

FUN & FITNESS at the Charles Schusterman JCC

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 A.M.	Muscular Endurance	Circuit Training	Stretching & Aerobics	Circuit Training	Spinning
9:30 A.M.		Cardio Motion			Cardio Motion
10:30 A.M.		Aqua Aerobics		Aqua Aerobics	
12:00 NOON		Abs	Boot Camp Bring It On Yoga	Abs	
5:30 P.M.		Spinning			
6:00 P.M.	Bring It On Yoga				

AQUA AEROBICS is an invigorating fitness activity. Exercising in water provides a safe, enjoyable challenge for people of all ages, fitness levels and abilities. Water aerobics incorporates a combination of rhythmic arm and leg actions performed in a vertical position in shallow-water. This class involves vigorous limb movements against the water's resistance, resulting in increased muscular strength and cardiovascular fitness.

BOOT CAMP is approximately 45 minutes of high intensity exercises that will keep the heart rate up & challenge your muscles. This class utilizes strength exercises and cardiovascular activities.
Intermediate to advanced.

ABS class is designed to strengthen and tone your core with various exercises for the upper lower and oblique abdominal. Are you training your abs and not seeing the results you wished for? Come join our lunch-time abs class.
Intermediate to advanced.

**REMEMBER!
ALL CLASSES
ARE FREE
WITH YOUR
PAID CSJCC
MEMBERSHIP!**



BRING IT ON YOGA is an invigorating, non-impact, complete body workout that builds strength, balance and flexibility. It is designed to boost your fitness level performance for other athletic activities. Some benefits: strengthen muscles, bones and joints; aligns the spine and lengthens hamstrings; releases deep tension in chronically tight areas (neck, shoulders, lower back, hamstrings); encourages progressive physical agility and brain power; improves range of motion; proven to relieve and help prevent the onset of arthritis. *Beginners welcome but this class is geared toward intermediate.*

CARDIO MOTION is a fusion of low impact cardio and body-shaping exercises designed to maximize effectiveness and kick your metabolism into high gear. The format starts with 10 minutes of deep stretches followed by a fun and invigorating workout, adding short cardio bursts to boost your calorie burn. The cool-down includes a sequence of gentle restorative stretches that will progressively increase your overall flexibility and lengthen the spine.

CIRCUIT TRAINING is an efficient and effective way to get a full body workout at your own intensity level. A fun-filled hour of muscular conditioning and cardiovascular conditioning. This class is unique in that no one in the room will be doing the same exercise at the same time. Each participant will rotate through the stations in the 60 minute class. You will alternate between a cardio station and a strength station.

MUSCULAR ENDURANCE is the ability to resist fatigue and to continue to exercise over a prolonged period of time. The class begins with a quick stretch session, moves into continual free weight exercised designed to work all muscle groups used in day to day activities. The class has some lower body work at the ballet bars and finishes with a stretching session.

SPINNING is an indoor bike ride that is proven to achieve faster weight loss than any other indoor exercise. Your spinning instructor plans a ride terrain, and sets the ride to music. Aside from being great fun, you will get fitter faster than you ever believed possible. This spinning class lasts for about 45 minutes.

STRETCHING & AEROBICS is a challenging workout that will prove to increase ease of movement throughout the rest of the day. This class will begin with a warm-up/stretch then move into a low-impact aerobic segment to make sure all muscles are warmed up and the body is totally prepared for what's ahead. Please join us. We want this class to be fun for all participants.