



# Katie & Irwin Kahn Jewish Community Center

## Fitness, Mind & Body Class Schedule

### January 2012



<u>MONDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>THURSDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
6:00am - 6:45am	Cycling III	Mark Miller	5:30am - 6:30am	Boot Camp	Chris Siau
8:30am - 9:30am	Rep Reebok	Pam Taylor	6:15am - 7:15am	Zumba	April Fancey
9:30am - 10:45am	Yoga	Jacci Sicker	8:30am - 9:15am	Bell,Band,Balls	Pam Taylor
9:45am - 10:30am	Skills N Drills	Robin Rudman	9:00am - 10:00am	Yoga/Meditation(B)	Ellen Yaghjian
10:45am - 11:30am	Snazzy Senior	Kaytina Haack	9:30am - 10:15am	Skills N Drills	Robin Rudman
4:15pm - 5:00pm	Tumbling	Windsor Phillips	9:30am - 10:30am	Pilates (A)	Wendy Muenzer
5:15pm - 6:00pm	Bell,Bands,Balls	Ashley Powell	10:15am - 11:15am	Chair Yoga (B&C)	Jacci Sicker
5:45pm - 7:00pm	Yoga	Belinda Greene	10:45am - 11:30am	Stretch w/ Dr.Dan	Dr. Dan Matzner
6:15pm - 7:15pm	Jazzercise	Lisa Isenhower	4:30pm - 5:15pm	Step/Sculpt	Anne Turner
6:15pm - 7:15pm	Cycling III	Angie Miller	5:30pm - 6:30pm	B Rep'd	Ashley Powell
7:30pm - 8:15pm	Tae Kwon Do	Scott Speer	6:30pm - 7:30pm	Jazzercise	Lisa Isenhower
7:30pm - 8:15pm	Zumba	Ann Kinsinger			
<u>TUESDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>FRIDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
5:45am - 6:45am	Rep Reebok	Edwin Dunlap	5:45am - 6:45am	Rep Reebok	Edwin Dunlap
8:30am - 9:30am	Cycling	Pam Taylor	8:30am - 9:15am	Beginning Cycle	Robin Rudman
9:30am - 10:30am	Pilates in (A)	Wendy Muenzer	8:30am - 9:15am	Tai Chi	Steve Sawyer
9:45am - 10:30am	Midday Boot Camp	Derrick Dixon	9:30am - 10:30am	Yoga Level 2	Jacci Sicker
10:15am -11:15am	Chair Yoga (B & C)	Jacci Sicker	9:30am - 10:15am	Snazzy Senior	Kaytina Haack
10:45am - 11:45am	Zumba Mix	Karina Williams	10:30am - 11:30am	Complete Body	Anne Turner
11:30am - 12:30pm	Yoga for Women	Jacci Sicker	11:40am - 12:40pm	Zumba	Karina Williams
5:15pm - 6:15pm	Rep Reebok	Angie Miller	5:00pm - 5:45pm	Abs,Thighs,Glute	Derrick Dixon
6:30pm - 7:00pm	Zumbatomic	April Fancey			
6:30pm - 7:15pm	Cycling II	Angie Miller			
6:30pm - 7:30pm	Jazzercise	Lisa Isenhower			
7:30pm - 8:15pm	Abs,Thighs,Glute	Derrick Dixon			
<u>WEDNESDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>	<u>SATURDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
6:00am - 6:45am	Cycling III	Mark Miller	8:30am - 9:30am	Cycling III	Harold Friedman
8:30am - 9:15am	Tai Chi (A)	Steve Sawyer	9:00am - 10:00am	Jazzercise	Lisa Isenhower
8:30am - 9:30am	Rep Reebok	Pam Taylor	9:45am -10:45am	Rep Reebok	Ann Kinsinger
9:35am -10:20am	Cardio Combo's	Ashley Powell	11:00am - 12:00pm	Zumba	Ann & Mick K
9:30am -10:35am	Yoga	Jacci Sicker	3:00pm - 5:00pm	Adult Basketball	Members Only
10:35am - 11:35am	Complete Body	Anne Turner			
10:45am - 11:45am	Chair Aerobics	Jacci Sicker			
5:30pm - 6:15pm	Fitness Challenge	Derrick Dixon	<u>SUNDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
4:30pm - 5:15pm	Kids Yoga	Belinda Greene	8:00am - 10:00am	Adult Basketball	Members Only
5:45pm - 7:00pm	Yoga	Belinda Greene	1:00pm - 2:00pm	Zumba	April Fancey
6:25pm - 7:15pm	Zumba	Mick Kinsinger	Alternating	Zumba Toning	
6:00pm - 7:00pm	Youth Tae Kwon Do	Scott Speer	2:30pm - 3:30pm	Power Hour	Derrick Dixon
7:30pm - 8:15pm	Tae Kwon Do	Scott Speer			
7:15pm - 8:15pm	Pilates	Wendy Mueznr			
7:15pm - 8:15pm	Adult Basketball	Members Only			

#### Class Notices:

- 1 **Classes that average less than 6 participants are subject to change.**
- 2 **Proper footwear must be worn during all group fitness classes.**
- 3 **Tae Kwon Do on Monday and Wednesday's 7:30pm. Youth - Wednesday's 6:00pm ages 8-12**
- 4 **Zumbatomic starting on Tuesday's ages 8-12 starting January 17th (6 week session) Please sign up at the front desk.**
- 5 **Yoga/Meditation has been moved starting Thursday January 19th from 9:00am to 10:00am**

#### JCC Building Hours

**Monday - Thursday:** 5:00am to 9:30pm / **Friday** 5:00am to 6:00pm / **Saturday & Sunday** 8:00am to 6:00pm  
 803-787-2023      www.jcccolumbia.org

## Group Fitness, Mind & Body Schedule

**Abs-thighs-glutes** uses various weights, resistance bands, and your body weight as you workout.

**Boot Camp** is an intermediate to advance class that's filled with agility, balance & strength activities to help you become a better you!

**Bells,Bands,Balls** has you working with kettle bells, bands and balls in a circuit format that will work the total body. Prior strength training recommended.

**Cardio Combos** class is for all fitness levels and body types. A workout that targets endurance and strength.

**Complete Body** works with hand weights and body bars as you strengthen and tone your body.

**Snazzy Senior Fitness** is a high energy class at low-impact as we move to the beat of great music.

**Chair Yoga** is a fun way to improve your flexibility, stretching, deep breathing and seated yoga postures.

**Chair Aerobics** allows you to move your body to improve your cardiovascular, flexibility and strength as you sit.

**Yoga** is designed for those just starting out no matter what your degree of flexibility or experience might be.

**Gentle Yoga/Meditation** trains your body to be comfortable and your mind to be calm for 20 minutes of meditation.

**Yoga Level II** is designed for people who are ready to take their yoga to the next level. An hour of cardio, strength and flexibility ending with relaxation. Previous Yoga experience is highly recommended.

**Cycling** is a high-energy workout to music that simulates outdoor riding: flat terrain, headwinds, and climbing.

**Cycling II** provides the opportunity for you to challenge yourself with periods of intense cycling followed by recovery periods. Prior cycling experience is helpful.

**Cycling III** is a high intensity class with varying resistance motivated by electrifying music; will end with cool down and stretching.

**Power Hour** is high spirited cardio class with intense weights and band resistance for body sculpting. For intermediate/advanced students.

**Pilates** increase flexibility and builds core strength using positions and your own body weight for resistance. Mind and body work together through the body's full range of motion.

**Rep Reebok** is an effective strength training activity, utilizing platforms and various weights to increase muscle tone, shape, and function.

**Skills n' Drills** Cardio strength training, with a burst of power.

**Step/Sculpt** uses basic step moves that will tone, strengthen and sculpt your muscles with weights.

**Stretch with Dr Dan** a class that will bring balance to your body & mind through breathing, flexibility, and relaxation.

**The Fitness Challenge** is a muscle fatigue anything goes cross fit class. Low weight, higher reps with high energy class. Built for beginners to advance fitness. Be willing to challenge your youth.

**Tumbling** is an introductory to tumbling positions, drills, and movements. There is no pre-requisites for this class level

**Zumba** combines high energy and music of Latin with unique moves and combinations. Utilizes interval training and resistance training

**Zumba Toning** is Zumba that pumps it up with beaded weights that will challenge you.

**Zumbatomic** for youth. Zumbatomic classes are rockin, high energy fitness parties packed with specially choreographed, kid friendly routines. Music like hip-hop, reggaeton, cumbia and more.

### Current Class Descriptions

***Class Schedules are subject to change without notice. We cannot guarantee it, but will attempt to post notices of cancellations. Please consult your physician before any exercise program. Please inform instructor or staff of any physical limitations prior to working out. Thank you for your understanding. ~ The Fitness Team***