



2 - DR. EDWIN & JUDY BROWN FITNESS CENTER -  
 - Group Exercise Class Schedule -  
 Effective JANUARY 2012

Fitness Center Hours: (M-Th 5:30 am-9:45 pm) (Fri 5:30 am-3:45 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
	<b>5:30 am</b> <i>Cycle /Core Strength</i> ~ Cameron ~	<b>5:30 am</b> <i>Schwinn Cycle</i> ~ Robin ~	<b>6:00 am **</b> <i>Core Strength (1/2 hr)</i> ~ Cameron ~	<b>5:30 am</b> <i>Schwinn Cycle</i> ~ Robin ~	
<b>8:00 am</b> <i>Schwinn Cycle</i> ~ Christine ~		<b>8:00 am</b> <i>Guts &amp; Butts</i> ~ Karen ~	<b>8:00 am</b> <i>Cycle /Core Strength</i> ~ Cameron ~	<b>8:00 am</b> <i>Instructor Choice</i> ~ Karen ~	<b>8:00 am</b> <i>Beginning Pilates</i> ~ Lori / Chandra / Karen ~
<b>9:15 am</b> <i>ZUMBA</i> ~ Emma ~	<b>9:15 am</b> <i>20-20-20</i> ~ Chandra ~	<b>9:00 am **</b> <i>Schwinn Cycle</i> ~ Cameron ~	<b>9:15 am</b> <i>Instructor Choice</i> ~ Chandra ~	<b>9:00 am **</b> <i>Schwinn Cycle</i> ~ Art ~	<b>9:15 am</b> <i>Cardio Combo</i> ~ Karen ~
<b>10:15 am</b> <i>True Yoga</i> ~ Amanda ~	<b>10:30 am **</b> <i>SilverSneakers® Cardio Circuit</i> ~ Chandra ~	<b>10:15 am</b> <i>Pilates Mat ®</i> ~ Lori/Chandra ~		<b>10:15 am</b> <i>Pilates Mat ®</i> ~ Lori/Karen ~	<b>10:15 am</b> <i>Circuit Plus</i> ~ Chandra ~
			<b>11:00 am **</b> <i>Senior &amp; Beginner Cycle</i> ~ Art ~		
<b>12 noon</b> <i>SilverSneakers® Range of Motion</i> ~ Guido ~	<b>12 noon</b> <i>Well Fit</i> ~ Karen ~	<b>12 noon</b> <i>SilverSneakers® Cardio Circuit</i> ~ Guido ~	<b>12 noon</b> <i>SilverSneakers® Yoga Stretch</i> ~ Amanda ~	<b>12 noon</b> <i>SilverSneakers® Range of Motion</i> ~ Guido ~	<b>12 noon</b> <i>Stretch Yoga</i> ~ Amanda ~
				<b>1:00 – 1:45 pm</b> <i>Denise Baker School of Dance</i> Call 275-0206	
		<b>4:15 – 6:00 pm</b> <i>Denise Baker School of Dance</i> Call 275-0206	<b>3:45 – 5:30 pm</b> <i>Denise Baker School of Dance</i> Call 275-0206		
	<b>5:30 pm</b> <i>ZUMBA</i> ~ Patty ~ Schaffer Gym (Babysitting Available)	<b>6:05-6:50 pm **</b> <i>Hip-Hop Dance</i> ~ Kyle ~ Call 275-0206 Golub Auditorium		<b>5:30 pm</b> <i>ZUMBA Toning</i> ~ Patty ~ Schaffer Gym (Babysitting Available)	
	<b>6:00 pm</b> <i>Schwinn Cycle</i> ~ Christine ~	<b>6:30 pm **</b> <i>Schwinn Cycle</i> ~ Art ~		<b>6:00 pm</b> <i>Schwinn Cycle</i> ~ Cameron ~	
	<b>7:15 pm</b> <i>Endurance/ Strength</i> ~ Guido ~	<b>7:45 pm**</b> <i>Yoga Eclectic</i> ~ Vanessa ~ Auditorium	<b>7:30 pm</b> <i>Sculpt &amp; Tone</i> ~ Robin ~	<b>7:15 pm</b> <i>Yoga Eclectic</i> ~ Vanessa ~ Auditorium	
				<b>7:45 pm</b> <i>Cardio KickBoxing</i> ~ Roger ~ Starts 1/26	

**Robert & Dorothy Ludwig Schenectady Jewish Community Center**  
 2565 Balltown Rd., Schenectady, NY 12309  
 (518) 377-8803 [www.schenectadyjcc.org](http://www.schenectadyjcc.org)



## 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 KickBoxing:** This is a great high energy workout using easy to learn martial arts and boxing techniques as well as traditional exercise routines designed to burn calories and promote whole body fitness.

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

**Core Strength:** Come join us for 30 minutes of core (abs/back) including warm up and stretching. Class is cued for a variety of levels and all are welcome.

**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.

**Cycle/Core Strength:** An hour long class that will combine indoor cycling and weight training stations. Each class will include time for a warm up, cardio, core strength work and cool down period. **\$10 non-members**

**Endurance/Strength:** Want to tone, strengthen, get more definition and increase muscle endurance. This is the class for you! Incorporating a variety of weight training exercises this class will take your training to a new level.

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

**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.

**Sculpt & Tone:** 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.

**True Yoga:** Start your week right by nurturing your mind and body through authentic Kripalu Yoga on Sunday mornings. All classes will consist of Pranayama (breath work), Asana (postures) and will end with relaxation and meditation. This class will change from week to week with some classes being gentle and others being more vigorous.

~ Free to JCC members, **\$12 per class for non-members. Discount packages available.**

**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). ~ Free to JCC members, **\$12 per class for non-members. Discount packages available.**

**ZUMBA:** This fusion of Latin and international music and dance forms create a dynamic, exciting, effective fitness system. ~Free to members. Non-members must contact instructor, Patty Brown, at 399-6696.

**ZUMBA Toning:** Take Zumba to the next level! As much fun as ever, using light weights combined with cardio to chisel your entire physique. ~Free to members. Non-members must contact instructor, Patty Brown, at 399-6696.