



# JCC Summer Fitness Class Schedule: July 2–Sept 6, 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 am			BootCamp (45min)				
7:30 am	Healthy Heart		Healthy Heart		Healthy Heart		
9:15 am	Cardio Sculpt	Step & Core	Cardio & Sculpt	Groove	Cardio & Sculpt		
	Nia (MPR)	Pilates (LL) (Mixed Level) NOTE: day change from program guide	Circuit* (WR)		Circuit* (WR)		
10:30 am	Sr.'s Fun Fit (10:25)	Gentle Yoga NOTE: upper studio for Summer	Sr.'s Fun Fit (10:25)	Gentle Yoga NOTE: upper studio for Summer	Sr.'s Fun Fit (10:25)		Ab Attack (10:00-10:30)
	Osteofit (GW) 		Osteofit (GW) 		Interm. Yoga (BR) 		Cardio Salsa
11:30 am	Healthy Heart		Healthy Heart		Healthy Heart		
	Joint Works (GW) (11:45-12:30) 	Passport to Wellness (WR)	Joint Works (GW) (11:45-12:30) 	Passport to Wellness (WR)			Int/Adv. Yoga (MPR) (10:35 -11:50)
2:30 pm	Healthy Heart		Healthy Heart		Healthy Heart	BootCamp (4:00)	
6:15 pm	Step & Sculpt	BootCamp (45 min) NOTE: Shorter time frame	Cardio Kickbox	Outdoor BootCamp 6:15-7:15pm 6 weeks only! July 23 - Aug 27	Unless stated, fitness classes are 60 min. in length & held in the Upstairs Studio.  =Room change for summer BR = Boardroom; LL = L'Chain Lounge; MPR= Multi Purpose Room; GW= Gymnasium West Side; WR= Wt. Room  =Registered Program; please register at Reception/on-line. Dates may differ from regular scheduled fitness classes.  * =Sign-up prior to class (in wt. room)		
6:45 pm	Gentle Yoga (MPR)	Interm. Yoga (7:00-7:45pm) NOTE: upper studio for Summer	Interm. Yoga (MPR)	NOTE: class on grassy area outside Wt. Room. In case of rain, - ask staff for details.			

## MEMBER INCLUDED

### GROUP FITNESS CLASS DESCRIPTIONS

- Ab Attack:** A 30-minute class focusing on abs, hips and the lower back.
- Boot Camp:** Back to the basics - push-ups, squats, jumping jacks, & more.
- Cardio Kickbox:** Tone your abs, arms and legs. This cardio-based class incorporates a challenging mix of martial arts and boxing in a fitness class format.
- Cardio Salsa:** Fire up your body with the spicy beats of salsa with a fitness flow.
- Cardio Sculpt:** A muscle sculpting workout with cardio intervals for a complete body workout.
- Cardio & Sculpt:** 30 min of Cardio followed by 30 min of Sculpt. A complete body workout; your body will thank you....when you're done!
- Circuit Training:** Conducted in the weight room, this class combines the use of weight machines and free weights to focus on muscular strength and endurance. (Register in the Weight Room before each class; max. 18)
- Groove:** Exhilarating total mind body fusion of hi/lo & dance moves.
- Joint-Works:** Designed by The Arthritis Society, this class takes into consideration pain, fatigue, decreased strength and mobility. Assessment and guidance are offered for those who are not sure where to begin.
- Seniors' Fun Fit:** A great class for seniors, and those just beginning a fitness program. This class will help to increase your energy level, coordination, and stamina in a more gentle atmosphere. Snr Assoc. M: \$3 +GST; \$30 +GST /12- visit card.
- Step & Core:** Step-it-up with a dynamic step class followed by an extended abdominal component.
- Step & Sculpt:** Maximize your time and burn countless calories in this full body workout that starts with an aerobic Step workout and finishes with a muscle conditioning workout.
- The Works:** This high-energy class offers total variety for your muscles. Expect anything including, hi/lo, step, boxercise, stability ball and/or strength training.
- Yoga:** Experience the connection of the mind, body, and spirit with a class designed to improve flexibility and tone your body. Check schedule for levels; all Hatha Yoga.

**Above listed Fitness classes are included in your JCC Membership**

**Non-member Drop-in fee = \$16+gst or \$110+gst/8 visit card.**

**Note: Reduced Rates for Joint Works and Seniors' Fun Fit please enquire at reception.**

#### JCC Closures and Holidays

**AUG. 2009:** Mon 3-BC Day recreation hours 10:00am-6:00pm  
**SEPT. 2009:** Mon 7- Labor Day recreation hours 10:00am-6:00pm



JEWISH COMMUNITY CENTRE 950 W. 41ST AVE.

[www.jccgv.com](http://www.jccgv.com)