

MANDEL JCC GROUP FITNESS SCHEDULE

Effective February 1, 2012

M O N D A Y			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00 am	Cycle	C	Ali
8:15 am	Yoga (1.25 hr)	R	Katarina
8:30 am	Interval Aerobics	GF	Kim
9:30 am	Total Conditioning	GF	Jody
9:30 am	Cycle	C	Beth
10:30 am	Stretch & Firm	GF	Patti
10:30 am	Pilates Mat	R	Marla
11:30 am	Prime Time	GF	Sue
12:30 pm	Seniors	R	Volunteer
4:30 pm	Pilates Mat	GF	Marla
6:00 pm	Zumba	GF	Kimberly
7:00 pm	Fundamentals of Yoga	GF	Eleanor
7:00 pm	Karate \$	R	Larry

T U E S D A Y			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00 am	Power Sculpt	GF	Renée
8:30 am	Step Inteval	GF	April
9:30 am	Power Sculpt	GF	Laura G
9:30 am	Cycle	C	Caroline
10:30 am	Stretch & Firm	GF	Kim
10:30 am	Yoga (1.25 hr)	R	Shane
12:00 pm	Pilates Mat	R	Aly
12:30 pm	Tai Chi	GF	Ted
4:30 pm	Power Sculpt	GF	Marla
5:45 pm	20/20/20	GF	Len
6:15 pm	Yoga (1.25 hr)	R	Katarina
6:15 pm	Cycle	C	Ali
7:00 pm	Zumba	GF	Patti

W E D N E S D A Y			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00 am	Cycle	C	Jamie
8:30 am	Power Sculpt	GF	Kim
9:30 am	Yoga	R	Ilene
9:30 am	Cardio Core	GF	Laura G.
9:30 am	Cycle	C	Lori W.
10:30 am	Stretch & Firm	GF	Sue
11:15 am	Chisel \$	R	Marla
11:30 am	Chair Yoga	GF	Katarina
12:30 pm	Seniors	R	Volunteer
4:00 pm	Pilates Mat	GF	Marla
5:00 pm	Zumba®	GF	ShaRan
6:00 pm	Strengthen & Stretch (1.25 hr)	GF	Pia
7:00 pm	Shalom Yoga	R	Toby
8:00 pm	Israeli Dance \$	GF	Stuart

T H U R S D A Y			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00 am	Bosu Sports Cond.	GF	Joel
7:00 am	Interval Aerobics	GR	Kim
8:30 am	20/20/20	GF	Len
9:30 am	Power Sculpt	GF	Caroline
9:30 am	Pilates Mat	R	Marla
10:30 am	Yoga 1.25 hours	R	Megan
10:30 am	Cycle	C	Brooke
10:40 am	Balanced Body	GF	ShaRan
11:35 am	Fitness for Balance	GF	Sue
2:30 pm	Tai Chi for Health	GF	Susan
4:30 pm	Bosu Sculpt	GF	Marianne
6:00 pm	Cycle	C	Dottie
6:00 pm	Pilates Mat	R	Ann
6:00 pm	Yoga (1.5)	GF	Paul
7:00 pm	Karate \$	R	Larry

F R I D A Y			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00 am	Cycle	C	Kate
8:15 am	Yoga (1.25 hrs)	R	Paul
8:30 am	Classic Cardio	GF	Kim
9:30 am	Turbo Kick	GF	Jody T.
9:30 am	Cycle	C	Rich
9:30 am	Yoga	R	Paul
10:30 am	Stretch & Firm	GF	Janet
11:30 am	Chisel \$	R	Marla
11:30 am	Chair Yoga	GF	Katarina
12:30 pm	Seniors	R	Volunteer
5:00 pm	Yoga	GF	Carol

S A T U R D A Y			
TIME	CLASS	STUDIO	INSTRUCTOR
9:00 am	Pilates Mat	GF	Marla
10:00 am	Bootcamp	GF	Julie
10:00 am	Cycle	C	Terri
11:00 am	Power Sculpt	GF	Lori W.
12:30 pm	Cardio Dance	GF	Ilia/Maria
2:15 pm	Yoga (1.5 hrs)	GF	Alla
4:00 pm	Zumba®	GF	Alena

S U N D A Y			
TIME	CLASS	STUDIO	INSTRUCTOR
8:05 am	Yoga (1.25 hrs)	R	Paul
8:15 am	Turbo Kick	GF	Laura L.
8:15 am	Cycle	C	Betty
9:30 am	Cycle	C	Lori
9:30 am	Cardio Dance	GF	Sha'Ran
9:30 am	Yoga	R	Whitney
10:30 am	S.W.E.A.T.	GF	Laura H.
10:35 am	Yoga	R	Dawn
11:35 am	QiGong	GF	Ted
12:30 pm	Tai Chi	GF	Ted

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)

Key:
R = Rzepka Fitness Studios for Yoga & Pilates
GF = Group Fitness Studio
C = Cycle Studio

GROUP FITNESS DESCRIPTIONS

20/20/20 – Combine a segment of step aerobics with a segment of strength training and ab work for this complete workout.

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.

CardioCore – Developing the muscles of your core is one of the best strategies to enhance functional fitness and to maintain and improve the ability to balance. Combine this work with a strong cardio session and you will have a complete workout that will improve your overall strength and endurance.

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

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

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 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 dyna-bands provided. (Approximate ratio of segments – 3 minutes of aerobics, 2 minutes of weight work)

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

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.

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!

Shalom Yoga: This class combines spiritual power & beauty of Yoga with the study of the Torah. Shalom Yoga will teach you to experience what is new in the ancient words of the Torah as they reverberate in your body, mind and soul.

Sports Conditioning on the BOSU/BOSU Sculpt – 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).

Strengthen & Stretch – One of the most important components of a fitness regimen is often times overlooked. Flexibility training and stretching is as important to your overall well being as is cardio and strength. This 75 minute class will include a 55 minute strength segment followed by a 20 minute segment of complete stretch and relaxation methods.

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.

S.W.E.A.T. – Strength, Willpower, Energy and Aerobic training will get you through this popular workout, which alternates segments of cardio, lower body work and upper body work.

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

Total Conditioning – If you are ready for a challenging workout, this class is for you. No two classes will ever be the same. This athletic workout will make use of various tools including weights, bands balls and tubing, interspersed with cardio training for a total body workout.

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

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

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

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- 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.

