

# FEBRUARY 2012

## GROUP EXERCISE & SPINNING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:30-8:30 Pilatesculpt Pamela	7:30-8:30 YogiLaTai Moises		7:30-8:30 Super Sculpt Alexandra		<b>Red = New class/ change</b> <b>Green = In Gym #1</b> <b>Orange = Upstairs Fitness Center</b> <b>Blue = Holiday closures &amp; information</b> <b>Pink = Special Event</b> <b>Brown = Spinning</b> <b>Purple - \$\$ registration required</b>
8:00-8:15 Ab Blast Fitness Center	8:00-8:15 Ab Blast Fitness Center	8:00-8:15 Ab Blast Fitness Center	8:00-8:15 Ab Blast Fitness Center	8:00-8:15 Ab Blast Fitness Center		
8:15-8:30 Stretching Fitness Center	8:15-8:30 Stretching Fitness Center	8:15-8:30 Stretching Fitness Center				
8:30-9:30 Back 2 Basics Weight Training Sam	8:30-9:30 Zumba Moises	8:30-9:30 20/20/20 Moises	8:30-9:30 Zumba Roger	8:30-9:30 Zumba Samira	8:30-9:30 Zumba Fabio	9:00-10:00 Zumba <b>2/5- PETALA</b> <b>2/12 ELSA</b> <b>2/19 - LORENA</b> <b>2/26 -TBA</b>
	9:30-10:30 Spinning Marcia <b>SPINNING ROOM</b> *Sign-Up required* Call 12:30pm on Mon. (561) 852-3201	9:30-10:30 Spinning Stephanie <b>SPINNING RM</b> *Sign up rerequired Call 12:30pm on Tue 561) 852-3201	9:30-10:30 Spinning Jen R. <b>SPINNING ROOM</b> *Sign-Up required Call 12:30pm on Weds. (561) 852-3201	9:30-10:30 Spinning Stephanie <b>SPINNING ROOM</b> *Sign-Up required Call 12:30pm on Thur(561) 852-3201		9:00-10:00 Spinning Brad <b>SPINNING ROOM</b> Sign-Up Required* Call @ 12:30pm on Fri. (561) 852-3201
9:30-10:30 BOSU Bound Stacey	9:30-10:30 Les Mills Body Pump® Moises  <b>10:00-11:00</b> <b>New Body/New</b> <b>Baby Yoga</b> <b>Sandler Center</b>	9:30-10:30 "X" Box Romero	9:30-10:30 Les Mills Body Pump® Moises	9:30-10:30 Cardio Kickboxing Romero	9:30-10:30 Core and More Sam	10:00-11:00 Les Mills Body Pump® Stephanie
10:30-11:45 Hatha Yoga Alexandra	10:30-11:45 Hatha Yoga Masha  <b>11:00-12:00</b> <b>Mom &amp; Tot Yoga</b> <b>Sandler Center</b>	10:30-11:45 Yoga Fusion Sabah	10:30-11:45 YogiLaTai Moises	10:30-11:45 Hatha Yoga Beth		
	12:00-12:20 Cardio Blast Fitness Center	12:00-12:20 Cardio Blast Fitness Center	12:00-12:20 Cardio Blast Fitness Center			11:00-12:15 Yoga-with-Nancy Nancy
12:00-1:00 Light & Lively/ Young at Heart Karen	12:00-1:00 SilverSneakers I® Muscular Strength Karen	12:00-1:00 Light & Lively/ Young at Heart Karen	12:00-1:00 SilverSneakers I® Muscular Strength Karen	12:00-1:00 Light & Lively/ Young at Heart Moises	<b><u>FITNESS CENTER HOURS</u></b> <b>Phone: (561) 852-3201</b> <b>Monday thru Thursday</b> <b>6:00 am to 9:00 pm</b> <b>Friday 6:00 am to 6:00 pm</b> <b>Saturday 7:00 am to 4:00 pm</b> <b>Sunday 7:00 am to 5:00 pm</b> <b><u>CHILDCARE HOURS</u></b> <b>Phone: (561) 852-3215</b> <b>Monday thru Sunday</b> <b>8:00 a.m. to 11:30 a.m.</b> <b><u>KID FIT HOURS - Ages 3-11</u></b> <b>Monday 2:30pm-7pm</b> <b>Tues-Thurs 2:30pm-5pm</b> <b>Sat &amp; Sun: 8:15am-12pm</b> <b><u>GROUP EXERCISE</u></b> <b><u>COORDINATOR</u></b> <b>Jacqui Pomerantz</b> <b>(561) 852-3209</b>	
1:15-2:15 SilverSneakers I® Muscular Strength Karen	1:15-2:15 SilverSneakers I® MuscularStrength Karen	1:15-2:15 SilverSneakers® Yoga Stretch Karen	1:15-2:15 SilverSneakers I® MuscularStrength Karen	1:15-2:15 SilverSneakers I® MuscularStrength Karen		
2:30-3:30 SilverSneakers II® Cardio Circuit Karen Sandler Center 2/20 - NO CLASS						
3:30-4:20 Kids Karate Barry		3:30-4:20 Kids Karate Barry	4:00-5:00 Mish Mash Moises	3:30-4:30 DKJA Dance Team Practice/Rehearsal		
6:00-7:00 Les Mills Body Pump® Michelle	6:00-7:00 Savvy Special Needs		6:00-7:00 Savvy Special Needs			
7:00-8:00 Grenade Fitness Kevin/Jared	7:00-8:00 Fit Mamas Ivie	7:00-8:00 Fit Mamas Ivie	7:00-8:00 Zumba Miriam	7:00-8:00 Move & Mingle Special Needs Fitness Center Matt		

\*The JCC reserves the right to cancel or change a class within two (2) weeks of scheduled class if attendance is 5 persons or less\*.