

J OPEN HOUSE

SUNDAY, JANUARY 28th, 2018

FITNESS DAY

Type	Time	Class	Instructor	Location
Family				
	9:00 - 9:45am	Family Obstacle Course	Reggie	Gymnasium
	10:00 - 10:45am	Family Yoga	Jhon	Gymnasium
	10:00 - 10:30am	Moms & Strollers	Sharon	Gymnasium
Adult Classes				
Yoga	9:00 - 10:00am	Power Yoga	Paola	Studio 2
	11:00 - 11:45am	Restore, Regenerate, Move	Ilene	TBA
Dance	9:00 - 10:00am	Kickbutt Combo	Melissa Y	Studio 1
	10:00 - 10:45am	LaBlast Master Class	Melissa Towey	Studio 2
	11:00am - 12:00pm	Island Dance	Angela	Studio 1
Barre	10:15 - 10:45	Intro to Barre	Germaine	Studio 2
	10:45 - 11:30am	Barre Above	Germaine	Studio 2
	11:30am - 12:15pm	Barre Intensity	Sharon M	Studio 2
Group Cycling				
	11:00 - 11:45am	Rock Your Ride	Elit	Cycling Studio
Kids Classes				
	10:00 - 10:45am	Kids Circuit	Reggie	Kid's Fitness Studio

Please contact Fitness Reception for more info.



MetroWest

Leon & Toby Cooperman JCC
760 Northfield Avenue
West Orange, NJ 07052
www.jccmetrowest.org

JCC MetroWest is a beneficiary agency of Jewish Federation of Greater MetroWest NJ.
We strive to ensure access and meaningful participation by all members of the community.