



David Posnack JCC

Temporary Fitness Schedule - Week of September 15, 2019

Sunday Morning				Wednesday Afternoon/Evening			
8:00 am	Spinning®	Spin Studio	Nicole	Noon	SilverSneakers® Circuit	Studio B	Isabel
8:30 am	TRX®	Xtreme	Donna	1:15 pm	Lunchtime Spin®	Spin Studio	ProfessorFit
9:00 am	Rep & Step	Studio B	Alissa	6:10 pm	XZoneExtreme	XZone	Ralph
9:15 am	XZone Fitness	XZone	Nicole	6:30 pm	Tai Chi	Studio A	Vicki
9:30 am	TRX®	Xtreme	Donna	7:00 pm	Hot Yoga (90 min.)	Yoga Studio	Penny
10:00 am	Zumba®	Studio B	Miryam	7:15 pm	Power Fitness	Fitness Center	Ralph
10:15 am	Yoga	Yoga Room	Denise	Thursday Morning			
10:15 am	Spinning®	Spin Studio	Alissa	8:15 am	HIIT the Track	Track	Nicole
Monday Morning				8:15 am	Spinning® FLEX	Spin Studio	ProfessorFit
8:00 am	AquaFit Silver	Pool	Kevin	9:00 am	XZone Fitness	XZone	Ralph
8:10 am	Circuit Training	Track	Donna	9:30 am	Body Pump	Studio B	Isabel
8:15 am	Spinning® FLEX	Spin Studio	ProfessorFit	9:30 am	Hot Yoga (90 min.)	Yoga Studio	Penny
9:00 am	XZoneExtreme	XZone	Ralph	10:15 am	Power Express	Fitness Center	Ralph
9:00 am	Low Impact Fusion	Studio B	Anita	10:30 am	SilverSneakers® Circuit	Studio B	Isabel
9:15 am	Power Fitness	Studio A	Donna	11:00 am	Belly Hoops	Studio A	Shayna
10:00 am	SilverSneakers® Classic	Studio B	Karen	11:30 am	Yoga Stretch	Studio A	Isabel
10:15 am	Boxing for Parkinson's	Studio A	Ysaac	Thursday Afternoon/Evening			
11:00 am	SilverSneakers® Classic	Studio B	Carolyn	1:15 pm	Lunchtime Fitness	XZone	ProfessorFit
11:15 am	Tai Chi	Studio A	James	3:45 pm	KidsFit (Aftercare)	XZone	Ysaac
Monday Afternoon/Evening				5:30 pm	HIIT on the Track	Track	Donna
Noon	SilverSneakers® Circuit	Studio B	Carolyn	6:30 pm	Soulriding	Spin Studio	CANCELED
12:15 pm	Ageless Grace®	Studio A	Rotating	6:30 pm	Zumba®	Studio B	Miryam
1:15 pm	Lunchtime Spin®	Spin Studio	ProfessorFit	6:30 pm	Aroma Yoga	Yoga Studio	Annette
4:30 pm	Xpress Zone (Aftercare)	XZone	Donna	6:40 pm	XZone Fitness	XZone	Ralph
5:30 pm	Soulriding	Spin Studio	Karen	Friday Morning			
6:10 pm	XZone Fitness	XZone	Ralph	8:00 am	AquaFit Silver	Pool	Kevin
Tuesday Morning				8:15 am	Spinning®	Spin Studio	Alissa
8:15 am	Body Evolution	Track	Nicole	8:30 am	Bosu Boot Camp	Studio A	Donna
8:15 am	Spinning®	Spin Studio	Alissa	9:00 am	XZone Fitness	XZone	Ralph
9:00 am	XZone	XZone	Ralph	9:00 am	Low Impact Fusion	Studio B	Anita
9:00 am	Ageless Grace®	Studio A	Susan	9:30 am	Yoga	Yoga Studio	Annette
9:15 am	TRX®	Feinberg	ProfessorFit	9:45 am	Extreme Tabata	Feinberg	Nicole
9:30 am	Circuit Blast	Studio B	Isabel	10:00 am	Boxing for Parkinson's	Studio A	Ysaac
9:30 am	Hot Yoga (90 min.)	Yoga Studio	Penny	10:00 am	Zumba®	Studio B	Diane
10:00 am	Power Fitness	Fitness Center	Ralph	11:00 am	SilverSneakers® Classic	Studio B	Diane
10:30 am	Zumba®	Studio A	Isabel	11:00 am	Movement & Dance for PD	Studio A	Anita
11:00 am	SilverSneakers® Circuit	Studio B	Diane	Friday Afternoon/Evening			
Tuesday Afternoon/Evening				Noon	SilverSneakers® Cardio Fit	Studio B	Diane
Noon	Yoga Stretch	Studio A	Diane	1:15 pm	TRX® Silver (Beginners)	Feinberg	CANCELED
1:00 pm	Chair Yoga	Studio A	Karen G.	1:30 pm	Ageless Grace®	Studio A	Lana
1:15 pm	Lunchtime Fitness	XZone	ProfessorFit	4:00 pm	Gib U Imaginary Spin®	Spin Studio	Ysaac
5:30 pm	ABS and Legs, Bums and Tums	Studio B	Donna	Saturday Morning			
6:30 pm	Zumba®	Studio B	Miryam	8:15 am	XZone Fitness (45 min.)	XZone	Donna
6:30 pm	Aroma Yoga	Yoga Studio	Annette	8:15 am	Spinning®	Spin Studio	Alissa
6:40 pm	XZoneExtreme	XZone	Ralph	9:00 am	XZone Fitness (45 min.)	XZone	Nicole
Wednesday Morning				9:00 am	Zumba®	Studio B	Miryam
8:00 am	AquaFit Silver	Pool	Kevin	9:30 am	Hot Yoga (90 min.)	Yoga Studio	Penny
8:15 am	Warm Vinyasa Flow (Oct.1)	Yoga Studio	Stacey	9:30 am	9 Sets Total	Studio A	Donna
8:15 am	Spinning®	Spin Studio	Alissa	10:00 am	SilverSneakers®	Studio B	Carolyn
8:15 am	Circuit Training	Track	Donna	10:15 am	Spinning®	Spin Studio	Nicole
9:00 am	Zumba®	Studio B	Isabel	Legend			
9:00 am	XZone Fitness	XZone	Ralph	◆-Requires reservation		▼-Requires fee	
9:15 am	Rep-n-Step	Studio A	Alissa	Hot Yoga Fees (non-transferable)			
9:30 am	Kettlebell, Metabolic Conditioning	Track	Donna	1 Class - Member \$14.50 / Community \$16.50			
10:00 am	SilverSneakers® Classic	Studio B	Isabel	10 Classes -Member \$125 / Community \$145			
10:15 am	Circuit Silver in the XZone	XZone	Professorfit	20 Classes - Member \$230 / Community \$270			
11:00 am	SilverSneakers® Classic	Studio B	Isabel	XZone Fitness Fees			
11:00 am	Ageless Grace®	Studio A	Lana	1 Class - Member \$12 / Community \$16			
Express classes: 30 minute workouts				Unlimited Classes - Member \$40/month (in addition to monthly membership)			
For more information call 954.434.0499, ext.100				XZoneExtreme with Ralph			



David Posnack JCC

Temporary Fitness Schedule - Week of September 22, 2019

Sunday Morning				Wednesday Afternoon/Evening			
8:00 am	Spinning®♦	Spin Studio	Nicole	Noon	SilverSneakers® Circuit	Studio B	Isabel
8:30 am	TRX®♦	Xtreme	Donna	1:15 pm	Lunchtime Spin®♦	Spin Studio	ProfessorFit
9:00 am	Rep & Step	Studio B	Alissa	6:10 pm	XZoneExtreme♦▼	XZone	Ralph
9:15 am	XZone Fitness♦▼	XZone	Nicole	6:30 pm	Tai Chi	Studio A	Vicki
9:30 am	TRX®♦	Xtreme	Donna	7:00 pm	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
10:00 am	Zumba®	Studio B	Miryam	7:15 pm	Power Fitness	Fitness Center	Ralph
10:15 am	Yoga♦	Yoga Room	Denise	Thursday Morning			
10:15 am	Spinning®♦	Spin Studio	Alissa	8:15 am	HIIT the Track	Track	Nicole
Monday Morning				8:15 am	Spinning® FLEX♦	Spin Studio	ProfessorFit
8:00 am	AquaFit Silver♦	Pool	Kevin	9:00 am	XZone Fitness♦▼	XZone	Ralph
8:10 am	Circuit Training	Track	Donna	9:30 am	Body Pump	Studio B	Isabel
8:15 am	Spinning® FLEX♦	Spin Studio	ProfessorFit	9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
9:00 am	XZoneExtreme♦▼	XZone	Ralph	10:15 am	Power Express	Fitness Center	Ralph
9:00 am	Low Impact Fusion	Studio B	Anita	10:30 am	SilverSneakers® Circuit	Studio B	Isabel
9:15 am	Power Fitness	Studio A	Donna	11:00 am	Belly Hoops	Studio A	Shayna
10:00 am	SilverSneakers® Classic	Studio B	Karen	11:30 am	Yoga Stretch	Studio A	Isabel
10:15 am	Boxing for Parkinson's♦	Studio A	Ysaac	Thursday Afternoon/Evening			
11:00 am	SilverSneakers® Classic	Studio B	Carolyn	1:15 pm	Lunchtime Fitness	XZone	ProfessorFit
11:15 am	Tai Chi♦	Studio A	James	3:45 pm	KidsFit (Aftercare)	XZone	Ysaac
Monday Afternoon/Evening				5:30 pm	HIIT on the Track	Track	Donna
Noon	SilverSneakers® Circuit	Studio B	Carolyn	6:30 pm	Soulriding♦	Spin Studio	Alissa
12:15 pm	Ageless Grace®♦	Studio A	Rotating	6:30 pm	Zumba®	Studio B	Miryam
1:15 pm	Lunchtime Spin®♦	Spin Studio	ProfessorFit	6:30 pm	Aroma Yoga♦	Yoga Studio	Annette
4:30 pm	Xpress Zone (Aftercare)	XZone	Donna	6:40 pm	XZone Fitness♦▼	XZone	Ralph
5:30 pm	Soulriding♦	Spin Studio	Alissa	Friday Morning			
6:10 pm	XZone Fitness♦▼	XZone	Ralph	8:00 am	AquaFit Silver♦	Pool	Kevin
Tuesday Morning				8:15 am	Spinning®♦	Spin Studio	Alissa
8:15 am	Body Evolution	Track	Nicole	8:30 am	Bosu Boot Camp♦	Studio A	Donna
8:15 am	Spinning®♦	Spin Studio	Alissa	9:00 am	XZone Fitness♦▼	XZone	Ralph
9:00 am	HOTZoneExtreme♦▼	XZone	Ralph	9:00 am	Low Impact Fusion	Studio B	Anita
9:00 am	Ageless Grace®♦	Studio A	Susan	9:30 am	Yoga♦	Yoga Studio	Annette
9:15 am	TRX®♦	Feinberg	ProfessorFit	9:45 am	Extreme Tabata♦	Feinberg	Nicole
9:30 am	Circuit Blast	Studio B	Isabel	10:00 am	Boxing for Parkinson's♦	Studio A	Ysaac
9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny	10:00 am	Zumba®	Studio B	Diane
10:00 am	Power Fitness	Fitness Center	Ralph	11:00 am	SilverSneakers® Classic	Studio B	Diane
10:30 am	Zumba®	Studio A	Isabel	11:00 am	Movement & Dance for PD	Studio A	Anita
11:00 am	SilverSneakers® Circuit	Studio B	Diane	Friday Afternoon/Evening			
Tuesday Afternoon/Evening				Noon	SilverSneakers® Cardio Fit	Studio B	Diane
Noon	Yoga Stretch	Studio A	Diane	1:15 pm	TRX®♦ Silver (Beginners)	Feinberg	ProfessorFit
1:00 pm	Chair Yoga♦	Studio A	Karen G.	1:30 pm	Ageless Grace®♦	Studio A	Lana
1:15 pm	Lunchtime Fitness	XZone	ProfessorFit	4:00 pm	Gib U Imaginary Spin®	Spin Studio	Ysaac
5:30 pm	ABS and Legs, Bums and Tums	Studio B	Donna	Saturday Morning			
6:30 pm	Zumba®	Studio B	Miryam	8:15 am	XZone Fitness♦▼ (45 min.)	XZone	Donna
6:30 pm	Aroma Yoga♦	Yoga Studio	Annette	8:15 am	Spinning®♦	Spin Studio	Alissa
6:40 pm	XZoneExtreme♦▼	XZone	Ralph	9:00 am	XZone Fitness♦▼ (45 min.)	XZone	Nicole
Wednesday Morning				9:00 am	Zumba®	Studio B	Miryam
8:00 am	AquaFit Silver♦	Pool	Kevin	9:30 am	Hot Yoga♦▼ (90 min.)	Yoga Studio	Penny
8:15 am	Warm Vinyasa Flow♦(Oct.1)	Yoga Studio	Stacey	9:30 am	9 Sets Total	Studio A	Donna
8:15 am	Spinning®♦	Spin Studio	Alissa	10:00 am	SilverSneakers®	Studio B	Carolyn
8:15 am	Circuit Training	Track	Donna	10:15 am	Spinning®♦	Spin Studio	Nicole
9:00 am	Zumba®	Studio B	Isabel	Legend			
9:00 am	XZone Fitness♦▼	XZone	Ralph	♦-Requires reservation		▼-Requires fee	
9:15 am	Rep-n-Step	Studio A	Alissa	Hot Yoga Fees (non-transferable)			
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