





	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 am			BootCamp (45min)	Indoor Cycling (MPR)(45min)		<p>Unless stated, fitness classes are in the Upstairs Studio and are 60 min in length.</p> <p>AL= Adult Lounge</p> <p>MPR= Multi Purpose Room</p> <p>WR= Weight Rm</p> <p>*=Sign-up in Weight Room prior to class</p> <p>Schedule subject to change.</p>	
7:30 am	Healthy Heart		Healthy Heart		Healthy Heart		
9:15 am	Cardio Sculpt	Step & Core	Cardio & Sculpt	Groove	F.I.T		Ab Attack (10:00-10:30)
			Circuit* (WR)		Circuit* (WR)		
9:15 am	Nia- Dance Fusion (MPR)	Beginner Pilates (MPR)	Cycle & Sculpt (MPR)	Interm. Pilates (MPR)	Cycle & Sculpt (MPR)		Cardio Salsa (10:30)
			Laughter Yoga (AL)(45min) 				Feldenkrais (AL)
10:30 am	Sr.'s Fun Fit (10:25)	Gentle Yoga (MPR)	Sr.'s Fun Fit (10:25)	Gentle Yoga (MPR)	Sr.'s Fun Fit (10:25)		Int/Adv. Yoga (MPR) (10:35- 11:50)
	OsteoFit (MPR)		OsteoFit (MPR)		Intermediate Yoga (MPR)		
11:30 am	Healthy Heart		Healthy Heart		Healthy Heart		
	Joint Works (MPR) (11:45-12:30)	Passport to Wellness (WR)(12:00)	Joint Works (MPR) (11:45-12:30)	Passport to Wellness (WR) (12:00)			
	Fit U (90min)	<p>JCC Winter Fitness Classes: Jan 4 – Mar 28, 2010</p>					
1:00 pm  Boomer BootCamp							
2:30 pm	Healthy Heart		Healthy Heart		Healthy Heart	BootCamp (4:00)	
5:30 pm				Fit U (90min)	<p> =Registered Program; register at Reception/on-line. Dates differ from fitness classes. Drop in rates available for some programs- please confirm space is available and course is running . Contact reception or Talitha Johnston, Fitness and Lifestyles Coordinator, 604-257-5111.</p>		
6:15 pm	Step & Sculpt	BootCamp (75 min)	F.I.T	Athletic Ball 75 min)			
6:45 pm	Gentle Yoga (MPR)		Interm. Yoga (MPR)	Boomer BootCamp (7:30pm)(MPR) 			
7:30 pm 	Ski Conditioning (WR)(7:00)	abXtreme Circuit (WR) 		abXtreme Circuit (WR) 			

Member Included Fitness Classes

- Ab Attack:** A 30-minute class focusing on abs, hips and the lower back.
- Athletic Ball:** Try this dynamic exercise ball class to challenge the core, legs, arms and everything in between.
- Boot Camp:** Back to the basics - push-ups, squats, jumping jacks, & more.
- 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. Members Only)
- F.I.T. (Fitness Interval Training):** A powerful class that keeps you moving through intervals of cardio, muscle sculpting and core.
- 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.
- 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.
- Yoga:** Experience the connection of the mind, body and spirit with a Hatha-style class designed to improve flexibility and tone your body. Check schedule for levels.

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 inquire at reception.

Registered Programs

New Programs!!!

Try FREE Jan 11-15, 2010. Sign-up in weight room by Jan 8.

NEW! abXtreme Circuit

Tu 7:30-8:30pm Jan 26-Mar 23 M\$45/N\$72 +GST
 Th 7:30-8:30pm Jan 28-Mar 25 M\$45/N\$72 +GST
 Drop-in: M\$7/NM\$10

NEW! Boomer BootCamp

Mo 1:00-2:00pm Jan 25-Mar 22 M\$45/N\$72 +GST
 We 7:30-8:30pm Jan 27-Mar 24 M\$45/N\$72 +GST
 Drop-in: M\$7/NM\$10

NEW! Laughter Yoga

We 9:15-10:00am Feb 3-Mar 24 M\$40/N\$64 +GST
 Drop-in: M\$7/NM\$10

NEW! Ski Conditioning

Mo 7:00-8:00pm Feb 1-Mar 22 M\$96/N\$125 +GST
 Drop-in: M\$15.50/NM\$18.50

Feldenkrais Movement Awareness

Su 10:30-11:30am Jan 24-Mar 21 M\$93/N\$121 +GST

Fit U

Mo 11:30am-1:00pm Jan 18-Mar 15 M\$169/N\$221 +GST
 Th 5:30-7:00pm Jan 21-Mar 18 M\$169/N\$221 +GST

Fit U 2

Mo 5:30-7:00pm Jan 18-Mar 22 M\$169/N\$221 +GST
 We 5:30-7:00pm Jan 20-Mar 24 M\$169/N\$221 +GST

Cycle and Sculpt

We 9:15-10:15am Jan 13-Mar 24 M\$130/N\$170 +GST
 Fr 9:15-10:15am Jan 15-Mar 26 M\$130/N\$170 +GST

Just Cycling

Th 6:45-7:30am Jan 14-Mar 25 M\$125/N\$162 +GST

NIA

Mo 9:15- 10:15am Jan 11-Mar 22 M\$81/N\$116 +GST
 Drop-in: M\$11/NM\$15

Pilates-Beginners

Tu 9:15-10:15am Jan 12-Mar 23 M\$130/N\$170 +GST

Adapted Fitness Programs

Healthy Heart- Cardiac Rehabilitation

Specialized group training for those with Cardiovascular Disease.
 (Max 15 per group. Register at any time).

Mo/We/Fr 7:30-8:30am; 11:30am-12:30pm or 2:30-3:30pm
 Monthly fees: M\$42.00/N\$62.00+ GST (+ registration fee M\$59/N\$74)

Osteofit for Life

This BC Women's Hospital inspired program focuses on building strength and preventing falls.

Mo/We 10:30-11:30am • Jan 11-Mar 24 • M\$99/N\$122+GST

Passport to Wellness

Specialized group training for those recovering from an acute condition.
 Program starts with a personal fitness assessment.

10 group sessions Tu 12:00-1:00pm, or Th 12:00-1:00pm
 plus 10 workouts of your choice anytime.
 Register anytime. M\$62/N\$126 +GST (20 sessions)

Member Included Programs

Group Fitness Classes

See other side for details and descriptions>>>

Orientations

New member Orientations

All new members are encouraged to make use of this FREE program guided by our fitness staff. Please call the Weight Room 604-257-5111 ext. 214 to book your FREE Orientation.

For more details and to register: www.jccgv.com

For more information contact:

Talitha Johnston- Fitness and Lifestyles Coordinator

t: 604-257-5111 ext. 218 e: lifestyles@jccgv.bc.ca



JEWISH COMMUNITY CENTRE 950 W. 41ST AVE.

Personalized Programs

Personal Training

Exercise smarter and more efficiently and get results! Visit website for more info & client package.

PERSONAL TRAINING AVAILABLE FOR:

- Beginners
- Weight loss/ Weight gain
- Injury rehab/ Injury prevention
- Pre/Post Natal
- Sport specific training
- And more.....

Individual and Partner Training:

RATES	60min*	30min
One-on-one	M\$59 N\$72	M\$34.50 N\$48
With a partner	M\$34.50 N\$48	M\$22 N\$35.50
*further savings with 3-4 participants		

Group Personal Training: Enjoy the benefits of Personal Training for a shared cost. (Max 4 participants/group). [Client Package](#) must be filled in advance by parents.

Adults

Mo 9:15- 10:15am Jan 11-Mar 22 M: \$230+GST; NM: \$300+GST
 We 9:15- 10:15am Jan 13-Mar 24 M: \$230+GST; NM: \$300+GST

Youth Group Personal Training (11-14years)

Mo 4:15- 5:15pm Jan 18-Mar 22 M: \$207; NM: \$270
 Tu 4:15- 5:15pm Jan 19-Mar 23 M: \$207; NM: \$270
 We 4:15- 5:15pm Jan 20-Mar 24 M: \$207; NM: \$270
 Th 4:15- 5:15pm Jan 21-Mar 25 M: \$207; NM: \$270



Have your own group of friends who want to do Personal Training? Contact us to set up the sessions at your preferred time.
personaltraining@jccgv.bc.ca