

JCC GROUP EXERCISE Mornings

January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-9 AM SPINNING* SPIN STUDIO Mark/Bob	6:15-7 AM SPINNING* SPIN STUDIO Marsha	6-7 AM GROUP POWER KDS Laurie	6-7 AM GROUP FIGHT KDS Laurie	6:15-7:15 AM GROUP POWER KDS Laurie	6-7 AM SPINNING* SPIN STUDIO Marsha	8:45-9:45 AM GROUP BLAST KDS Lauren
8:15-9:15 AM GROUP POWER KDS Evan/Molly	6:15-7:15 AM GROUP BLAST KDS Laurie	7:30-8 AM GROUP CORE* KDS Laurie	6-7 AM SPINNING* SPIN STUDIO Molly	8-9 AM GROUP POWER KDS Molly	6:15-7:15 AM GROUP FIGHT KDS Laurie	9-9:45 AM SPINNING* SPIN STUDIO Evan
9-9:45 AM SPINNING* SPIN STUDIO Dee	8-9 AM GROUP CENTERGY RDS Laurie	8-9 AM GROUP POWER KDS Molly	8-9 AM GROUP ACTIVE KDS Holly	9-9:30 AM SPIN FOR "30"* SPIN STUDIO Patti	8-9 AM GROUP BLAST KDS Molly	10-11 am GROUP CENTERGY KDS Holly
9:15-10:30 AM YOGA RDS Max/Susan	8:15-9:15 AM GROUP ACTIVE KDS Holly	8:30-9 AM GROUP CORE* PTS Bill	8-8:45 AM SPINNING* SPIN STUDIO Patti	9:15-10:15 AM GROUP POWER KDS Marsha	8-9 AM GROUP CENTERGY RDS Patti	10:15-10:45 AM GROUP CORE* PTS Evan
9:30-10:30 AM GROUP FIGHT KDS Mike	9:15-10:15 AM GROUP ACTIVE KDS Patti	9-9:45 AM SPINNING* SPIN STUDIO Laurie	9-10 AM GROUP BLAST KDS Molly	10:30-11:30 AM ZUMBA KDS Miri	9-9:45 AM SPINNING* SPIN STUDIO Laurie	11 am-noon GROUP ACTIVE KDS Holly
10-10:45 AM SPINNING* SPIN STUDIO Lauren	9:15-10:30 AM YOGA RDS Diane	9:15-10:15 AM GROUP POWER KDS Evan	9-10 AM GROUP CENTERGY RDS Patti		9:15-10:15 AM GROUP ACTIVE KDS Evan	<div style="background-color: #00a6c9; color: white; padding: 5px; text-align: center;"> *Reservations required for Spinning and Group Core. Please pay at the Centerfit Desk </div>
10:30 -11 AM GROUP CORE* KDS Bill		10:30-11:30 am GROUP ACTIVE KDS Patti		<div style="border: 1px solid black; padding: 5px;"> Room Key KDS= KAUFMANN DANCE STUDIO RDS= ROBINSON DANCE STUDIO PTS= PERSONAL TRAINING STUDIO </div>	9:15-10:30 AM YOGA FLOW RDS Taya	
11 AM-Noon PILATES RDS Pattye					10:15-10:45 AM GROUP CORE* KDS Laurie	
11 AM-Noon GROUP ACTIVE KDS Molly/Evan						

JCC GROUP EXERCISE Afternoons & Evenings

January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6-7 PM GROUP FIGHT KDS Mike	5-5:30 PM BLAST 30 KDS Evan	5:15-6:15 PM GROUP BLAST KDS Evan	5:30-6 PM GROUP CORE KDS Evan	January 1, 2018 9-10:30 am Extended Spin with Molly, Evan and Patti	
	6:30-7:15 PM SPINNING SPIN STUDIO Molly	5:30-6 PM GROUP CORE KDS Holly	6:15-7:15 PM GROUP ACTIVE KDS Evan	6-7 PM GROUP POWER KDS Evan		
	7-7:30 PM GROUP CORE KDS Mike	6-7 PM GROUP CENTERGY KDS Holly		7:15-8:15 PM GROUP CENTERGY PTS Evan		
			7-7:45 PM SPINNING* SPIN STUDIO Mark			
<ul style="list-style-type: none"> • Reservations required for Spinning • Please pay at the Centerfit Desk 			7:15-8:15 PM GROUP FIGHT KDS Mike			

Pilates

Create a body that is long and lean with flat abdominals and a strong back.

Yoga

Improve strength and flexibility through stretches, postures and breathing techniques.

Yoga Flow

Seated meditation, breathing exercises and a variety of postures. Suitable for all students from beginners and up.

Spinning*

Reservations required and may be made up to seven days in advance. Two hours advance notice of cancellation required; "no shows" will be charged \$5.

Group Active

One class that gives you all the training you need—cardio, strength, balance and flexibility—in just one hour. Activate your life with Group Active.

Group Blast

60 minutes of cardio training using The Step to improve fitness, agility, coordination and strength.

Blast 30

30 minutes of high energy cardio training.

Group Centergy

Combines yoga and pilates movements.

Group Core

Trains you like an athlete in 30 action-packed minutes and challenges you like never before. Prevent back pain, improve athletic performance and get ripped abs.

Group Fight

Fusion of martial arts and boxing movements.

Group Power

Barbell program that strengthens all major muscles—for all fitness levels.

Zumba

Exciting Latin moves and rhythms.

Group Exercise & Spinning Fees

Centerfit Platinum: No fee
General Members:
 \$5/class; \$80/20 adult coupons
 \$53/20 teen coupons

Yoga and Pilates Fees

Centerfit Platinum: No fee
General Members:
 \$140/20-session punch card (get one session FREE with filled card)
 \$70/10-session punch card
 Drop-in: \$9/member;
 \$12/community

Stewart S. Weinbaum Shortstop Babysitting

Monday-Friday, 8AM-1 PM

Evening Babysitting

Monday to Thursday, 6-8:30 PM

Call 412-339-5404 to make a reservation.

Centerfit Platinum Members
 \$35/month/child; \$288/year/child
General Members
 \$50/month/child; \$408/year/child
Drop-in
 \$12/hour/child; no-show: \$15

You must remain in the building while using JCC babysitting.