

MANDEL JCC GROUP FITNESS SCHEDULE

Effective March 9, 2010

M O N D A Y			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00 am	NEW INSTR. Cycle	2	Brooke
8:15 am	Yoga (1.25 hr)	S. Aud	Katarina
8:30 am	Interval Aerobics	1	Kim
9:30 am	Zumba®	1	Christel
9:30 am	Chisel \$	3*	Marla
9:30 am	Cycle	2	Beth
10:30 am	Stretch & Firm	1	Patti
10:30 am	Pilates Mat	3*	Marla
11:30 am	Prime Time	1	Sue
12:30 pm	Seniors	2	Volunteer
4:30 pm	Pilates Mat	1	Marla
5:30 pm	NEW INSTR. Zumba	1	Tammy
5:30 pm	Dance for Kids \$	3	Richard
7:00 pm	Fundamentals of Yoga	1	Eleanor
7:00 pm	Karate \$	3	Larry

T U E S D A Y			
TIME	CLASS	STUDIO	INSTRUCTOR
8:30 am	Cardio Blast	1	TBA
9:30 am	Power Sculpt	1	Traci
9:30 am	Cycle	2	Kate
10:30 am	Stretch & Firm	1	Kim
10:30 am	Yoga (1.25 hr)	S. Aud	Eleanor
12:30 pm	Tai Chi	1	Ted
4:30 pm	Power Sculpt	1	Marla
6:00 pm	Straight Step	1	Len
6:15 pm	Cycle	2	Craig
7:00 pm	NEW INSTR. Yoga (1.25 hr)	1	Carol
7:00 pm	Zumba®	3	Patti

W E D N E S D A Y			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00 am	Cycle	2	Rich
8:30 am	Interval Aerobics	1	Jody
9:30 am	NEW TIME Yoga	S. Aud	Laura G.
9:30 am	Zumba®	1	Alla
9:30 am	Cycle	2	Lori W.
10:30 am	Stretch & Firm	1	Sue
11:15 am	Chisel \$	3*	Marla
11:30 am	Restorative Yoga	1	Elizabeth
12:30 pm	Seniors	2	Volunteer
4:00 pm	Pilates Mat	1	Marla
5:00 pm	NEW Zumba	1	Dana
6:00 pm	Zumba® 1/2 hour	1	Pia
6:30 pm	Power Sculpt	1	Pia
7:45 pm	Israeli Dance \$	1	Stuart

T H U R S D A Y			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00 am	Bosu Sports Conditioning	1	Joel
8:30 am	Step Interval	1	April
9:30 am	Power Sculpt	1	Susan
9:30 am	Balanced Body	3*	Sue
9:30 am	Cycle	2	Donna
10:30 am	Yoga 1.25 hours	1	Dawn
10:30 am	Pilates Mat	3*	Marla
4:30 pm	Power Sculpt	1	Lauren
5:45 pm	Cycle	2	Brooke
6:00 pm	Yoga (1.5)	1	Paul
7:00 pm	Karate \$	3	Larry

F R I D A Y			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00 am	Cycle	2	Kate
8:15 am	Yoga (1.25 hrs)	S. Aud	Paul
8:30 am	BOSU Sculpt	1	Kim
9:30 am	Kick & Sculpt	1	Marianne
9:30 am	Cycle	2	Rich
9:30 am	Yoga	S. Aud	Paul
10:30 am	Zumba® Tone	1	Pia
11:15 am	Chisel \$	3*	Marla
11:30 am	Prime Time	1	Sue
12:30 pm	Seniors	2	Volunteer
4:00 pm	NEW Yoga in the Groove	1	Carol

S A T U R D A Y			
TIME	CLASS	STUDIO	INSTRUCTOR
12:05 pm	Cycle	2	Terri
12:30 pm	Zumba® Tone	1	Pia
2:15 pm	Yoga (1.5 hrs)	1	Alla
4:00 pm	Cardio Dance	1	Maria/Ilia

S U N D A Y			
TIME	CLASS	STUDIO	INSTRUCTOR
8:15 am	Classic Cardio	1	Jody
8:00 am	Yoga	S. Aud	Paul
8:00 am	Cycle	2	Betty
9:05 am	Cycle	2	Lori
9:20 am	Step Interval	1	Jill
9:30 am	Yoga	S. Aud	Dawn
10:15 am	Cardio Blast	2*	Laura H.
10:35 am	Yoga	S. Aud	Dawn
11:50 am	QiGong	1	Ted
12:40 pm	Tai Chi	1	Ted

* female only class
\$ indicates fee

S. Aud = Stonehill Auditorium

Schedule subject to change and subs will be posted.
Classes are one hour in length unless otherwise noted.
 Proper athletic shoes required. Age minimum: 13 years – no children in the classrooms.
 For your safety, no one admitted to class after the first 10 minutes.
(Class minimum – 15 participants)

Studio 1: Downstairs
Studio 2: Upstairs by the Track
Studio 3: Downstairs in Rzepka Youth Fitness Center

GROUP FITNESS DESCRIPTIONS

Balanced Body – combine balance and toning work with the fluid movements of modern dance for this aerobic workout of moderate intensity.

Boot Camp – Attention recruits. Report for duty and get ready to sweat. New drills every week, cardio workouts and strength training. Class limited to 30.

Bosu Sculpt – Move your interval workout to this ½ ball tool and challenge your ability to balance while doing cardio moves and muscle conditioning using small balls, weights or bands

Cardio Dance- Learn new dance moves from techno to tango, while building stamina, coordination and balance

Cardio Sculpt – Half the class is classic aerobics the other half of the class is strength work. Weights provided.

CHISEL – An advanced strength training using barbells. Small group training, individual attention. (\$\$\$)

Classic Cardio/Cardio Blast – Remember Jazzercise and combinations? Everything comes full circle. These aerobic classes will have you singing and dancing. Hi-impact or low-impact moves used. Ab work included

Cycle/Spinning – Stationary bike cardio workout in a group setting. Water bottles and a towel required for attendance.

Fundamentals of Pilates – Learn the basic principles of the Pilates Mat workout in this class. Each exercise will be explained and demonstrated in detail with emphasis on quality of movement, breathing and body alignment to ensure a safe and effective workout.

Fundamentals of Yoga – Discover the essential elements that inspire a safe, well-balanced Yoga experience. This class is an introduction to a Yoga practice.

Interval Aerobics – Alternating segments of aerobics and free weight work plus ab work. Weights or dya-bands provided. (Approximate ratio of segments – 3 minutes of aerobics, 2 minutes of weight work)



THE MANDEL JEWISH COMMUNITY CENTER
OF CLEVELAND

WE'RE RENOVATING & EXPANDING!

www.mandeljcc.org

Interval Step – Alternating segments of aerobic stepping and free weight work plus ab work. Weights or dya-bands provided. (approximate ratio of alternating segments 3 minutes of step, 2 minutes of weight work)

Kick & Sculpt: Punch and jab your way to a sculpted body with this fun interval class. This non-contact class will give you an aerobic workout and a strength workout all in one hour. Weights provided.

Pilates Mat/Pilates Sculpt – Increase your “core” strength with the traditional moves created by Joseph Pilates. This is a very focused workout that will teach you to properly align your spine and execute all movement through the “core” abdominal muscles. All Levels. All equipment provided.

Power Sculpt – Learn the basics of free weight training of the upper and lower body; the step is used as a prop. This is a non-aerobic class. All levels. Weights, bands and/or balls provided.

Prime Time – Swing, dance and sing with this group of active seniors. This is a very social group that loves to workout together. Half of the class is conducted standing and the other half is conducted in a chair. Equipment is provided.

Qi Gong - This traditional practice involves methods of accumulating, circulating and using the energy within the body. It has been proven to improve health through gentle movement and increased joint mobility.

Restorative Yoga - A modified yoga class designed for participants who have limited mobility. Half of the class is performed in chairs, no floor work involved.

Seniors: This 1/2 hour fitness class has been meeting for over 40 years! It is taught by the original members and is a great way to keep your body moving at any age!

Sports Conditioning on the BOSU – Athletic drills, and free weights are used in this very challenging class geared to the sports enthusiast. (A BOSU is a half ball balance trainer).

Straight Step: Get your aerobic workout using the STEP, a platform that can increase the intensity of any workout.

Stretch & Firm – Build “core” strength, work on balance, and tone muscle. Light weights may be used. All levels – weights provided. Class begins with 20 minutes of light aerobics.

Tai-Chi for Seniors – this ancient workout will teach you movement control and body awareness.

Yoga – A traditional Yoga class with emphasis on breathing, posture, and stretching. All levels

Yoga in the Groove – Class will emphasize strength and flexibility to energize the body and calm the mind while polishing the student’s brilliant gem known as ‘self’. Beginner Intermediate level practice with asana variations taught for those seeking to advance their practice.

Zumba® – A fusion of Latin and International music move this fun cardio-dance class.

Zumba® Tone – Dance first then sculpt in this complete workout.

All group fitness classes open to members only. For a class recommendation, please contact Kim Gottlieb at (216) 831-0700, ext 1365.

For a class recommendation, please contact Kim Gottlieb at (216) 831-0700 ext. 1365

- Subs and changes to the schedule are inevitable and will be posted on the board. Every effort will be made to cover scheduled classes. Please be courteous to all instructors.
- Please help keep our studios clean and safe by not wearing “outdoor” shoes to class.
- Place all coats, boots, and purses in the locker rooms.
- Please return all equipment to storage areas.
- Please refrain from wearing colognes and perfumes while exercising.
- Turn off cell phones.
- No gum chewing during class
- Be courteous to other members – no talking during class.
- Please wait for previous class participants to return their equipment and exit the room before entering the room for the next class.

Group Fitness Supervisor: Kim Gottlieb • (216) 831-0700, ext. 1365 • kgottlieb@mandeljcc.org