



Qualcomm Sports, Fitness & Aquatics Complex

Lawrence Family Jewish Community Center • JACOBS FAMILY CAMPUS

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

DECEMBER 2017 GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		Indoor Cycling 6:30 A.M. Robin ♦ Room A		Indoor Cycling 6:30 A.M. Robin ♦ Room A			
						Zumba® 9:15 A.M. Olga Room A	
Aerobics for Everyone 9:15 A.M. Joni Room D	Water Aerobics 8:30 A.M. Honey Pool		Water Aerobics 8:30 A.M. Honey Pool	Aerobics for Everyone 9:15 A.M. Rebecca Room D		Restorative Yoga 9:15 A.M. Alex ♦ Room D	
Zumba® 9:30 A.M. Rosalia Room A	Stretch for Flexibility 9:15 A.M. Rebecca Room D	Zumba® for Everyone 9:15 A.M. Joni Room D	Stretch for Flexibility 9:15 A.M. Mikki Room D	Zumba® 9:30 A.M. Rosalia Room A	ROOM KEY A = Aerobics Rm. D = Dance Rm. U = Upstairs G = Gym P = Pool F = Field GA = Gallery FC = Fitness Center.		
	F.I.T. Camp 9:30 A.M. Nancy Room A	Cardio Fusion 9:30 A.M. Amy Room A	Body Blast/Dance Groove 9:30 A.M. Julia Room A				
	Core & Balance 10:15 A.M. (30 min.) Rebecca Room D		Nia 10:30 A.M. Janice Room D				
Qi Gong* 10:45 A.M. Leslie Room A	Cut to the Core 10:30 A.M. Nancy Room A	Feldenkrais 10:30 A.M. Marge Room D					Restorative Yoga 10:30 A.M. Alex ♦ Room D
Hatha Flow 11:30 A.M. Rebecca ♦ Room D	Pilates (Mat) 11:30 A.M. Leah ♦ Room D	Vinyasa Flow Mixed Level 11:30 A.M. Erica ♦ Room D	Pilates Mat Science 11:30 A.M. Scott ♦ Room D	Vinyasa Flow Mixed Level 11:30 A.M. Rebecca ♦ Room D			
Circuit Training 12:00 P.M. Robyn ♦ Room FC		Cyclecore 12:00 P.M. Will ♦ Room A	Circuit Training 12:00 P.M. Robyn ♦ Room FC	Indoor Cycling 12:00 P.M. Will ♦ Room A			
Hatha/Vinyasa Yoga 4:45 P.M. Jerome ♦ Room D					MASSAGE (Member Prices) \$75 for 60 minutes • \$100 for 90 minutes (858) 362-1337		
	Indoor Cycling 5:30 P.M. Robin ♦ Room A	Ashtanga Yoga 4:45 P.M. Heather Room D	Dance Groove 5:30 P.M. Julia Room A		FITNESS CENTER HOURS Monday–Thursday6:00 A.M.–9:00 P.M. Friday6:00 A.M.–5:00 P.M. Saturday8:30 A.M.–5:00 P.M. Sunday8:30 A.M.–5:00 P.M. OPEN TO THE PUBLIC 7 DAYS A WEEK		
Indoor Cycling 6:00 P.M. Janet ♦ Room A		Triple Threat 5:30 P.M. Olga Room A					
Abs Blast 6:00 P.M. Nancy Room D			Indoor Cycling 5:45 P.M. Will ♦ Room A				
Athletic Drills 6:30 P.M. Nancy Room D	Zumba® 6:30 P.M. Rosalia Room A	Krav Maga 6:30 P.M. Dana Room A	Prenatal Yoga* 6:30 P.M. Laura Room D		PERSONAL TRAINING 1 Hour \$75 (6 or more sessions \$70) 1/2 Hour \$40 (10 or more sessions \$35) Partner/Group Training available Contact Robyn for more information or to set up a session: (858) 362-1340		
		Restorative Yoga 6:00 P.M. Erica Room D	Krav Maga 7:00 P.M. Dana Room A		♦ = PASS REQUIRED <i>Pick up pass at fitness front desk</i>		
					GREEN = FEE BASED PROGRAM		
					ALL DROP IN CLASSES \$15 FOR NON-MEMBERS		

JCC FITNESS FRONT DESK (858) 362-1337

ABS BLAST: Mondays 6:00–6:30 P.M.

In 30 minutes, this rock solid abs and lower back workout provides the intensity you need and the results you want! No fluff, all the right stuff.
 Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

AEROBICS FOR EVERYONE: Mondays & Fridays 9:15–10:10 A.M.

This high energy, low impact class focuses on coordination, stamina and strength. Benefits include: reduced stress on joints and lower back as well as increase range of motion and mobility for better movement. All ages and fitness levels welcome.
 Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

ATHLETIC DRILLS: Mondays 6:30–7:25 P.M.

Athletic Drills is an intense cardio workout that combines sports drills, plyometrics, jump rope and medicine balls to get you in shape fast. It will improve: speed, power, endurance and make you feel like a kid again.
 Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

BODY BLAST & DANCE GROOVE: Thursdays 9:30–10:45 A.M.

Come for one or stay for both. This heart pumping muscle sculpting cardio dance class is a combination of 45 minutes of total body sculpting that includes working all major muscle groups followed by 30 minutes of dance cardio. Be prepared to sweat and have a BLAST.

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

CARDIO FUSION 30/30: Wednesdays 9:30–10:30 A.M.

Enjoy this 30 minute blend of dance and athletic moves. Move to the beat as you strengthen your heart and lungs. This dance party will be followed by 30 minutes of functional core strengthening.

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

CIRCUIT TRAINING: Mondays & Thursdays 12:00–1:00 P.M.

An action packed high intensity workout that combines cardio and strength. Designed to promote body fat loss and strength.

Fitness Center • Price: \$15; JCC Member Price: Free

CORE + BALANCE: Tuesdays 10:15–10:45 A.M.

Strengthen your core and improve your balance through standing and seated (in a chair) exercises. You'll increase your overall body awareness, core strength & balance which will improve confidence in performing everyday activities.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

CUT TO THE CORE: Tuesdays 10:30–11:00 A.M.

This 30 minute intense class works on strengthening and sculpting the arms and core. Come prepared to work hard. Appropriate for all levels.

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

CYCLECORE: Wednesdays 12:00–1:00 P.M.

Combines 30 minutes of cycling with 30 minutes of mat pilates. A great way to get 2 workouts in one hour. Get the calorie burning benefits of a cycling class with the core strength, balance and stability of pilates.

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

DANCE GROOVE: Thursdays 5:30–6:25 P.M.

This cardio heart pumping dance class will not only make you sweat but it is so fun, you will forget you are working out. Let loose and join us for this fun workout dancing to popular tunes- there will be hip hop. Latin country disco jazz African and Bollywood dancing. You do not need a dance background to attend. It is appropriate for any level.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

FELDENKRAIS: Wednesdays 10:30–11:30 A.M.

Feldenkrais aims to reduce pain or limitations in movement, to improve physical function, and to promote general wellbeing by increasing students' awareness of themselves and by expanding students' movement repertoire. This helps alleviate stress, tension and fatigue and all levels welcome!

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

FI.T. CAMP: Tuesdays 9:30–10:25 A.M.

This class is, Functional Intense Training, created to shape and tone the entire body with an emphasis on full body sculpting and toning.

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

INDOOR CYCLING: Mondays 6:00–6:55 P.M. • Tuesdays 5:30–6:25 P.M.

Wednesdays 6:30–7:30 A.M. • Thursdays 5:45 – 6:40 P.M.

Fridays 6:30–7:30 A.M. & 12:00–12:55 P.M.

Challenging drills up and down mountains, intervals of power and speed, and visualization making spinning the complete mind/body exercise program. Not only is this a fun nonimpact workout, but also 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.

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

NIA: Thursdays 10:30–11:30 A.M.

Nia is a fun cardio workout that builds fitness of body, mind and spirit. It blends martial arts and yoga with jazz and modern dance.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

PILATES (MAT): Tuesdays 11:30 A.M.–12:30 P.M.

Learn the basic principles laid out by Joseph Pilates with a more modern twist. Workouts will constantly challenge the body in new and engaging ways. We will utilize a wide variety of Pilates exercises and props, working on building core strength as a foundation for a long, lean, and uniformly developed body.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

PILATES MAT SCIENCE: Thursdays 11:30 A.M.–12:25 P.M.

Non-impact floor work used for years by dancers and athletes to strengthen, elongate, and balance the muscular system, realign your posture from the core out to eliminate chronic pain, aid in rehabilitation and maximize your body's movement potential.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

STRETCH FOR FLEXIBILITY: Tuesdays & Thursdays 9:15–10:10 A.M.

Reduce tension in your body by elongating your muscles. This class combines a variety of stretching techniques to open up your body. Adding stretching to your life will prevent injury. A perfect class for any level of fitness!

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

QI GONG FOR OLDER ADULTS: Mondays 10:45–12:15 P.M.

Tai Chi/QiGong involves simple moves to help increase energy, strengthen immune system, reduce stress and discover joy through movement. This program runs in sessions.

Robert H. Jaffe Aerobics Studio

Drop-in Price: \$7.50; JCC Member Price: \$6.25 • Contact: Melanie (858) 362-1141

TRIPLE THREAT: Wednesdays 5:30–6:25 P.M.

This high energy class delivers cardio, strength and core training. Expect anything.... one week may be bosu, the next step, the next bodyweight etc. Get the results you want!

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

ZUMBA®: Mondays 9:30–10:25 A.M. • Fridays 9:30–10:25 A.M.

6:30–7:25 P.M. • Sundays 9:15–10:10 A.M.

ZUMBA® FOR EVERYONE: Wednesdays 9:15–10:15 A.M.

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance/fitness party. Zumba classes feature exotic rhythms set to high energy Latin and international beats. Before you know it, you'll be fit and your energy levels will be soaring! Enjoy the party!

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

YOGA CLASSES

ASHTANGA YOGA: Wednesdays 4:45–5:45 P.M.

Ashtanga flow level 2-3 is a class for the practitioner with a background in either Hatha or Ashtanga yoga. This method blends appropriate breathing with movement increasing the body's heat in order to sweat and purify. You will increase your strength and flexibility by focusing on alignment and muscle engagement.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

HATHA/VINYASSA YOGA: Mondays 4:45–5:45 P.M.

Enjoy this empowering mixed method class. The first half will be vinyasa based and more strength based poses. The second half will include more deep relaxation and stretches. This class brings the best of two styles into one.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

VINYASA FLOW YOGA 1: Mondays 11:30 A.M.–12:30 P.M.

Vinyasa is the alignment of movement and breath, a method which turns static asana into a dynamic flow. Focusing on foundational poses in detail you will gain an understanding which can be easily built upon. You will increase your strength and flexibility, develop mind-body awareness and alignment, and learn to integrate breath with movement. This class is great for beginners or those who prefer a slower flow. Modifications are always offered.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

VINYASA FLOW MIXED FLOW: Wednesdays 11:30 A.M.–12:30 P.M.

Fridays 11:30 A.M.–12:45 P.M.

This class builds from the basic levels of Vinyasa to create the flowing sequences that incorporate basic poses with more challenging options. You will increase your strength and flexibility, deepen mind-body awareness and understanding of body alignment, and learn to integrate breath with movement. Participants should have knowledge of the basic poses and previous experience. Modifications are always offered.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

RESTORATIVE YOGA: Sundays 9:15–10:15 A.M. & 10:30–11:30 A.M.

• Wednesdays 6:00–7:00 P.M.

This gentle yoga class is designed to help release deeply held tensions from the body and mind. This calming therapeutic kind of yoga uses props to support the body as it eases into relaxation and balance. Appropriate for all fitness levels.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free