



# Katie & Irwin Kahn Jewish Community Center

## Fitness, Mind & Body Classes

### July 2010



<u>MONDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
5:10am - 5:55am	Zumba	Kathy Wikle
6:00am - 6:45am	Cycling III	Mark Miller
8:30am - 9:30am	Rep Reebok	Pam Taylor
9:45am - 10:30am	Skills N Drills	Chris Siau
9:30am - 10:45am	Gentle Yoga	Meghan Cole
10:45am - 11:30am	Snazzy Senior	Kaytina Haack
5:15pm - 6:00pm	X-Training	Jennifer Harris
5:45pm - 7:00pm	Yoga	Belinda Greene
6:15pm - 7:15pm	Cycling III	Angie Miller

11:30am-12:30pm Tai Chi Steve Sawyer  
 Cost \$10.00 per month

<u>TUESDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
5:45am - 6:45am	Rep Reebok	Edwin Dunlap
8:45am - 9:30am	Cardio Combo's	Ashley Powell
9:45am - 10:30am	Bosu Ball	Chris Siau
10:15am -11:15am	Chair Yoga	Jacci Sicker
11:30am - 12:30pm	Pilates in Banq A	Kathi Bradley
10:45am - 11:45am	Zumba Mix	Karina Williams
5:15pm - 6:15pm	Rep Reebok	Angie Miller
6:30pm - 7:15pm	Cycling II	Angie Miller
6:30pm - 7:15pm	Core-Centric	Dr. Dan Matzner

<u>WEDNESDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
5:10am - 5:55am	Zumba	Kathy Wikle
6:00am - 6:45am	Cycling III	Mark Miller
* 8:30am - 9:15am	Beginning Cycle	Pam Taylor
* 8:30am - 9:15am	Step/Stretch	Kaytina Haack
9:30am -10:15am	Cardio Combo's	Ashley Powell
9:30am -10:45am	Gentle Yoga	Meghan Cole
10:35am - 11:35am	Complete Body	Anne Turner
5:30pm - 6:15pm	Crazy 45	Derrick Dixon
5:45pm - 7:00pm	Yoga	Belinda Greene
6:25pm - 7:15pm	Zumba	Mick Kinsinger
7:15pm - 8:45pm	Adult Basketball	Members Only

<u>THURSDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
5:10am - 5:55am	Zumba	Kathy Wikle
5:30am - 6:30am	Boot Camp	Chris Siau
8:30am - 9:15am	Bell,Band,Balls	Pam Taylor
9:30am - 10:15am	Skills N Drills	Chris Siau
9:30am - 10:30am	Pilates in Banq A	Kathie Bradley
10:45am - 11:30am	Stretch w/ Dr.Dan	Dr. Dan Matzner
10:45am - 11:45am	Chair Yoga	Jacci Sicker
5:30pm - 6:30pm	Rep Reebok	Ashley Powell

<u>FRIDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
5:45am - 6:45am	Rep Reebok	Edwin Dunlap
9:30am - 10:15am	Snazzy Senior	Kaytina Haack
9:15am - 10:15am	Yoga	Meghan Cole
10:30am - 11:30am	Complete Body	Anne Turner
5:00pm - 5:45pm	Abs,Thighs,Glutes	Derrick Dixon

<u>SATURDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
8:30am - 9:30am	Cycling III	Harold Friedman
9:45am -10:45am	Rep Reebok	Ann Kinsinger
11:00am - 12:00p	Zumba	Ann & Mick K
3:00pm - 5:00pm	Adult Basketball	Members Only

<u>SUNDAY</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
8:00am - 10:00am	Adult Basketball	Members Only
1:00pm - 2:15pm	Zumba Mix	Karina Williams
2:30pm - 3:30pm	Power Hour	Derrick Dixon

**Notices Look what is new!!!**

\*On Wednesday's a beginners cycle class and a step/stretch class will be alternated every other week @8:30am to 9:15am Cycling will start on July 7th, step will be July 14th, cycle July 21st, step July 28th.

**Zumba @5:10am is back Mon, Wed, and Friday's!!!!**

**Holiday Hours**  
**Sunday July 4th 8:00am to 4:00pm**

**Please note the following policies:**  
**No children in group classes under the age of 16.**