


















# SENIOR JCC 2010 WINTER GROUP FITNESS CLASS SCHEDULE

MONDAY ( 12 weeks)	TUESDAY (12 weeks)	Wednesday ( 12 weeks)	THURSDAY (12 weeks)	FRIDAY (12 weeks)
<p>9:00-10:00 a.m. &amp; 10:30-11:30AM <b>Healthy Bones</b> [Multi Purpose Rm 1] Instructor: <b>Barbara:Harriet/Renee</b> <i>*special release required for class. See front desk for more details.</i></p>				  
<p style="text-align: center;"></p> <p><b>9:00-10:00 am</b> <u>Wet-n-Fit:</u> Intermediate level <b>Instructor: Genie</b> Low impact class, which includes shallow &amp; deep-water activities.</p>	<p style="text-align: center;"></p> <p><b>9:00-10:00 am</b> <u>Wet-n-Fit:</u> Intermediate level <b>Instructor: Bob</b> Low impact class, which includes shallow &amp; deep-water activities.</p>	<p style="text-align: center;"></p> <p><b>9:00-10:00 am</b> <u>Wet-n-Fit:</u> Intermediate level <b>Instructor: Genie</b> Low impact class, which includes shallow &amp; deep-water activities.</p>	<p style="text-align: center;"></p> <p><b>9:00-10:00am</b> <u>Wet-n-Fit:</u> Intermediate level <b>Instructor: Genie</b> Low impact class, which includes shallow &amp; deep-water activities.</p>	<p style="text-align: center;"></p> <p><b>9:00-10:00 am</b> <b>Aquacise</b> All levels <b>Instructor: Genie</b> Low impact cardiovascular water workout for beginners.</p>
	<p style="text-align: center;"></p> <p><b>10:00-10:45 am</b> <b>Water Aerobics</b> (intermediate) <b>Instructor:Bob</b> 40-001-W10</p>			<p style="text-align: center;"></p> <p><b>10:15-11:15 am</b> <b>Hydro-Pilates</b> All Levels <b>Instructor:Lisa</b> 40-005-W10</p>
<p style="text-align: center;"></p> <p><b>10:45-11:30 am</b> <b>Senior Strength &amp; Range of Motion:</b> <b>Free to JCC Senior Members</b> <b>Instructor: Donna M</b> 53-001-W10 A seated class for strength &amp; range of motion.</p>	<p style="text-align: center;"></p> <p><b>10:45 am-11:30 am</b> <b>Splash:</b> <b>Instructor: Shari P.</b> 53-003-W10 <i>*Non-S&amp;F member fee \$45 for Winter Session.Non-members \$65. <b>This Fee is Just for Tuesday's Splash.</b></i> Low impact water fitness class designed for seniors.</p>	<p style="text-align: center;"></p> <p><b>10:45-11:30 am</b> <b>Senior Cardio Circuit:</b> <b>Free to JCC Senior Members</b> <b>Instructor: Shari P</b> 53-004-W10 Senior based fitness class performed seated or standing.</p>	<p style="text-align: center;"></p> <p style="text-align: center;"><b>"NEW"</b> <b>Senior Water Fit</b> All Levels w/Shari P. <b>40-003-W10</b></p>	<p style="text-align: center;"></p> <p><b>10:45-11:30 am</b> <b>Senior Strength &amp; Range of Motion</b> <b>Free to JCC Senior Members</b> <b>Instructor: Shari P.</b> 53-006-FW10 A seated class for strength &amp; range of motion.</p>
<p style="text-align: center;"></p> <p><b>Senior Funday Monday Get-Together</b> <b>11:30am-1:30pm</b> <b>Multi-Purpose Rm#1</b></p>	<p style="text-align: center;"></p> <p><b>11:45am-12:30pm</b> <b>Deep Water w/ Shari P</b> <b>40-002-W10</b></p>	<p style="text-align: center;"></p> <p><b>12 NOON</b> <b>Senior Lunch &amp; Entertainment</b> <b>\$4(M), \$7(NM)</b> Contact Lisa for Registration</p>		<p><b>Unlimited Senior Water Fitness:</b> <b>50-008-W10.</b> <b>Take All water classes for one fee!</b> JCC Seniors \$95 Senior Non-members \$125 A La Carte Seniors \$5.00/Class. Senior Non- Members \$10/class <a href="http://www.ssbjcc.org/fitness">www.ssbjcc.org/fitness.</a></p>