### Sunday Morning
- 8:00 am: Spinning® - Studio B - Donna
- 8:30 am: TRX® - Studio B - Feinberg
- 9:00 am: Rep & Step - Studio B - Alissa
- 9:15 am: XZone Fitness® - XZone - Ralph
- 10:00 am: Zumba® - Studio B - Miryam
- 10:15 am: Yoga® - Yoga Studio - Donna
- 10:15 am: Indoor Cycling - Studio A - Kevin

### Monday Morning
- 8:10 am: Circuit Training - Track - Donna
- 8:15 am: Spinning® - Studio B - ProfessorFit
- 9:00 am: XZone Fitness® - XZone - Ralph
- 9:00 am: Low Impact Fusion - Studio B - Anita
- 9:00 am: AquaFit Silver® - Pool - Kevin
- 9:15 am: Power Fitness - Studio A - Donna
- 10:00 am: SilverSneakers® Classic - Studio B - Karen
- 10:15 am: Boxing for Parkinson's® - Studio A - Ysaac
- 11:00 am: SilverSneakers® Classic - Studio B - Carolyn
- 11:15 am: Tai Chi - Studio A - James

### Monday Afternoon/Evening
- Noon: SilverSneakers® Circuit - Studio B - Carolyn
- 12:15 pm: SilverSneakers® Classic - Studio A - Feinberg
- 1:15 pm: Lunchtime Spin® - Studio B - ProfessorFit
- 4:30 pm: Xpress Zone (Aftercare) - XZone - Donna
- 6:10 pm: XZone Fitness® - XZone - Ralph
- 6:30 pm: Spinning® - Spin Studio - Erika

### Tuesday Morning
- 8:15 am: Body Evolution - Track - Donna
- 8:15 am: Indoor Cycling - Studio B - Alissa
- 9:00 am: XZone Fitness® - XZone - Ralph
- 9:00 am: Ageless Grace® - Studio A - Susan
- 9:15 am: TRX® - Studio B - Feinberg
- 9:30 am: Circuit Blast - Studio B - Isabel
- 10:00 am: Power Fitness - Fitness Center - Ralph
- 10:30 am: Zumba® - Studio A - Isabel
- 11:00 am: SilverSneakers® Circuit - Studio B - Diane

### Tuesday Afternoon/Evening
- Noon: SilverSneakers® Circuit - Studio B - Carolyn
- 1:00 pm: Chair Yoga - Studio A - Karen G.
- 1:15 pm: Lunchtime Fitness - XZone - ProfessorFit
- 3:30 pm: ABS and Legs, Bums and Tums - Studio B - Donna
- 6:30 pm: Zumba® - Studio B - Miryam
- 6:30 pm: Aroma Yoga® - Yoga Studio - Annette
- 6:40 pm: XZone Fitness® - XZone - Ralph

### Wednesday Morning
- 8:15 am: Indoor Cycling - Studio B - Alissa
- 8:15 am: Power Evolution - Track -Feinberg
- 9:00 am: Zumba® - Studio B - Isabel
- 9:00 am: XZone Fitness® - XZone - Ralph
- 9:30 am: AquaFit Silver® - Pool - Feinberg
- 9:15 am: Rep-n-Step - Studio A - Alissa
- 9:30 am: Warm Vinyasa Flow® - Yoga Studio - Stacey
- 9:30 am: Power Hour - Track - Donna
- 10:00 am: SilverSneakers® Classic - Studio B - Isabel
- 10:15 am: Circuit Silver in the XZone® - XZone - ProfessorFit
- 11:00 am: SilverSneakers® Classic - Studio B - Isabel
- 11:00 am: Ageless Grace® - Studio A - Lana

**Express classes: 30 minute workouts**

### Wednesday Afternoon/Evening
- Noon: SilverSneakers® Circuit - Studio B - Isabel
- 1:15 pm: Lunchtime Spin® - Spin Studio - ProfessorFit
- 6:10 pm: XZone Fitness® - XZone - Ralph
- 6:30 pm: Tai Chi - Studio A - Vicki
- 7:00 pm: XZone® - XZone - Feinberg
- 7:15 pm: Power Fitness - Fitness Center - Ralph

### Thursday Morning
- 8:15 am: HIIT the Track - Track - Ralph
- 8:15 am: Spinning® - Studio B - ProfessorFit
- 9:00 am: XZone Fitness® - XZone - Ralph
- 9:30 am: Body Pump - Studio B - Isabel
- 10:15 am: Power Express - Fitness Center - Ralph
- 10:30 am: SilverSneakers® Circuit - Studio B - Isabel
- 11:30 am: Yoga Stretch - Studio A - Isabel

### Thursday Afternoon/Evening
- 1:15 pm: Lunchtime Fitness - XZone - ProfessorFit
- 3:45 pm: KidsFit (Aftercare) - XZone
- 5:30 pm: HIIT on the Track - Track - Donna
- 6:30 pm: Zumba® - Studio B - Miryam
- 6:30 pm: Aroma Yoga® - Yoga Studio - Annette
- 6:40 pm: XZone Fitness® - XZone - Ralph

### Friday Morning
- 8:15 am: Indoor Cycling - Spin Studio - Alissa
- 8:15 am: KidsFit Billing Camp® - Studio B - Rotating
- 9:00 am: XZone Fitness® - XZone - Ralph
- 9:00 am: Low Impact Fusion - Studio B - Anita
- 9:00 am: AquaFit Silver® - Pool - Feinberg
- 9:30 am: Yoga® - Yoga Studio - Annette
- 9:45 am: Extreme Tabata® - Feinberg
- 10:00 am: Boxarate® for Parkinson's® - Studio A - Ysaac
- 10:00 am: Zumba® - Studio B - Diane
- 11:00 am: SilverSneakers® Classic - Studio B - Diane
- 11:00 am: Movement & Dance for PD - Studio A - Anita

### Friday Afternoon/Evening
- Noon: SilverSneakers® Cardio Fit - Studio B - Diane
- 1:15 pm: TRX® Silver (Beginners) - Feinberg
- 1:30 pm: Ageless Grace® - Studio A - Lena
- 4:00 pm: Gib U Imaginary Spin® - Spin Studio - Ysaac

### Saturday Morning
- Noon: SilverSneakers® Circuit - Studio B - Isabel
- 1:00 pm: TRX® Silver (Beginners) - Feinberg
- 1:30 pm: Ageless Grace® - Studio A - Lena
- 4:00 pm: Gib U Imaginary Spin® - Spin Studio - Ysaac

### Saturday Afternoon/Evening
- 8:15 am: Indoor Cycling - Spin Studio - Rotating
- 8:15 am: XZone Fitness® - XZone - Erika
- 9:00 am: Zumba® - Studio B - Miryam
- 9:15 am: XZone Fitness® - XZone - Erika
- 9:30 am: Hot Yoga® - Yoga Studio - Penny
- 9:30 am: Strength & Stamina - Studio A - Donna
- 10:00 am: SilverSneakers® - Studio B - Carolyn

### Unlimited Classes - Member $40/month (in addition to monthly membership)
- 1 Class - Member $14.50 / Community $16.50
- 10 Classes - Member $125 / Community $145
- 20 Classes - Member $230 / Community $270

### XZone Fitness Fees
- 1 Class - Member $12 / Community $16

### Legend
- -Requires reservation
- -Requires fee

### Hot Yoga Fees (non-transferable)

<table>
<thead>
<tr>
<th>Class</th>
<th>Member Fee</th>
<th>Community Fee</th>
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<tbody>
<tr>
<td>1</td>
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<td>$270</td>
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</tbody>
</table>

For more information call 954.434.0499, ext.100
AGELESS GRACE*: A fitness and wellness program with 21 simple exercise tools for all ages and abilities. It addresses all 21 primary aging factors in the body - and all five areas of the brain! Anyone can practice it.

AQUAFIT SILVER: No swimming required, utilizes resistance of water to develop strength, balance and coordination.

AROMA YOGA: Try a new, rejuvenating approach to your yoga practice using pure, essential oils to enhance your Asana (postures).

BODY EVOLUTION: The gradual development of an individual's body, especially from a simple to a more complex form. Combining cardio with weight-bearing exercises will evolve your body, mind and health to its peak.

BOSU BOOT CAMP: Sculpt your way through a variety of power-packed exercises that build muscular strength and endurance. Enhance your core, strength and glutes.

BOXARATE: This class is the fusion between boxing and karate engaging in a strong mind-body and disciplinary environment.

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support.

CORE, STRENGTH & GLUTES: A combination of core, strength and glute training using body, weights and props for a fast and effective workout.

HIIT: Join us for a HIIT group exercise class! Jump from station to station for an intense calorie burning and strength training workout. You'll be one step closer to your fitness goal! (Maximum Participants - 14)

HOT YOGA: A challenging yet calming physical and mental workout that improves body awareness, healing, immune system, circulation, metabolism and digestion. It also promotes better sleep, has fabulous toning effects and gives you a cardio workout.

LOW IMPACT FUSION: Low impact exercises that are easy to follow, tone your body and your abs.

PALEO YOGA: This yoga style incorporates healthy principles from the Paleo diet.

PARKINSON'S CLASSES: For Parkinson's patients and their caregivers. Offering dance, yoga, Tai Chi, Ageless Grace and speakers.

POWER FITNESS: A combination of core, strength and glute training using body, weights and props for a fast and effective workout.

POWER HOUR: Speed up your metabolism by conditioning your body using kettlebell-enhanced exercises.

REVERSE YOGA: A gentle stretches and poses that are done in reverse after a class of regular yoga. A great class for beginners.

SILVERSNEAKERS® CARDIOFIT: Low impact movements, upper body strength, abs conditioning, stretching and relaxation designed to energize your active lifestyle.

SILVERSNEAKERS® CLASSIC: Muscular strength and range of movement exercise class designed for older adults that addresses strength, flexibility, muscular endurance, balance, coordination, agility, speed and power. (Maximum Participants - 30)

SILVERSNEAKERS® CIRCUIT: This class is geared toward non-impact cardiovascular endurance conditioning with advanced levels to increase agility, balance, coordination, speed and power. (Maximum Participants - 20)

SIMPLIFIED: A great cardio workout on an indoor bicycle. An intense cardio workout giving you the option of riding up to one hour.

SPINNING®: A great cardio workout on an indoor bicycle. An intense cardio workout giving you the option of riding up to one hour. (Maximum Participants - 23) Bike setup 15 minutes prior to class start.

STRENGTH & STAMINA: This tabata-inspired class will challenge your cardiovascular system and improve your body composition. The effects are visible in a short period of time.

TAI CHI: An ancient Chinese tradition that is practiced as a graceful form of exercise. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

TOTAL BODY WORKOUT: A HIIT-style class that burns fat and builds muscle with a full-body workout.

TRACK CIRCUIT: Exercise on the track - total body conditioning utilizing different equipment and different stations, as well as cardio activity.

TRX®: A Resistance Training System. It uses the TRX Suspension Trainer and various other equipment. This total body workout will help build your core.

XZONE FITNESS: A high intensity interval class that builds strength, increases endurance & energy, burns calories & fat. (Max.- 18)

YOGA - ALL Levels: Let your instructor guide you to tone your muscles and increase flexibility and strength.

YOGA STRETCH: Using a chair for support, members increase flexibility and endurance while learning to relax and think more clearly.

ZUMBA®: Zumba® involves dancing and aerobic elements. Zumba® choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, martial arts and some Bollywood and belly dance moves. Squats and lunges are also included.

<table>
<thead>
<tr>
<th>Fitness Center Hours</th>
<th>Babysitting Hours</th>
<th>Membership Hours</th>
<th>Pool Hours</th>
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</thead>
<tbody>
<tr>
<td>Mon-Thur 5:30 am-10:30 pm</td>
<td>Mon-Fri 8:00 am-11:15 am</td>
<td>Mon-Thur 8:30 am-6:00 pm</td>
<td>Mon-Thur 7:00 am-7:00 pm</td>
</tr>
<tr>
<td>Fri 5:30 am-6:00 pm</td>
<td>Tue &amp; Thu 6:00 pm-8:00 pm</td>
<td>Fri 9:00 am-5:00 pm</td>
<td>Fri 7:00 am-5:30 pm</td>
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<tr>
<td>Sat 8:00 am-5:00 pm</td>
<td>Sat 8:15 am-11:15 am</td>
<td>Sun 8:30 am-2:00 pm</td>
<td>Sat 9:00 am-4:30 pm</td>
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<tr>
<td>Sun 7:00 am-6:00 pm</td>
<td>Sun 9:00 am-11:30 am</td>
<td>Sun 9:00 am-5:30 pm</td>
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</tbody>
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**About Reservations**

Members may register ONLINE 2 days in advance at www.jpjcc.org. If a member is not in attendance 5 minutes prior to the start of class, your spot will be given away if needed and the reservation will be considered a “no-show.” After a second “no-show,” the member may not pre-register for one week. Non-members may pay a class fee to attend if there is an opening 5 minutes prior to the start of class.

Bike setup starts 15 minutes prior to class start.