



# Katie & Irwin Kahn Jewish Community Center

## Fitness, Mind & Body Classes

### October 2010

**MONDAY**

<u>TIME</u>	<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	Gentle 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>TIME</u>	<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 - 7:15pm	Core-N-More	Dr. Dan Matzner
6:30pm - 7:30pm	Jazzercise	Lisa Isenhower
7:25pm - 8:10pm	Crazy 45	Derrick Dixon

**WEDNESDAY**

<u>TIME</u>	<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	Gentle 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>TIME</u>	<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
9:30am - 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>TIME</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 - 11:15am	Snazzy Senior	Ashley Powell
10:30am - 11:30am	Complete Body	Anne Turner
5:00pm - 5:45pm	Abs,Thighs,Glutes	Derrick Dixon

**SATURDAY**

<u>TIME</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

**SUNDAY**

<u>TIME</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!!!**

**Kid's Yoga Wednesday's @ 4:30pm ages 6-10**  
**Yoga for Women Tuesday's @ 12:00**  
**Additional Snazzy Seniors Friday's @ 10:30am**  
**Core-N-More Tuesday's @ 6:30pm**  
**Jazzercise Tuesday & Thursday's @ 6:30pm**

**Please note the following:**

**The gym and track will be closed October 1st,2nd,&3rd due to the floor being resurfaced**

**Membership Appreciation Week October 4th - 8th**

**No Children in group classes under the age of 16.**

