

We wish you a very happy & healthy New Year!!

Adolph & Rose Levis Jewish Community Center

JANUARY 2012

GROUP EXERCISE & SPINNING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:15 Ab Blast Fitness Center	7:30-8:30 PilateSculpt Pamela	7:30-8:30 YogiLaTai Moises		7:30-8:30 Super Sculpt Alexandra 1/6 - Pamela		<i>Red = New class/ change</i> <i>Green = In Gym #1</i>
	8:00-8:15 Ab Blast Fitness Center		8:00-8:15 Ab Blast Fitness Center	8:00-8:15 Ab Blast Fitness Center		<i>Orange = Upstairs Fitness Center</i> <i>Blue = Holiday closures & information</i>
8:15-8:30 Stretching Fitness Center	8:15-8:30 Stretching Fitness Center	8:00-8:15 Ab Blast Fitness Center 8:15-8:30 Stretching Fitness Center				<i>Pink = Special Event</i> <i>Brown = Spinning</i> <i>Purple - \$\$ registration required</i>
8:30-9:30 Back 2 Basics Weight Training Sam 1/2 - Marcia	8:30-9:30 Zumba Moises	8:30-9:30 20/20/20 Moises	8:30-9:30 Zumba Roger NEW TIME! Begins 1/12/11	8:30-9:30 Zumba Samira	8:30-9:30 Zumba Fabio	8:30-9:30 Zumba 1/1 - Andrea G. 1/8 - MASTER ZUMBA 1/15 - Elsa 1/22 - Willibeth 1/29 - Lorena (1/1 - JCC OPEN 8AM-1PM)
	9:30-10:30 Spinning Marcia SPINNING ROOM *Sign-Up required* Call 12:30pm on Mon. (561) 852-3201	9:30-10:30 Spinning Stephanie SPINNING RM *Sign up rerequired Call 12:30pm on Tue 561) 852-3201	9:30-10:30 Spinning Jen R. SPINNING ROOM *Sign-Up required Call 12:30pm on Weds. (561) 852- 3201	9:30-10:30 Spinning Stephanie SPINNING ROOM *Sign-Up required Call 12:30pm on Thur(561) 852-3201		9:00-10:00 Spinning Brad SPINNING ROOM 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	9:30-10:30 "X" Box Romero	9:30-10:30 Les Mills Body Pump® Moises NEW TIME! Begins 1/12/11	9:30-10:30 Cardio Kickboxing Romero	9:30-10:30 Core and More Sam	9:30-10:30 Les Mills Body Pump® Stephanie 1/8 - Class begins at 10AM-11AM
10:30-11:45 Hatha Yoga Alexandra NEW CLASS! Begins 1/9/11	10:30-11:45 Hatha Yoga TBA 1/3- Masha	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			10:30-11:45 Yoga-with-Nancy Nancy 1/8 - Class begins at 8AM-9AM
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	FITNESS CENTER HOURS Phone: (561) 852-3201 Monday thru Thursday 6:00 am to 9:00 pm Friday 6:00 am to 6:00 pm Saturday 7:00 am to 4:00 pm Sunday 7:00 am to 5:00 pm CHILDCARE HOURS Phone: (561) 852-3215 Monday thru Sunday 8:00 a.m. to 11:30 a.m. KID FIT HOURS - Ages 3-11 Monday & Thursday Saturday: 7:45am-12pm Sunday: 8:45am-12pm GROUP EXERCISE COORDINATOR Jacqui Pomerantz (561) 852-3209	
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		
3:30-4:20 Kids Karate Barry		3:30-4:20 Kids Karate Barry		3:30-4:30 DKJA Dance Team Practice/Rehearsal		
			4:00-5:00 Mish Mash Moises			
6:00-7:00 Les Mills Body Pump® TBA NEW CLASS!	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.