

SENIOR JCC 2010 SPRING GROUP FITNESS CLASS SCHEDULE

MONDAY (11 weeks) JCC CLOSED 5/31	TUESDAY (11 weeks) JCC Closed 5/19	Wednesday (11 weeks) JCC closed 5/20	THURSDAY (12 weeks)	FRIDAY (12 weeks)
 NEW 8:00-8:45am ADVANCED Wet-n-Fit: ADVANCED LEVELS ONLY Instructor: Genie more challenging water fitness class which includes shallow & deep-water activities.				  <small>775 Talmun Road, Bridgewater, NJ 08807</small>
 9:00-10:00 am Wet-n-Fit: Intermediate level Instructor: Genie Low impact class, which includes shallow & deep-water activities.	 9:00-10:00 am Wet-n-Fit: Intermediate level Instructor: Bob Low impact class, which includes shallow & deep-water activities.	 9:00-10:00 am Wet-n-Fit: Intermediate level Instructor: Genie Low impact class, which includes shallow & deep-water activities.	 9:00-10:00am Wet-n-Fit: Intermediate level Instructor: Genie Low impact class, which includes shallow & deep-water activities.	 9:00-10:00 am Aquacise All levels- Beginners Welcome! Instructor: Genie Low impact cardiovascular water workout for beginners.
10:30-11:30AM Healthy Bones [Multi Purpose Rm 1] Instructor: Barbara:Harriet/Renee <i>*special release required for class. See front desk for more details.</i>	 10:00-10:45 am Water Aerobics (intermediate) Instructor:Bob 40-007-W10			
 10:45-11:30 am Senior Strength & Range of Motion: Free to JCC Senior Members Instructor: Donna M 40-001-SP10 A seated class for strength & range of motion.	 "NEW" 10:45-11:30am Senior Splash All Levels w/Shari P. 40-008-SP10	 10:45-11:30 am Senior Cardio Circuit: Free to JCC Senior Members Instructor: Shari P 40-003-SP10 Senior based fitness class performed seated or standing.	 "NEW" 10:45-11:30am Senior Splash All Levels w/Shari P. 40-003-SP10	 10:45-11:30 am Senior Strength & Range of Motion Free to JCC Senior Members Instructor: Shari P. 40-005-SP10 A seated class for strength & range of motion.
 Senior Funday Monday Get-Together 11:30am-1:30pm Multi-Purpose Rm#1	 10:45-11:30am Senior Yoga: A Modified Yoga classes designed for seniors. \$45 for 11 Classes (fee for all members) w/Bonnie 40-002-SP10	 12 NOON Senior Lunch & Entertainment \$4(M), \$7(NM) Contact Lisa for Registration	 11:45am-12:30pm Deep Water w/ Shari P 40-006-SP10	Unlimited Senior Water Fitness: 50-015-SP10. Take All water classes for one fee! JCC Seniors \$95 Senior Non-members \$125 A La Carte Seniors \$5.00/Class. Senior Non-Members \$10/class www.ssbjcc.org/fitness.