

MONDAY

6:30-7:15am (1)	Total Body Blast Sharon
8:30-9:15am (MP)	AQUA Cardio Blast Andi
8:30-9:15am (1)	Cardio Blast! Sharon
8:30-9:30am (2)	Callanetics/Studio C Jackie
9:15-9:30am (1)	AB Attack Sharon
9:30-10:30am (MR)	Power Yoga Tami
9:30-10:20am (MP)	AQUA Anti-Gravity Andi
9:30-10:15am (CS)	* Indoor Cycling Amy
9:30-10:30am (2)	Low Impact w/ Weights Jackie
9:35-10:20am (1)	Total Body Blast Barbara
10:30-11:15am (CS)	* Indoor Cycling Amy
10:30-11:15am (1)	ZUMBA ® Barbara
11:00-11:45am (RH)	S.O.S. (Seniors On Strength) Jackie

12:15-1:00pm (MP)	AFAP Betsy
12:45-1:45pm (1)	Cardio Sculpt Reggie

5:00-5:45pm (CS)	* Indoor Cycling Heather
6:00-6:45pm (1)	Cardio Kickboxing Lisa
6:30-7:15pm (CS)	* Indoor Cycling Rachel
6:30-7:30pm (2)	At The Barre Marcie
6:45-7:15pm (1)	Core Cuts Lisa
7:00-7:45pm (MP)	AQUA Wet, Wild Water Workout Robyn
7:00-8:00pm (MR)	Vinyasa Flow Yoga Katje
7:15-8:00pm (1)	Total Body Blast Lisa

TUESDAY

6:30-7:15am (CS)	* Indoor Cycling Debby K.
7:20-7:50am (2)	You Gotta Stretch Debby K.
8:30-9:15am (MP)	AQUA Cardio & Core Strength Robyn
8:30-9:25am (1)	R.I.P.P.E.D. ® Sharon
8:30-9:30am (2)	Hatha Yoga Susan
8:45-9:45am (CS)	* Indoor Cycling Bernie
9:30-10:30am (MR)	Meditation Class Karen
9:30-10:15am (MP)	AQUA Body Blast Robyn
9:35-10:30am (2)	Hip Hop Yogilates Debby K.
9:35-10:20am (1)	Straight Up Step Rhonda
9:45-10:45am (CS)	* Indoor Cycling Bernie
10:15am-11:00am (L12)	AFEP Betsy
10:35-11:20am (2)	ZUMBA GOLD ® Maureen
10:30-11:15am (1)	Total Body Blast Rhonda

10:45-11:30am (MR)	Yoga Stretch Debby K.
11:00-11:45am (RH)	Forever Fit Jackie
11:15-11:30am (1)	AB Attack Rhonda

12:00-1:00pm (2)	Power Yoga Tami
12:15-1:00pm (MP)	AFAP Betsy
12:30-1:15pm Fitness Floor	*Trekking Treadmill Workout Debby K.

6:00-7:00pm (1)	Piloxing ® Christina
6:15-7:00pm (2)	ZUMBA ® Lisa C.
7:00-7:45pm (MP)	AQUA ZUMBA ® Laura
7:00-8:00pm (2)	Pilates Mat Linda H.
7:45-8:45pm (1)	Body Shop Shannon

WEDNESDAY

5:45-6:30am (CS)	* Indoor Cycling Monica
6:30-7:15am (1)	A.S.A.P. Abs, Spine & Posture Sharon
8:20-9:05am (MP)	AQUA Intensity Andi
8:30-9:15am (1)	Cardio Blast! Reggie
8:30-9:30am (2)	Callanetics/Studio C Jackie
9:00-9:50am (MP)	AQUA Anti-Gravity Carol
9:15-9:30am (1)	Pilates ABS Reggie
9:30-10:15am (CS)	* Indoor Cycling Krystin
9:35-10:35am (1)	CARDIO Kick&Sculpt Rhonda
9:30-10:30am (MR)	Power Yoga Tami
9:30-10:30am (2)	Low Impact Aerobics w/ Weights Jackie
10:30-11:15am (L12)	AFEP Carol
10:45-11:45am (1)	ZUMBA ® Lisa C.
11:45-12:30pm (MP)	AFAP Carol

12:35-1:30pm (1)	Step-n-Sculpt Debby K.
4:00-4:45pm (1)	CARDIO Sculpt Reggie

6:00-6:45pm (1)	Total Body Blast Lisa
6:45-7:00pm (1)	AB Attack Lisa
7:00-7:45pm (MP)	AQUA Wet, Wild Water Workout Robyn
7:15-8:00pm (2)	ZUMBA ® Maureen
7:30-8:30pm (MR)	Meditation Class Karen
7:00-7:45am (CS)	* Indoor Cycling Debby K.
8:00-8:45pm Fitness Floor	* Trekking Treadmill Workout Debby K.
8:00-9:15pm (1)	(\$!)Tae Kwon Do Steven

THURSDAY

6:30-7:25am (CS)	* Indoor Cycling Anne
6:30-7:15am Fitness Floor	* Trekking Treadmill Workout Debby K.
8:30-9:15am (MP)	AQUA Forever Fit Julia
8:30-9:25am (1)	ZUMBA ® Shira S.
8:30-9:30am (2)	Hatha Yoga Susan
9:15-10:00am (MP)	AQUA Cardio Blast Andi
9:30-10:15am (L12)	ZUMBA GOLD ® Carol
9:30-10:30am (1)	Total Body Blast Rhonda
9:30-10:30am (CS)	* Indoor Cycling Bernie
9:35-10:35am (2)	Pilates Marcie
10:30-11:15am (L12)	AFEP Carol
10:35-11:35am (1)	CARDIO Step Circuit Rhonda
10:45-11:45am (2)	Yoga Stretch Debby K.
11:00-11:45am (RH)	S.O.S. (Seniors On Strength) Jackie
11:45-12:30pm (MP)	AFAP Carol
12:00-1:00pm (2)	Power Yoga Tami

5:15-6:00pm (MP)	Aqua Fit Liza
6:15-7:00pm (2)	ZUMBA ® Shira S.
6:00-6:45pm (1)	BOSU Cardio & Core Reggie
6:30-7:30pm (MR)	Vinyasa Flow Yoga Katje
6:45-7:00pm (1)	Ab Attack Reggie
7:00-7:45pm (CS)	* Indoor Cycling Heather
7:05-7:35pm (1)	ZUMBA TONING ® Shira S.
7:05-8:00pm (2)	Pilates Mat Reggie
8:05-9:00pm (1)	*Cardio Kickboxing Reggie

FRIDAY

6:30-7:15am (CS)	* Indoor Cycling Kathleen
6:30-7:15am (2)	You Gotta Stretch Germaine
8:20-9:05am (MP)	Aqua Intensity Debra G.
8:30-9:15am (1)	Total Body Blast Combo! Adrienne
8:45-9:35am (MP)	AQUA Anti-Gravity Andi
9:15-9:30am (1)	AB Attack Adrienne
9:30-10:15am (CS)	* Indoor Cycling Ally
9:35-10:20am (1)	Cardio Kickboxing Adrienne
9:30-10:30am (MR)	Power Yoga Tami
9:30-10:30am (2)	ZUMBA ® Elyse
9:45-10:30am (MP)	AQUA Pilates Andi
10:35-11:35am (2)	At The Barre Marcie
11:00-12:00pm (CS)	* Indoor Cycling Monica
12:15-1:00pm (MP)	WATER Yoga Dan
12:15-1:15pm (2)	Pilates Mat Reggie
4:30-5:15pm (1)	Weekend Blast Off! Reggie

PLEASE NOTE - All classes and instructors are subject to change.

COLOR GUIDE

- Yellow : Mind/Body classes – Includes Yoga, Pilates, and Meditation.
- Blue – Water-based fitness classes – Includes Aqua Intensity, Aqua Fit.
- Gray – Specialty classes. Requires registration and additional fee.
- Pink – Aerobic conditioning and combination classes – Includes Cardio Kick-n-Sculpt, Step, Cardio Sculpt, all Dance Classes, Kickboxing, Low Impact, Zumba and Zumba Gold.
- Purple – Indoor Cycling
- Green – Muscle conditioning, toning, and strength training – Includes Ab classes, Callanetics, AFEP, Zumba Toning, Total Body Blast and BOSU Core.

Registration Info:

Classes marked with * require pre-registration.

Registration opens at 1:00pm the day prior to the class.

Registration for Sunday begins at 1:00pm on Friday.

To register: Please call Fitness Reception at 973-530-3416 or register online at

www.jccmetrowest.org
Please arrive on time for classes with registration to ensure your spot in the class.

Classes marked with (\$) require registration and a fee.

Locations:

- 1 Studio One
- 2 Studio Two
- 3 Studio Three
- CS Cycling Studio
- MP Messing Pool
- RH Robbins Hall
- L12 Lower Level Arts Studio
- MR Meditation Room
- GYM Gymnasium

SATURDAY

8:00-8:45am (1)	CARDIO Kickboxing Lisa
8:30-9:30am (CS)	* Indoor Cycling Heather
8:45-9:00am (1)	Ab Attack Lisa
9:05-9:50am (1)	Total Body Blast Lisa
9:00-10:15am (2)	Vinyasa Flow Yoga Victoria
9:30-10:30am (3)	* MMA Conditioning Jim
10:00-10:45am (CS)	* Indoor Cycling Reggie
10:30-11:30am (2)	ZUMBA® Catherine
11:00-11:45am (GYM)	Not Your High School Gym Class! Angela
11:00-11:45am (1)	Step-n-Sculpt Reggie
12:00-1:00pm (2)	Pilates Mat Reggie
12:00-12:45pm (1)	Jump, Jab & Pump Angela
12:45-1:00pm (1)	Ab Attack Angela

SUNDAY

8:00-9:00am (2)	Hatha Yoga Tami
8:15-9:15am (CS)	* Indoor Cycling Kathleen/Ally
8:30-9:15am (MP)	Aqua Cardio Circuit Betsy
8:45-9:00am (1)	Ab Attack Debra G.
9:00-9:45am (1)	Super Step Debra G.
9:15-10:15am (2)	Power Yoga Tami
9:30-10:30am (CS)	* Indoor Cycling Kathleen/Ally
9:50-10:35am (1)	Super Sculpt Debra G.
10:15-11:15am (MR)	Yoga for Men Dan
10:30-11:30am (2)	ZUMBA® Jennifer
10:45-11:30am (1)	CARDIO Circuit Angela
11:30-12:00pm (1)	Core Cuts Angela
11:35am-12:35pm (2)	Hatha Yoga Sofia
12:15-1:00pm (1)	*Total Body Blast Angela

COLOR GUIDE

- Yellow – Mind/Body classes – Includes Yoga, Pilates, Tai Chi, and Meditation.
- Blue – Water-based fitness classes – Includes Aqua Pilates, AFAP, Aqua Intensity and Aqua Fit and Cardio Circuit.
- Gray – Specialty classes. Requires registration and additional fee. Includes Tae Kwon Do.
- Pink – Aerobic conditioning and combination classes – Includes Cardio Kick-n-Sculpt, Step, Cardio Sculpt, all Dance Classes, Low Impact, Zumba and Zumba Gold.
- Purple – Indoor Cycling
- Green – Muscle conditioning, toning, and strength training – Includes Ab classes, Callanetics, AFEP, Total Body Blast.

News and Notes

Please join us in welcoming our new Group Fitness Manager, Shannon Koenig! Be sure to stop by to say hello to Shannon and welcome her to the JCC!

Be sure to try our newest class...Piloxing®! The JCC MetroWest is the only club in the area to offer this unique class!

Mixed Martial Arts (MMA) fighters are among the best conditioned athletes in the world. If you want to take your fitness to the next level, sign up for our MMA Conditioning Class.

Check out our Kids & Teens class schedule (insert)

Also check out our Mommy & Me class schedule (insert)

Classes Coming Soon...

Hot Hula
Batuka



Winter Group Exercise Schedule

V.7

Effective January 3, 2012

Fitness Center Hours

Monday–Thursday	5:30am–10:00pm
Friday	5:30am–6:00pm
Saturday	7:00am–7:00pm
Sunday	7:00am–7:00pm

Kid Care Hours

Monday–Sunday	8:00am–2:00pm
Tuesday & Thursday	5:00pm – 8:00pm



Group Exercise

Leon & Toby Cooperman JCC
Ross Family Campus
760 Northfield Ave, West Orange
973-530-3400



JCC MetroWest
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of United Jewish Communities of
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something for every body we've got it!

www.jccmetrowest.org