





*Newly added/changed classes marked with shaded box

*Effective 10/01/08

Group Fitness Fall Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning (A) 6:00-7:00am Larry	Body Sculpt (A) 6:00-7:00am Debbi	Spinning (A) 6:00-7:00am Patty	Body Sculpt (A) 6:00-7:00am Debbi	Spinning (A) 6:00-7:00am Debbi		
Hatha Yoga (B) 7:30-8:30am Sara	Masters Swimming (P) 6:00-7:00am Sylvia		Masters Swimming (P) 6:00-7:00am Sylvia	Masters Swimming (P) 6:00-7:00am Sylvia		
	Cardio Dance (A) 8:30-9:30am Deborah Y.		Cardio Dance (A) 8:30-9:30am Ashley	Spinning (A) 8:30-9:30am Lorraine	Spinning (A) 8:00-9:00am Judy 	Spinning (A) 8:30-9:30am Lorraine 
Cardio Sculpt (A) 9:00-10:00am Rachel	Aqua Fit (P) 9:00-10:00am Debbie	Step (A) 9:00-9:45am Michelle	On the Ball (A) 9:30-10:30am Deborah R.	Core Yoga (B) 9:00-10:00am Helga	Pilates Mat(B) 9:00-10:00am Kelly	
Iyengar Yoga (B) 9:00-10:00am Barbara	Spin & Sculpt (A) 9:30-10:30 Holly	Body Sculpt (A) 9:45-10:30am Michelle		AquaFit (P) 9:00-10:00am Abbey	Spinning (A) 9:00-10:00am Holly 	Hatha Yoga (B) 9:30-10:45am Sara
Zumba (A) 10:00-11:00am Amanda	Hatha Flow (B) 9:30-10:45am Michelle		Hatha Flow (B) 9:30-10:45am Lirio	Body Sculpt (A) 9:30-10:30am Susan	Aqua Fit (P) 9:30-10:30am Irene	
Pilates Mat (B) 10:30-11:30am Erma	Light & Easy (A) 10:30-11:30am Debbie		Light & Easy (A) 10:30-11:30am Debbie	F.A.B Flexibility, Abs & Balance (B) 10:30-11:30am Rich	Core Fusion (A) 10:00-10:30am Holly	Body Sculpt (A) 10:30-11:30am Holly
Spinning (A) 12:00-1:00pm Cathy		Spinning (A) 12:00-1:00pm Debbie W.	Cardio Sculpt(A) 12:00-1:00pm Deborah Y.	Sit & Shvitz (A) 10:45-11:30pm 9/12, 9/26, 10/10, 10/24, 11/7, 11/21, 12/5, 12/19 Debbie	Hatha Flow (B) 10:00-11:15am Michelle	Sports Conditioning (A) 11:30am-12:30pm Holly
Masters Swimming (P) 12:00-1:00pm Matt		Pilates Mat (B) 12:00-1:00pm Sandy			Adult Jazz Dance (A) 10:30-11:30am Kristen	
Body Sculpt (A) 4:30-5:30pm Malinda	Sit & Shvitz (A) 1:00-1:45pm Starts 9/9 Debbie	Masters Swimming (P) 12:00-1:00pm Matt			Hatha Flow (B) 11:30-12:30pm Michelle	
Spinning (A) 5:30-6:30pm Holly	On the Ball (A) 4:30-5:30pm Judy		Body Sculpt (A) 5:30-6:30pm Holly			
Aqua Fit (P) 6:00-7:00pm Debbie	Zumba (A) 5:30-6:30pm Judy	Aqua Conditioning(P) 5:15-6:15pm Debbie	Aqua Conditioning (P) 6:00-7:00pm Malinda			
Sports Conditioning (A) 6:45-7:45pm Rich	Hatha Yoga (B) 6:10-7:10pm Sara	Spinning (A) 5:30-6:30pm Lori	Kickbox Conditioning (B) 6:30-7:30pm Holly	Hatha Yoga (B) 6:00-7:00pm Sara		
Vinyasa Yoga (B) 6:30-7:30pm Jennifer	Spinning (A) 6:30-7:30pm Rie	Cardio Dance (A) 6:30-7:30pm Kristen	Spinning (A) 6:30-7:30pm Patty			
Pilates Mat (B) 7:30-8:30pm Jennifer		Yin/Yang Yoga (B) 6:15-7:15pm Jenna	Zumba (A) 7:30-8:30pm Nicole			

Specialty Schedule (Classes require an additional fee)

			Tai Chi (B) 8:30-9:30am Christopher		Restorative Yoga 5:00-6:30pm (B) 9/7-10/12 Lirio
Prenatal Fitness (A) 11:00am-12:00pm Starts 9/8 Deborah R.	Prenatal Yoga (B) 11:00am-12:00pm Starts 9/9 Helga	Postnatal Yoga (A) 10:30am-11:30am Starts 9/10 Helga			
		Prenatal Fitness (A) 11:00am-12:00pm Starts 9/10 Deborah			
	Ballroom Dancing 7:30pm-8:30pm (A) 10/21-11/25 Kim				

APJCC Group Fitness Class Descriptions

Adult Jazz 11-111

Learn basic jazz dance moves in a dance class format with combinations and choreography some dance experience recommended.

Aqua Conditioning // -///

Step it up with a more intense Aqua Fit workout. This class incorporates athletic moves and focuses on total body strength training.

Aqua Fit / -//

Get out of the studio and into the pool for this non-impact, total body workout. Improve cardiovascular stamina, muscular endurance, flexibility, and range of motion.

Body Sculpt / -///

Mix it up with dumbbells, balls, body bars and bands for a great total body workout! Work at your own level while you define, condition, and strengthen all major muscle groups.

Cardio Dance // -///

Move, groove and stretch in this expressive, workout that incorporates a variety of styles of dance from jazz to hip hop to Broadway.

Cardio Sculpt / -///

Combine Body Sculpt with cardio intervals for a total body workout!

Core Fusion / -///

Effective exercises to strengthen the abdominals/back and improve core endurance, balance and coordination.

Core Yoga / -///

Utilizes poses that awaken strengthen and tone the whole body while focusing on the core. Great for new or experienced mothers alike or those who wish simply wish to tone the tummy.

F.A.B.-Flexibility, Abs & Balance / -///

Abs, yoga & stretching, all in one! Stretch your body from head to toe, while strengthening your core and improving your concentration.

Hatha Flow / -///

Combine the principles of Iyengar yoga and the fluidity of Vinyasa at a pace that suits the practitioner. Flow integrates breath and movement, awareness and alignment, and strength and flexibility.

Hatha Yoga / -///

Blend several styles of Yoga into one with an emphasis on core strength, flexibility, balance, concentration and breath control.

Iyengar Yoga / -///

Rather than moving quickly through poses, this practice involves precise alignment of muscles, bones and joints using props.

Light and Easy Aerobics / -///

Light on the joints and easy to follow, this low-impact aerobics class uses simple choreographed movement patterns that emphasize full range of motion.

Kickbox Conditioning / -///

A cardiovascular workout using the basic techniques of Kickboxing to develop overall endurance, conditioning, and stamina.

On the Ball / -///

Cardio, strength and core exercises all using the Stability Ball! Keep it simple with one piece of equipment that will be sure to challenge you.

Pilates Mat / -///

Floor exercises inspired by the work of Joseph Pilates that strengthen your body's core muscles. Pilates exercise strengthens the body from the inside out.

Spinning / -///

Indoor cycling workout using music, visualization and cycling techniques to improve both cardiovascular fitness and muscular strength.

Sit & Shvitz / -///

This class is designed for those who require a lighter, less strenuous workout. It can be done sitting or standing and at your level.

Spin & Sculpt / -///

Combine indoor cycling with upper and lower body strength exercises for a total body workout! This class is great for those who may not like a full hour of spinning or anyone looking for variety.

Sports Conditioning / -///

This class combines athletic movement with start/stop, change of direction, running, jumping, sweating & more. Sports conditioning meets boot camp for a fun and challenging class.

Step / -///

A continuous cardiovascular workout featuring standardized movement patterns on and off the step.

Tai Chi / -/// (\$5 charge/class on drop-in basis)

A gentle, soothing practice involving fluid movements that focuses the mind, while conditioning the body. It originated in China where it has been practiced for some 600 years. Great for all levels.

Vinyasa Yoga // -///

A dynamic system of practicing asanas that focuses on the synchronization of breath and the continuous flow of movement. Build heat, endurance, flexibility, strength and mental focus.

Yin/Yang Yoga / -///

Balance a calorie burning, vigorous workout in the first half of class with a relaxing, body-opening series of poses in the second half. The Yang portion will include Vinyasa flows and balancing poses and the Yin portion will hold poses longer, use props, and have a greater emphasis on the breath.

Zumba / -///

Zumba combines Latin rhythm with cardiovascular exercise to create an aerobic workout that is fun and easy to follow.

Level Descriptions

- I. For those who are new to this particular group exercise class and/or exercise program.*
- II. For those who have some experience with this particular group exercise class and are currently involved in an exercise program.*
- III. For those who are active in this form of group exercise class and are currently involved in an exercise program.*

*Members must be 13 years of age or older to participate

*Schedule is also available online at www.svjcc.org

*Classes subject to change

*Please bring your own yoga mat for all Yoga, Pilates Mat, and F.A.B. classes

A: Studio A

B: Studio B

P: Pool

F: Field



Class requires a ticket that can be picked up at the front desk

Contact Deborah Rothschild, 408.357.7440 or deborahr@svjcc.org for more info.