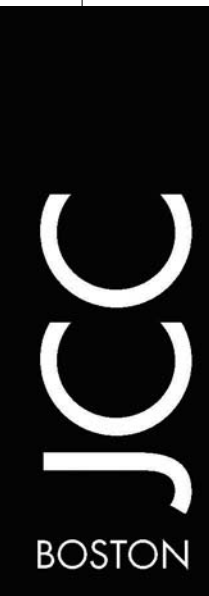


GROUP FITNESS SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
8:30-9:30am Cardio Blast Vanessa (DS)	6-7am Spinning Laura (SS)	6-7am Spin Sylvia (SS)	6:10-7:15am Stretch, Strengthen & Tone Kristen (GFS)	6-7am Spin Jim (SS)	6-7am Spin Allyssa (SS)	8-9am Spin Allyssa (SS)
8:30-9:30am Spin Jim (SS)	8:30-9:30am World Dance Jam Elisa (GFS)	8:30-9:30am Body Sculpting Jill (DS)	8:30-9:30am World Dance Jam Elisa (GFS)	7-8am Sunrise Yoga Sandi (DS)	8:30-9:30am Zumba Cori (GFS)	8:15-9am Yogalates Judi (DS)
9-10am 20-20-20 Wendy (GFS)	8:30-9:30am Pilates Bonnie (DS)	8:30-9:30am Hour of Power Joan (GFS)	8:30-9:30am Power Low Rhea (DS)	8:30-9:30am Dancercize Annie (GFS)	8:30-9:30am Yoga Jessica (DS)	9-9:45am Yogalates Judi (DS)
9:30-10:30am Turbo Kick Kristen, (EAS)	9:30-10:30am Hour of Power Jenn (GFS)	9:30-10:30am Pilates Bonnie (DS)	9:30-10:30am Yogalates Judi (GFS)	9:30-10:30am Yoga Helene (DS)	9:30-10:30 Power Low Susie (DS)	9-9:45am Zumba Andria (GFS)
9:45-10:45am Yogalates Helene, (DS)	9:30-10:30am Spin Andy (SS)	9:30-10:45am Advanced Step 'n Sculpt Rhea (GFS)	11-11:45am Forever Fit Jill (GFS)	9:30-10:30am Spin Rachael (SS)	9:30-10:45am Total Body Blast Rhea (GFS)	10:15-11am Zumba Andria (GFS)
10-11am Spin Janis, (SS)	10:30-10:45am Ab Explosion Jenn (GFS)	12-12:45pm Express Spin Rachael (SS)	12-1pm Yoga Helene (DS)	9:30-10:45am Zumba Andria (GFS)	11-11:45am Forever Fit Rhea (GFS)	
10-11am Chisel Wendy (GFS)	12-1pm Yoga Helene (DS)	6:30-7:30pm Hi-Lo Nancy (GFS)	12-1pm Zumba Yael (GFS)	6:30-7:30pm Pilates Michelle (DS)	12-12:45pm Express Spin Holly (SS)	
10:30-11am Muscle Conditioning Kristen, (EAS)	6-7:15pm Boot Camp Kristen (GFS)	7:30-8:30pm Zumba Carolyn (GFS)	6-6:30pm Muscle Kristen (GFS)	6:45-7:45pm Zumba Tisha (GFS)		
	7-8pm Spin Kris (SS)		6:30-7:30pm Turbo Kick Kristen (GFS)			
	7:15-8:15pm Vinyasa Yoga Jessica (DS)		6:30-7:30pm Bellydancing Yael (DS)			
			7-8pm Spin Janis (SS)			
			7:30-8:30pm NIA Sarah (GFS)			



Classes, times, teachers subject to change. If you have any questions, please call 617-558-6462 or 617-558-6451. Updated schedules also at lsjcc.org

FOR SAFETY'S SAKE: Please arrive promptly for classes to allow proper warm-up. Doors are CLOSED 5 min. after start of class.

GFS: Group Fitness Studio
DS: Dance Studio
SS: Spin Studio
EAS: Energy Arts Studio

See reverse side

GROUP FITNESS CLASS DESCRIPTIONS

- **Ab Explosion:** An intense class that is designed to strengthen your abs.
- **Bellydancing:** A creative way to spice up your exercise routine and find your playful spirit! Shake, twist and shimmy in this dynamic class! Bellydance is a sensual art form that will inspire your heart and body. Class incorporates posture, muscle isolation, flexibility, and easy to follow combinations.
- **Body Sculpting:** A total body workout using free weights for the upper body and a combination of free weights and the step for the lower body.
- **Boot Camp/Cardio Circuit:** Enhance your strength and aerobics capacity in this new cardio circuit class. This class will challenge everyone...from the beginner to the most athletic individual.
- **Cardio Combo:** A high intensity cardio workout incorporating choreography, cardio and weight intervals.
- **Cardio Explosion:** A mixture of dance and traditional hi-lo moves. You will get an unbelievable cardio workout!
- **Chisel:** A total workout strengthening all muscles of the body. Class utilizes dumbbells.
- **Forever Fit:** This class is designed for the older adult and combines low impact aerobics with stretching, weight training and balance work.
- **Hour of Power:** This high intensity workout is sure to leave no muscle untouched! Class will include cardiovascular training, weight training and stretching. This class will improve muscle tone, endurance and overall strength.
- **Kickboxing:** Kick, punch and jump for an incredible full-body workout. Learn lots of different martial arts moves.
- **Pilates:** A holistic approach to total body conditioning emphasizing the use of the mind and the breath for the execution of controlled and concentrated movements. Pilates is for those who want a firm, yet flexible body, whether you're out-of-shape or a trained athlete and can be easily modified to individual body needs.
- **Power Low:** Low Impact, but lots of fun. An aerobics class designed to minimize stress to the joints.
- **Spinning:** Spinning is a stationary cycling workout that simulates the riding positions used on real road racing bikes. Participants follow the beat of music, and transform the energy from the music into powerful pedal strokes.
- **Step n' Sculpt:** A combination of an intense step workout with muscle conditioning utilizing free weights.
- **Stretch, Strengthen & Tone:** A combination of weight training, stretching and abdominal work geared towards people of all fitness levels.
- **Total Body Blast:** A high-energy class that combines a fun and "do-able" multi-impact hi/lo segment, topped off with a powerful step segment, followed by an explosive sculpting portion.
- **20/20/20:** 20 minutes of low impact aerobics/20 minutes of muscle strengthening/ 20 minutes of stretching.
- **World Dance Jam:**This is a dynamic dance class that includes a combination of NIA, Zumba, Israeli, funk, pop, African, Cajun and Indian dances. It is a fun high energy dance class. All levels are welcome and no dance experience is necessary.
- **Yoga:** Tones the whole body and will bring you greater strength, stamina, flexibility, structural alignment, balance and most importantly, will help you to stay relaxed.
- **Yogalates:** Combines the flexibility, meditative and weight loss elements of yoga with the muscle strengthening and toning of pilates.
- **Zumba:** A fusion of Latin and International music dance themes creating a dynamic, exciting, effective fitness system! The routines feature interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. Zumba is a hip swingin,' body pumpin,' booty skakin,' fun way to get a total body workout!

Spinning Class Reminders

- All Spinning classes are free.
- Minimum age for spinning is 16. Minimum age for all other classes is 13 at the discretion of the group fitness director.
- Reservations can be made by phone 24 hours in advance. One sign-up per phone call ONLY. Call 617-558-6417.
- You may sign-up for Sunday 8:30 class on Friday at 8:30am and at 10am Friday for the Sunday 10am class. NO sign-ups allowed on Saturdays because of Shabbat. Sign-ups take place at the Member Relations Desk in the Front Lobby, beginning June 1. Water bottles and towels are required. No exceptions.
- Participants MUST arrive 5 minutes prior to class or their seat will be forfeited. Set your watch to JCC time. NO exceptions.
- New spinners must arrive 10 minutes prior to class to get set up on the bikes.
- Please call 617-558-6417 to cancel your reservation if you can not make it.