, and core. It is an intense workout to start your day out right and have you leave class feeling great!

BURN & FIRM A fabulous interval training class using the step, weights, balls, bars and more that creates a total overall body sculpting experience.

CARDIO CRUNCH This 3 part class uses kickboxing, strength training and core mat work for a high intensity/low impact aerobic conditioning class. Want a great work out, come check it out!

CARDIO DANCE A fantastic combination of cardio and easy to follow dance moves. This moderate intensity class will make your workout effective and enjoyable.

CARDIO SCULPT This class incorporates different cardio styles such as aerobic dance and step followed by a strength & conditioning segment. This workout will challenge your body from head to toe!

CHAIR YOGA A gentle but effective approach to Yoga geared for the individual who is unable to get up and down from the floor. Reduce stress, tone and stretch while connecting breath to movement.

CORE & MORE is a fun cardio-based core-challenging class utilizing simple hand-held weights, real life twisting, bending, pushing, pulling, lunging and squatting in a refreshing and creative way.

CORE BOXING Come try what the stars are raving about! Core Boxing is a challenging class which uniquely mixes Pilates and Boxing into a calorie-burning and muscle-sculpting workout.

CORE FUSION This heart-pumping, soul-seeking, energy-inducing fitness program focuses on core strength for the ultimate full body workout. Using weights, balls, bands and your body weight as resistance, this program will keep you burning calories long after the class is over.

CORE PILATES This mat-based class incorporates strength training with the science of body movement which focuses on core conditioning and stabilization. Want lean, toned muscles as well as a strong back and more flexibility? This is the class for you.

FOREVER FIT This an active strength & conditioning class is geared towards the mature adult. Use stability balls, hand weights and tubes with moderate intensity to improve strength, bone density, balance, flexibility & range of motion.

HIIT is a total body workout using weights, bars, balls, step and bands with short high-intensity intervals (burpees, mountain climbers, jumping jacks, and plyometrics) between the weight segments.

INDOOR CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs and sprints that can make an unpredictable ride that is fun and challenging.

KNOCKOUT DANCE FUSION is a combination class with the excitement of Zumba® and a Latin inspired dance 'n tone program. In a short period of time, this challenging workout helps in building coordination and muscle endurance.

MAT YOGA Floor-based Yoga for mature adults. Connect breathing to movement, reduce stress and restore mental/physical balance.

PILATES SCULPT This deep core workout combines the best of yoga and Pilates. Strengthen, lengthen and sculpt all the muscles of your body while improving your balance and general sense of well-being.

POUND® is a full-body interval based jam session that combines easy to follow cardio moves, Pilates, plyometrics and isometric poses. Using weighted Ripstix, the simulated drumming experience will energize and empower you while you strengthen and sculpt your way to a leaner, slimmer physique.

SILVER SNEAKERS® Try this fitness class to slow down the aging process, increase strength, bone and muscle density, balance, coordination and flexibility. Gain independence and peace of mind.

SPORT YOGA The blending of Yoga with the teachings of Joseph H Pilates to strengthen your mind body and spirit. This class will help you attain a stronger, more toned yoga body, and a calmer more focused mind.

STRONG & STRETCH This class begins with a short aerobic warm-up followed by a total body workout with weights and floor work. Class ends with a relaxing stretch segment. *Free to JCC Members (excludes club members)

SUN SALUTATION YOGA is an energizing vinyasa flow using breath and sun salutations to awaken your body, mind and soul. Begin your day saluting the sun, creating positive energy to move through your day with confidence, health and empowerment.

TAI CHI is a healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing, and stretching techniques.

TRX BOOTCAMP Take the next step in your TRX training routine by adding more advanced functional exercises and the use of the TRX Rip cord trainer. Whatever your fitness, this TRX class will build on the basic skills gained from the intro class and take your fitness level to new heights.

VINYASA FLOW YOGA Find balance, serenity and relaxation with this slow flow vinyasa class. Create a haven for your body, mind and soul by slowing down and escaping from today's hectic life. Learn through guided visualization to bring more peace into your life.

YOGA This class reviews the fundamentals of yoga. The emphasis is on Asanas (postures) and working with the breath. Each student works at his/her own level and the use of props are encouraged. Students are provided with the solid foundation needed to develop a safe and beneficial yoga practice.

ZUMBA® Dance, Dance, Dance! Zumba® is a fusion of Latin and International music with dance themes that create a dynamic, exciting, effective fitness system!

Contact: Stacy Miller, Lead Trainer
516-766-4341 or smiller@friedbergjcc.org