



Katie & Irwin Kahn Jewish Community Center

Fitness, Mind & Body Class Schedule

February 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	8:30am - 9:15am	Bell,Band,Balls	Pam Taylor
9:30am - 10:45am	Yoga	Jacci Sicker	9:00am - 10:00am	Yoga/Meditation(B)	Ellen Yaghjian
9:45am - 10:30am	Skills N Drills	Robin Rudman	9:30am - 10:15am	Skills N Drills	Robin Rudman
10:45am - 11:30am	Snazzy Senior	Kaytina Haack	9:30am - 10:30am	Pilates (A)	Wendy Muenzer
4:15pm - 5:00pm	Tumbling	Windsor Phillips	10:15am - 11:15am	Chair Yoga (B&C)	Jacci Sicker
5:15pm - 6:00pm	Bell,Bands,Balls	Ashley Powell	10:45am - 11:30am	Stretch w/ Dr.Dan	Dr. Dan Matzner
5:45pm - 7:00pm	Yoga	Belinda Greene	4:30pm - 5:15pm	Step/Sculpt	Anne Turner
6:15pm - 7:15pm	Jazzercise	Lisa Isenhower	5:30pm - 6:30pm	B Rep'd	Ashley Powell
6:15pm - 7:15pm	Cycling III	Angie Miller	6:30pm - 7:30pm	Jazzercise	Lisa Isenhower
7:30pm - 8:15pm	Tae Kwon Do	Scott Speer	6:40pm - 7:40pm	Dance/Cheerleading	Allison Groner
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
3:45pm - 4:15pm	Tumbling	Robin Rudman	5:00pm - 5:45pm	Abs,Thighs,Glute	Derrick Dixon
5:15pm - 6:15pm	Rep Reebok	Angie Miller			
6:30pm - 7:15pm	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			
4:30pm - 5:15pm	Kids Yoga	Belinda Greene			
5:45pm - 7:00pm	Yoga	Belinda Greene			
6:25pm - 7:15pm	Zumba	Mick Kinsinger			
6:00pm - 7:00pm	Youth Tae Kwon Do	Scott Speer			
7:30pm - 8:15pm	Tae Kwon Do	Scott Speer			
7:15pm - 8:15pm	Pilates	Wendy Mueznr			
7:15pm - 8:15pm	Adult Basketball	Members Only			
			<u>SUNDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
			8:00am - 10:00am	Adult Basketball	Members Only
			1:30pm - 2:30pm	Zumba	April Fancey
			Alternating	Zumba Toning	
			2:30pm - 3:30pm	Power Hour	Derrick Dixon

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 **Cheerleading/Dance is starting this Thursday February 2nd @ 6:40pm. Please sign up at the front desk.**
- 4 **Zumbatomic starting on Tuesday's ages 8-12 starting January 17th (6 week session) Please sign up at the front desk.**

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