



-DR. EDWIN & JUDY BROWN FITNESS CENTER- -Group Exercise Class Schedule- Effective September 6th, 2010

Fitness Center Hours: (M-Th 5:30 am-9:45 pm) (Fri 5:30 am-4:45 pm) (Sat 12-5:45 pm) (Sun 8 am-5:45 pm)
Fitness Center Babysitting Hours: (M-F 8:00 am-12:00 noon) (M-Th 6:00 pm-8:00 pm) (Sun. 8:00 am-12:00 noon)

Fitness Center Director: Guido Posso

** PLEASE NOTE SPECIAL CLASS TIME

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5:30 am <i>Schwinn Cycle</i> ~ Robin ~		5:30 am <i>Schwinn Cycle</i> ~ Robin ~	
8:00 am <i>Schwinn Cycle</i> ~ Christine ~		8:00 am <i>Guts & Butts</i> ~ Irene ~		8:00 am <i>Instructor Choice</i> ~ Irene ~	8:00 am <i>Beginning Pilates</i> ~ Lori ~
9:15 am <i>Hi/Lo</i> ~ Alicia ~	9:15 am <i>Instructor Choice</i> ~ Chandra ~	9:00 am ** <i>Schwinn Cycle</i> ~ Sue L ~	9:15 am <i>20-20-20</i> ~ Chandra ~	9:00 am ** <i>Schwinn Cycle</i> ~ Art ~	9:15 am <i>Cardio Combo</i> ~ Irene ~
10:15 am <i>Pilates Mat®</i> ~ Penny ~	10:30 am ** <i>SilverSneakers®</i> <i>Cardio Circuit</i> ~ Chandra ~	10:15 am <i>Pilates Mat®</i> ~ Lori ~		10:15 am <i>Pilates Mat®</i> ~ Lori ~	10:15 am ** <i>Circuit Plus</i> ~ Chandra ~
			11:00 am ** <i>Senior & Beginner Spin</i> ~ Art ~	11:15 am ** <i>ZUMBA Gold</i> ~ MVP Staff ~ (10/7 - 12/16)	
12 noon <i>SilverSneakers®</i> <i>Range of Motion</i> ~ Guido ~	12 noon <i>Well Fit</i> ~ Irene ~	12 noon <i>SilverSneakers®</i> <i>Cardio Circuit</i> ~ Guido ~	12 noon <i>Well Fit</i> ~ Bonnie ~	12 noon <i>SilverSneakers®</i> <i>Yoga Stretch</i> ~ Bonnie ~	12 noon <i>Stretch Yoga</i> ~ Irene ~
		1:00 pm <i>SilverSneakers®</i> <i>Range of Motion</i> ~ Guido ~		1:00 – 1:45 pm <i>Denise Baker</i> <i>School of Dance</i> Call 275-0206	
		4:15 – 6:00 pm <i>Denise Baker</i> <i>School of Dance</i> Call 275-0206	3:45 – 5:30 pm <i>Denise Baker</i> <i>School of Dance</i> Call 275-0206		
	5:30 pm <i>ZUMBA</i> ~ Patty ~ Schaffer Gym	6:05-6:50pm ** <i>Hip-Hop Dance</i> ~ Kyle ~ Call 275-0206 Golub Auditorium		5:30 pm <i>ZUMBA Toning</i> ~ Patty ~ Schaffer Gym	
	5:30 pm <i>Schwinn Cycle</i> ~ Christine ~				
	6:45 pm <i>Super Sculpt</i> ~ Max ~	6:30 pm ** <i>Schwinn Cycle</i> ~ Art ~	6:00 pm ** <i>Core Strength</i> <i>Circuit</i> ~ Guido ~	6:30 pm ** <i>Cardio Kick Boxing</i> ~ Alicia ~	
		7:45 pm <i>Yoga Eclectic</i> ~ Vanessa ~			



Robert & Dorothy Ludwig Schenectady Jewish Community Center
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CLASS DESCRIPTIONS

FREE FOR MEMBERS; \$5.00 FOR NON-MEMBERS (UNLESS OTHERWISE NOTED)

20-20-20: Twenty minutes of abdominals, twenty minutes of lower body, and twenty minutes of upper body strengthening, toning and sculpting exercises make this class a full body, fat burning, hour of fun.

Beginning Pilates: This class will take the core movements of the classic Pilates repertoire and slow them down to focus on proper form and technique. Modifications are made for limitations or injuries and personalized instruction is provided to ensure safety while building strength and mobility. All levels are welcome. \$12/non-members

Cardio Combo: Cardio/Strength/Stretch - One hour full of everything you need to get more strength, endurance and flexibility.

Cardio Kick Boxing: Starting with a warm-up and combining kickboxing moves and boot camp style strength training drills, this class is appropriate for any fitness level. Come on in! Are you ready?

Circuit Plus: Exercise with body balls for developing strength, improving balance, coordination and flexibility.

Core Strength Circuit: Strengthen your core using a variety of exercises and equipment. Each class is a little different. Take your training to a new level.

Guts and Butts: This 45 minute class will tighten and tone your gut and butt.

Hi/Lo: This aerobic format incorporates high impact and low impact movements. You choose the level that best fits your needs.

Instructor Choice: The instructor chooses formats designed to improve cardiovascular/musculoskeletal health.

Pilates Mat®: Pilates is a body conditioning system that seeks to build strength, flexibility, endurance, and coordination without adding muscle bulk. The program focuses on strengthening the body's "core", improving posture, and fully engaging the body and mind. Mat classes are based on the classic Pilates technique and are open to all. Modifications will be provided as needed. \$12/non-members

Schwinn Indoor Cycling: Our instructors guide you on a variety of "journeys" designed to improve your fitness and push it to new levels. Meet the challenge. Have fun. \$10 non-members.

Senior & Beginner Indoor Cycling: Introduce yourself to the rewarding world of indoor cycling. This class is specifically designed for seniors or beginners. You will enjoy low-impact exercise to great music. It's challenging and fun. \$10 non-members.

SilverSneakers® Range of Motion: Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of motion. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is provided for support. ~ Free to SilverSneakers® Participants and JCC members, \$3 non-members~

SilverSneakers® Cardio Circuit: This standing workout alternates from upper body to low impact full body movement. Balls, weights and elastic bands are used for resistance. ~Free to SilverSneakers® Participants and JCC members, \$3 non-members~

SilverSneakers® Yoga Stretch: Move your whole body through a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of movement. Breathing exercises and a final relaxation will promote stress reduction and mental clarity. ~Free to SilverSneakers® Participants and JCC members, \$3 non-members~

Stretch Yoga: Move your whole body through a complete series of yoga poses designed to increase flexibility, balance and range of movement. Breathing exercises, stretching and a final relaxation will promote stress reduction and mental clarity.

Super Sculpt: Ask more from your muscles! This class is designed for men and women, who want tone, strength and definition. Weight training exercises and motivating music offer a class that will push you beyond and into the next level of fitness.

Well Fit: If you are new to group fitness, prefer a lower impact workout or just trying to stay well and fit, this is the class for you.

Yoga Eclectic: A combination of the hatha and tantric branches of yoga. Each class includes asanas (physical postures), meditation and pranayama (breath techniques). \$5/non-members.

ZUMBA: This fusion of Latin and international music and dance forms create a dynamic, exciting, effective fitness system.

ZumbaGOLD from MVP Health Care: The same great Latin styles of music and dance as Zumba, but done at a lower intensity and not as fast.

ZUMBA Toning: Take Zumba to the next level! As much fun as ever, using light weights combined with cardio to chisel your entire physique.