



Katie & Irwin Kahn Jewish Community Center

Fitness, Mind & Body Classes

November 2010

**MONDAY**

<u>CLASS</u>	<u>INSTRUCTOR</u>
5:10am - 5:55am	Zumba Leslie Drews
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	Yoga Meghan Cole
10:45am - 11:30am	Snazzy Senior Kaytina Haack
11:30am - 12:30pm	Tai Chi Steve Sawyer
5:15pm - 6:00pm	Bell,Bands,Balls Ashley Powell
5:45pm - 7:00pm	Yoga Belinda Greene
6:15pm - 7:15pm	Cycling III Angie Miller

TUESDAY

<u>CLASS</u>	<u>INSTRUCTOR</u>
5:45am - 6:45am	Rep Reebok Edwin Dunlap
8:45am - 9:30am	Beginning Cycle Pam Taylor
9:45am - 10:30am	Balance & Core Chris Siau
10:15am -11:15am	Chair Yoga Jacci Sicker
9:30am - 10:30am	Pilates in Banq A Wendy Muenzer
10:45am - 11:45am	Zumba Mix Karina Williams
12:00pm - 1:00pm	Yoga for Women Jacci Sicker
5:15pm - 6:15pm	Rep Reebok Angie Miller
6:30pm - 7:15pm	Cycling II Angie Miller
6:30pm - 7:30pm	Jazzercise Lisa Isenhower
7:25pm - 8:10pm	Crazy 45 Derrick Dixon

WEDNESDAY

<u>CLASS</u>	<u>INSTRUCTOR</u>
5:10am - 5:55am	Zumba Leslie Drews
6:00am - 6:45am	Cycling III Mark Miller
8:30am - 9:15am	Tai Chi Steve Sawyer
9:30am -10:15am	Cardio Combo's Ashley Powell
9:30am -10:45am	Yoga Meghan Cole
10:35am - 11:35am	Complete Body Anne Turner
11:00am - 12:00pm	Chair Aerobics Jacci Sicker
4:30pm - 5:15pm	Kid's Yoga Belinda Greene
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

THURSDAY

<u>CLASS</u>	<u>INSTRUCTOR</u>
5:10am - 5:55am	Zumba Leslie Drews
5:30am - 6:30am	Boot Camp Chris Siau
8:30am - 9:15am	Bell,Band,Balls Pam Taylor
9:00am - 10:00am	Yoga/Meditation Meghan Cole
9:30am - 10:15am	Skills N Drills Chris Siau
9:30am - 10:30am	Pilates in Banq A Wendy Muenzer
10:15am - 11:15am	Chair Yoga Jacci Sicker
10:45am - 11:30am	Stretch w/ Dr.Dan Dr. Dan Matzner
4:30pm-5:15pm	Step/Stretch Kaytina Haack
5:30pm - 6:30pm	Rep Reebok Ashley Powell
6:30pm - 7:30pm	Jazzercise Lisa Isenhower

FRIDAY

<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 Level 2 Meghan Cole
10:30AM - 11:15am	Snazzy Senior Ashley Powell
10:45am - 11:45am	Chair Aerobics Jacci Sicker
10:30am - 11:30am	Complete Body Anne Turner
5:00pm - 5:45pm	Abs,Thighs,Glutes Derrick Dixon

SATURDAY

<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

SUNDAY

<u>CLASS</u>	<u>INSTRUCTOR</u>
8:00am - 10:00am	Adult Basketball Members Only
2:30pm - 3:30pm	Power Hour Derrick Dixon

Notices Look what is new!!!

Yoga/Meditation on Thursday's @ 9:00am
An additional Chair Aerobic class on Friday's @10:45
Don't forget the second Snazzy Senior Friday's @10:30

Jazzercise Tuesday & Thursday's @ 6:30pm

Please note the following:

We will be closed Thanksgiving Day.
Happy Thanksgiving
Please watch for an adjusted class group schedule

No Children in group classes under the age of 16.

