

Qualcomm Sports, Fitness & Aquatics Complex

February 2012 – Weekly Fitness Class Schedule

MONDAYS		Instructor	Room
6:30 am	Indoor Cycling	Alesha	A
9:15 am	Aerobics for Everyone	Joni	D
9:30 am	Total Body Sculpt	Fleeta	A
10:45 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
6:00 pm	Indoor Cycling	Bryant	A
	Abs Blast	Chasen	D
6:30 pm	Athletic Drills	Chasen	D

TUESDAYS		Instructor	Room
8:30 am	Water Aerobics*	Honey	P
8:30 am	Hard Core	Danielle	A
9:15 am	Stretch for Flexibility	Rebecca	D
9:30 am	F.I.T. Camp	Nancy	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	D
5:30 pm	Adult Karate*	Fred	D
5:30 pm	Indoor Cycling	Bob	A
6:30 pm	Zumba®	TBA	A

WEDNESDAYS		Instructor	Room
6:30 am	Indoor Cycling	Christian	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*	Pamela	D
4:45 pm	Vinyasa Flow Yoga 2*	Rebecca	D
5:30 pm	Kettlebell*	Myra	A
6:00 pm	Abs Blast	Danielle	D
6:30 pm	Athletic Drills	Danielle	G
6:30 pm	Wellness 101 Yoga	Rebecca	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	Angela	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
5:30 pm	Adult Karate*	Fred	D
6:00 pm	Indoor Cycling	Greg	A
6:30 pm	NIA	Marilyn	D

FRIDAYS		Instructor	Room
9:15 am	Aerobics for Everyone	Alesha	D
9:30 am	Zumba®	Lori	A
10:15 am	Reserved for Training		
11:30 am	Vinyasa Flow Yoga 3*	Pamela	D
12:00 pm	Indoor Cycling	Bryant	A

SUNDAYS		Instructor	Room
10:30 am	Kettlebell Basics*	Myra	D

* 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
 Friday6:00 AM–5:00 PM
 Saturday8:30 AM–5:00 PM
 Sunday8:30 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: \$12 per class; \$80 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

Mon.–Fri. 9:00 am–12:30 pm

(Not available on the weekends)

MASSAGE (Member Prices)

\$75 for 60 minutes

\$100 for 90 minutes

Relax. Renew. Refresh

(858) 362-1339



Lawrence Family Jewish Community Center • JACOBS FAMILY CAMPUS
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!

FELDENKRAIS

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

F.I.T. CAMP

The name says it all. This class shapes and tones the entire body with an emphasis on full body sculpting and toning using Functional Intense Training.

HARD CORE

Cardio style training infused with Pilates to improve core strength, stability and overall fitness using resistance equipment and your own body weight!

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.

NIA (NEUROMUSCULAR INTEGRATIVE ACTION)

(pronounced nee-ya), is a fantastic aerobic workout, or as some have called it – “a fabulous spiritual sweat” – that uses the concentration and flow of tai chi, the mindfulness of yoga, the power and focus of martial arts, the grace and spontaneity of modern and ethnic dance, and the freedom and authenticity of creative movement. These disciplines are integrated to create an exhilarating workout that is expressive, inspiring and fun.

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.

WATER AEROBICS

Low impact workout designed to minimize strain to bones and joints. Modifications can be made for pregnancy, seniors, and post-rehab participants.

WELLNESS 101 - BACK TO BASICS

The JCC's new series of classes will focus on the fundamentals of fitness. This is a beginning level class to create a sense of comfort to decrease the anxiety when starting the normal classes or a new fitness regimen. Our goal is to show how exercise can be a fun. Next month - Yoga 101.

YOGA

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!

