

Lawrence Family Jewish Community Center • JACOBS FAMILY CAMPUS  
**Qualcomm Sports, Fitness & Aquatics Complex**

**July 2010 — Weekly Fitness Class Schedule**

**MONDAYS**

		Instructor	Room
7:00 am	Morning Spin	Catherine	A
9:15 am	Aerobics for Everyone	Joni	D
9:30 am	Total Body Sculpt	Lori	A
11:00 am	Tai Chi*	Community College	A
11:30 am	Vinyasa Flow Yoga 1*	Laura	D
12:30 pm	Kettlebell Power Lunch*	Chasen	A
4:45 pm	Ashtanga Yoga*	Sylvia	D
5:30 pm	Svaroopaa Yoga*	Sharon	U
6:00 pm	Indoor Cycling	Bryant	A
	Abs Blast	Alisha	D
6:30 pm	Athletic Drills	Alisha	D
7:00 pm	Hip-Hop	Summer	D

**TUESDAYS**

		Instructor	Room
8:30 am	Water Aerobics*	Honey	P
8:30 am	H.A.B.I.T.	Tereasa	A
9:15 am	Stretch for Flexibility	Rebecca	D
9:30 am	Cardio I.B.T.	Tereasa	A
10:15 am	Sit and Get Fit 30 min.	Rebecca	D
11:30 am	Pilates Mat Science*	Mikki	D
4:00 pm	Children's Karate*	Call (858) 362-1125	A
5:30 pm	Adult Karate*	Fred	D
6:30 pm	Indoor Cycling	TBA	A

**WEDNESDAYS**

		Instructor	Room
7:00 am	Morning Spin	Catherine	A
9:15 am	Aerobics for Everyone	Joni	D
9:30 am	Zumba®	Fleeta	A
10:30 am	Feldenkrais	Roanne	D
11:30 am	Vinyasa Flow Yoga 2*	Rebecca	D
4:45 pm	Ashtanga Yoga*	Rebecca	D
5:15 pm	Kettlebell*	Myra	A
6:00 pm	Abs Blast	Lisa	D
6:30 pm	Athletic Drills	Lisa	D

**THURSDAYS**

		Instructor	Room
8:30 am	Water Aerobics*	Honey	P
9:15 am	Stretch for Flexibility	Mikki	D
9:30 am	Total Body Sculpt	Tereasa	A
11:30 am	Pilates Mat Science*	Scott	D
12:00 pm	Kettlebell Power Lunch*	Chasen	A
4:00 pm	Children's Karate*	Call (858) 362-1125	D
5:00 pm	Tai Chi*	Lawrence	F
6:00 pm	Indoor Cycling	Ryn	A
6:30 pm	Total Body Sculpt	Lisa	D

**FRIDAYS**

		Instructor	Room
7:00 am	Morning Spin	Catherine	A
9:15 am	Aerobics for Everyone	Rebecca	D
9:30 am	Zumba®	Lori	A
10:15 am	Reserved for Training		
11:30 am	Vinyasa Flow Yoga 3*	Rebecca	D
12:00 pm	Indoor Cycling	Bryant	A

\* Class requires a registration fee or pre-registration

**JCC FITNESS FRONT DESK (858) 362-1337**

**FITNESS CENTER HOURS**

Monday–Thursday 6:00 AM–9:00 PM  
 Friday .....6:00 AM–5:00 PM  
 Saturday .....11:00 AM–5:00 PM  
 Sunday .....8:30 AM–5:00 PM  
*OPEN TO THE PUBLIC 7 DAYS A WEEK*

**Room Key**

A = Aerobics Rm.  
 D = Dance Rm.  
 U = Upstairs  
 G = Gym  
 P = Pool  
 M = Music Room  
 F = Field

**PERSONAL TRAINING**

1 Hour \$70 • 1/2 Hour \$35  
 Partner/Group Training available for \$10 ea. additional person  
 Contact Chasen to set up a session: (858) 362-1340

**SPECIALTY CLASS RATES**

**Yoga • Water Aerobics • Pilates • Kettlebell**

JCC Member: \$7 per class; \$50 for 10 classes  
 Non-member: \$10 per class; \$65 for 10 classes

**Gymnasium/Pool Day Pass: \$10**

*Does not include Class Rate*  
 For information on other class rates call the Fitness Front Desk

**CHILDCARE WHILE YOU WORK OUT**

JCC Member Rate: \$7/hr  
 Non-member Rate: \$8.50/hr  
**Sunday 8:30–12:30 pm**  
**Mon.–Thurs. 9:15 am–12:15 pm**  
 (Not available Friday or Saturday)

**MASSAGE (Member Prices)**

**\$80 for 60 minutes**  
**\$120 for 90 minutes**  
 Relax. Renew. Refresh  
 (858) 362-1339



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4126 Executive Drive • La Jolla, California 92037 • www.lfjcc.org • (858) 362-1337

### ABS BLAST

In 30 minutes, this rock solid abs & low-back workout provide the intensity you need - the results you want! Attend before or after your cardio workout. No Fluff, all the right stuff!

### AEROBICS FOR EVERYONE

This high energy, low impact class focuses on coordination, stamina and strength. Benefits includes reduced stress on joints and lower back as well as increased range of motion and flexibility. Great for seniors and beginner fitness levels.

### ATHLETIC DRILLS

Improve speed, power and endurance! An intense cardio workout that combines sports drills, plyometrics, jump rope and boxing moves to get you in shape fast!

### Cardio I.B.T. (Integrated Balance Training)

This class utilizes the BOSU Balance Trainer for a workout that integrates total fitness with FUN! Expect to be challenged with exciting new movement patterns and exercises, and be prepared to leave this class with a new appreciation for what "total body workout" really means!

### CORE POWER

Complete conditioning, with focus on Abs and Back, using a variety of equipment.

### FELDENKRAIS

Gentle movements that improve posture, breathing, coordination and help to alleviate stress, tension and fatigue. All levels welcome!

### H.A.B.I.T.

Hips, Abs, Buns, and Inner Thigh... need we say more?

### HIP HOP

Hip Hop dance moves, cool choreography, cardio-funk aerobic dance steps and routines!

### KETTLEBELL

Introducing the ultimate fitness program that increases your endurance, power, strength, and confidence to burn fat fast! The Kettlebell fitness programs utilize all your core muscles that are absolutely essential for maintaining good health.

**NOTE:** For your safety and enjoyment, Kettlebell classes require a Introduction class before participating in the classes scheduled on this Fitness Schedule. Contact Chasen Booher to be placed on an interest list.

### PILATES MAT SCIENCE

This class is designed to re-educate your body, correct your posture, form and movement. It works from the inside out; building a strong core that can be engaged while performing regular daily activities, weight training and cardiovascular workouts. Pilates Mat Science will minimize your time spent exercising while maximizing your results.

### SCHWINN INDOOR CYCLING

Challenging drills up and down mountains, intervals of power and speed, and visualization make spinning the complete mind/body exercise program. Not only is this a fun non-impact workout, but you'll burn 500-800 calories in 45-60 minutes! All classes are led by certified instructors who will coach and motivate you to SWEAT! All fitness levels welcomed!

### SIT AND GET FIT

This class is perfect for people who want to gently increase overall body strength, regain or improve flexibility, as well as challenge the body's balance ability. Sections of the class are standing to challenge balance and strength, while other sections are seated to increase flexibility.

### STRETCHING FOR FLEXIBILITY

Focuses on the elongation of muscles by static stretching of muscle groups. Wear comfortable clothing and socks. Yoga mats provided by the JCC.

### TAI CHI

Centers the mind, calms the emotions and relaxes the entire body while circulating vital energy. Slow, gentle movements make this class great for all ages and levels of fitness.

### TOTAL BODY SCULPT

Strength/cardio interval training utilizing dumbbells, bosu balls and resistance tubing to perform powerful movements that will define muscle tone and sculpt your body.

### YOGA

**Svaroopa (Hatha) Yoga:** Teaches different ways of doing familiar poses, emphasizing the opening of the spine by beginning at the tailbone and progressing through each spinal area. Every pose integrates the principles of asana, anatomy and yoga transcendent inner experience. This is a consciousness-oriented yoga that promotes healing and transformation.

**Power (Ashtanga) Yoga:** a very athletic practice based on a series of asanas connected by breath. Focuses on poses that develop strength, flexibility and stamina.

**Vinyasa Flow Yoga:** Vinyasa means "breath-synchronized movement," so poses will smoothly flow together with each breath. Our lunchtime yoga series increases in difficulty throughout the week. Level I centers on gaining an understanding of the basic poses. Level II adds to the basic poses and flows a little quicker. Level III adds more challenging poses including inversions and upper body balances. **NOTE: Modifications are always offered and previous yoga experience is recommended for the level III class.**

### ZUMBA®

This program fuses hypnotic Latin rhythms and easy-to-follow moves to create an exciting, caloric burning workout that will blow you away. It is a fun way to exercise and enjoy yourself at the same time. Come join the party!

