




















JCC SENIOR 2010 FALL GROUP FITNESS SCHEDULE

SUNDAY, SEPTEMBER 12-THURSDAY, DECEMBER 30

MONDAY 16 WEEKS	TUESDAY 16 WEEKS	Wednesday 16 WEEKS	THURSDAY 13 WEEKS: JCC CLOSED 9/23, 9/30,11/25	FRIDAY 12 WEEKS: JCC CLOSED 9/24,10/1: NO GROUP FITNESS 11/26, 12/24
 8:00-8:45am ADVANCED Wet-n-Fit: ADVANCED LEVELS ONLY Instructor: Genie More challenging water fitness class, which includes shallow & deep-water activities.			 www.ssbjcc.org/fitness	 
 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: Laura 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 Wet-n-Fit 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 Instructor:Laura 40-007-F10			
 10:45-11:30 am Senior Strength & Range of Motion: Free to JCC Senior Members Instructor: Donna M. 40-001-F10 A seated class for strength & range of motion.	 10:45-11:30am Senior Splash All Levels w/Shari P. 40-008-F10	 10:45-11:30 am Senior Cardio Circuit: Free to JCC Senior Members Instructor: Shari P 40-003-F10 Senior based fitness class performed seated or standing.	 10:45-11:30am Senior Splash All Levels w/Shari P. 40-004-F10	 10:45-11:30 am Senior Strength & Range of Motion Free to JCC Senior Members Instructor: Shari P. 40-005-F10 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 class designed for seniors. \$60 (M) \$75 (NM) for 16 Classes w/Bonnie 40-002-F10	 12 NOON Senior Lunch & Entertainment \$4(M), \$7(NM) Contact Lisa for Registration	 11:45am-12:30pm Deep Water w/ Shari P 40-006-F10	Unlimited Senior Water Fitness: 50-015-F10. Take all water classes for one fee! That's 160 classes for the Fall Session JCC Seniors \$105 Senior Non-members \$135 A La Carte Seniors \$5.00/Class. Senior Non-Members \$10/class