

Specialty Class Exercise Schedule

September – December, 2013 *Fee Required

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00am			TRX® CIRCUIT Lisa G (Ocean Room)				
8:00-9:00am		MEN'S STRENGTH Jeff Quinn (Fitness Floor)		MEN'S STRENGTH Jeff Quinn (Fitness Floor)		ULTIMATE FITNESS FUSION Lisa L (Gym)	
8:30-9:30am	TRX® CIRCUIT Tabatha (Gym)		BEACH BODY BOOTIE BARRE Lisa L (Ocean Room)				
9:00-10:00am	INTENSE POWER Jeff (Fitness Floor)	WOMEN'S STRENGTH Mary Pat (Fitness Floor)		WOMEN'S STRENGTH Tabatha (Fitness Floor)	INTENSE POWER Jeff (Fitness Floor) TRX® BOOTCAMP OUTDOORS Lisa L (Outside)		BEACH BODY BOOTIE BARRE Lisa L (Ocean Room)
9:45-10:45am		BEACH BODY BOOTIE BARRE Lisa L (Ocean Room)					
10:00-11:00am		300 TRAINING Brian (Pool Patio) SHREDMILL Tabatha (Fitness Floor)		300 TRAINING Brian (Pool Patio) SHREDMILL Tabatha (Fitness Floor)		300 TRAINING Brian (Pool Patio)	URBAN REBOUNDED Tabatha (Ocean Room)
10:30-11:30am	TRX® CIRCUIT Lisa G (Ocean Room)				TRX® CIRCUIT Lisa G (Ocean Room)		
1:15 – 2:00pm			SENIOR STRENGTH & BALANCE Patrice (Weiss-Kirstein)		SENIOR STRENGTH & BALANCE Patrice (Weiss-Kirstein)		
3:15-4:00pm	ZUMBATOMIC® Age 4-8 Jen (Group X Studio)	DANCENERGY KIDS Ages 7-10 Sue (Group X Studio) TEEN FITNESS CENTER INTRO Ages 13-15 Maria (Fitness Center)	TAE KWON DO Grades K-2 Beginners and Advanced White Belts Dennis (Group X Studio)	J-JUMP KIDS Ages 6-9 Mary Pat (Group X Studio)	TAE KWON DO Green Belts & Up Dennis (Group X Studio) (3:10-4:10pm)		
3:30 – 4:30pm		FUNCTIONAL WEIGHTS Paddy (Fitness Floor)		FUNCTIONAL WEIGHTS Paddy (Fitness Floor)			
4:00-5:00pm		MIXED MARTIAL ARTS Ages 12-15 Andrew (Fitness Floor/Gym)	TAE KWON DO Grades 3 & Up TAE KWON DO Green Belts & Up Dennis (Group X Studio)	MIXED MARTIAL ARTS Ages 12-15 Andrew (Fitness Floor/Gym)			
6:00-7:00pm		JEANS CHALLENGE Rachel (Fitness Floor)	300 TRAINING Brian (Pool Patio)				
6:15-7:30pm	SPIN YOGA Sarah (Spin Room/W/K)						
6:30-7:30pm				BEACH BODY BOOTIE BARRE Lisa L (Ocean Room)			

*Specialty Group Exercise classes are **FEE BASED. Registration is required.** The Fitness Department reserves the right to modify the schedule based on participation. Drop-In Fees apply for adult Specialty classes space permitting. Beginners are encouraged to modify workout intensity to their appropriate level. Class duration is 45 – 60 minutes. Please check our website for exact class length. For more information, please contact Maria Calla at mcalla@jccns.com or 781.476.9913. Check us out on line at www.jccns.org.



Specialty Class Exercise Descriptions

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CLASSES DESCRIPTIONS

ADULT CLASSES

INTENSE POWER Popular Personal Trainer Jeff Quinn takes you through 30 minutes of strength training, working upper and lower body and core. But wait, there's more! Next, you'll do 20 minutes of high-intensity cardio interval training to develop endurance and agility. This workout is sure to burn fat and build longer, leaner muscles.

SHREDMILL Back by popular demand! Combine cardio and strength training at an intense pace in this 60-minute workout. You'll get in the best shape of your life!

TRX® BOOTCAMP Get seriously strong and melt away extra pounds! Join us for this dynamic, intense, creative and off-the-charts workout! All fitness levels welcome.

TRX® CIRCUIT Circuit training is the most popular TRX® class, challenging you with a fast-paced workout that combines strength exercises with cardio drills. Timed sets will keep your heart rate pumping as you power through the reps at your own pace.

BEACH BODY BOOTIE BARRE You will fall in LOVE with this total-body workout that will lift your seat, tighten and tone your arms, hips and thighs utilizing the ballet barre! JCC's Beach Body Bootie Barre will target the parts of the body women struggle with; without bouncing or jumping!

ULTIMATE FITNESS FUSION You don't come to Ultimate Fitness Fusion looking for "easy". You come here for dramatic change. You're here for support. Guidance. Encouragement. Accountability. And a group of people just like you, ready to be both physically and mentally challenged into peak physical shape!

300 TRAINING Train like a Spartan! Kick, punch, run, jump...you name it! Personal Trainer Brian Grable pulls out all the stops to get you ready for intense races like the Spartan, Tough Mudder and more. This class has made headlines around Boston!

URBAN REBOUNDING Bounce your way through this fun and low-impact workout on a mini-trampoline or rebounder. The Urban Rebounder program is a safe, effective style of aerobics using familiar aerobic moves, sport-specific conditioning drills and core stabilization techniques to ensure a full-body workout!

JEANS CHALLENGE Are your jeans just too tight or do you want to drop two jeans sizes in 14 weeks? You will work with a JCC Personal Trainer and Registered Dietician in this results-driven program designed to jump start your weight loss. You will receive 14 Group Training sessions, 2 individual nutrition consultations, food and fitness diaries and weekly healthy recipes and nutrition challenges! Bring in a pair of jeans and we will help you get into them!

SPIN YOGA Need to rejuvenate yourself at the beginning of the week? Join this exhilarating 75-minute Spinning ride AND Yoga class where you will release stress, sweat and burn calories during Spinning and finish with Yoga poses focusing on breathing to clam and relax your body and mind and refresh your soul.

FUNCTIONAL WEIGHTS Learn how daily activities can help you train to be stronger and fitter! You'll learn nine lifting techniques, with proper form, that will help you in everyday life.

WOMEN'S STRENGTH TRAINING It's a total body workout! Expect a combination of cardio workout and resistance training that builds stamina, strength and sculpts the body. By improving coordination and flexibility, you will prevent injuries. Get healthy and strong in a positive environment. A great specialty group exercise class for women who want results!

MEN'S STRENGTH TRAINING In the same design as our #1 Women's strength program, we are now getting the Men involved. It's a total body workout! You'll love this combination of cardio and resistance training that builds stamina and strength and sculpts the body. By improving coordination and flexibility, you'll prevent injuries, too. Get healthy and strong in a positive environment. A great specialty group exercise class for men who want results.

SENIOR STRENGTH AND BALANCE Get fit in this fun, energetic class that allows our seasoned members to work on their balance by incorporating specific core (abdominal) exercises. These core techniques, combined with standing balance exercises, get you stronger week after week. You'll also learn proper form and exercises to do at home. Class is taught by Patrice Cahill, Director at Aviv Centers for Living's Woodbridge assisted living building in Peabody.

CHILDREN'S CLASSES

ZUMBATOMIC Zumbatomic is a fun, kid-friendly dance program using the Zumba Fitness concept. Kids love to crank up the music, shake, wiggle and have a blast with their friends.

DancEnergy Kids The renowned DanceEnergy program has customized a unique dance and fitness class just for kids! DanceEnergy Kids will have fun while they learn Choreographed dance routines and a variety of dance styles. Emphasis is on posture, alignment, balance, strength, and flexibility to enhance proper dance technique. Dance sneakers preferred.

TEEN FITNESS CENTER INTRO This is a great way for teens (age 13-15) to get active and fit! Group Exercise Manager, Maria Calla, Will bring kids into the Fitness Center and show them how to use the strength training and cardio equipment. Your kids will learn proper exercise techniques to help them develop a healthy lifestyle!

MIXED MARTIAL ARTS FOR KIDS Your kids will want to unplug their video games to take Mixed Martial Arts and learn Thai Kickboxing, Jiu Jitsu, Wrestling, Boxing and Strength and Condition.

TAE KWON DO Tae Kwon Do is a Korean Martial Art known for its dynamic kicking techniques. Focus is on skill development, technique and discipline.

J-JUMP KIDS It's the newest way for kids to stay fit! Kids love bouncing and jumping on the Urban Rebounder (mini-trampolines) as much as they like jumping on the bed.