

Milton & Betty Katz JCC NEWSLETTER

June/July 2018

jccatlantic.org

June/July Schedule:

Memorial Day
Monday, May 28
5:30 AM – 1:00 PM*

Kids Splash & Dash Aquathlon
Sunday, June 10
9:00 AM

Camp Warm-up Week
June 18-22

First Day of Summer Camp
Monday, June 25

Independence Day
Wednesday, July 4
5:30 AM – 1:00 PM*

Camp Cool Down Week
August 20-24



40 Days of Summer



Camp By The Sea offers the ultimate summer camp experience at the Jersey Shore. Campers days are filled with fun, age – appropriate activities, trips and exciting programs for children ages 2 – 16 all under the supervision of experienced teachers and counselors.

From beach days with sandcastle building and surf lessons to weekly trips to water parks and Six Flags Great Adventure, our 40 days of Summer are jam packed with everything a camper could dream of!

NEW THIS YEAR: FREE TRANSPORTATION!

Shuttle transportation is available before and after camp to and from Northfield and Egg Harbor Township and is FREE to all camp families with campers ages three and older.

J VOYAGE TEEN TRAVEL CAMP

Camp By The Sea's Teen Travel Camp has taken hundreds of teenagers on adventures across the country and internationally for over a decade.

Every destination has something unique to teach travelers and immersing in a completely different environment is the best learning experience one can have.

Where we're going.

J Voyage is taking campers ages 12 – 16 to explore great locations across the Northeastern US and Canada July 26 – July 5 and spectacular attractions and National Parks across the Western US from July 17 – August 2.

**THERE IS STILL
TIME TO GIVE
YOUR KIDS THE
SUMMER OF A
LIFETIME.**

Camp By The Sea kicks off on June 25 at the J. Pick one week or sign up for all eight! Learn more at campbythesea.org or visit the Welcome Center in the JCC Main Lobby today.



FACILITY HOURS

Monday – Thursday:
5:30am – 10:00pm
Friday: 5:30am – 6:00pm
Saturday – Sunday:
7:00am – 5:00pm

*Business Offices Closed

Harry and Jeanette Weinberg
Jewish Community Campus
501 N. Jerome Avenue
Margate, NJ 08402
609.822.1167



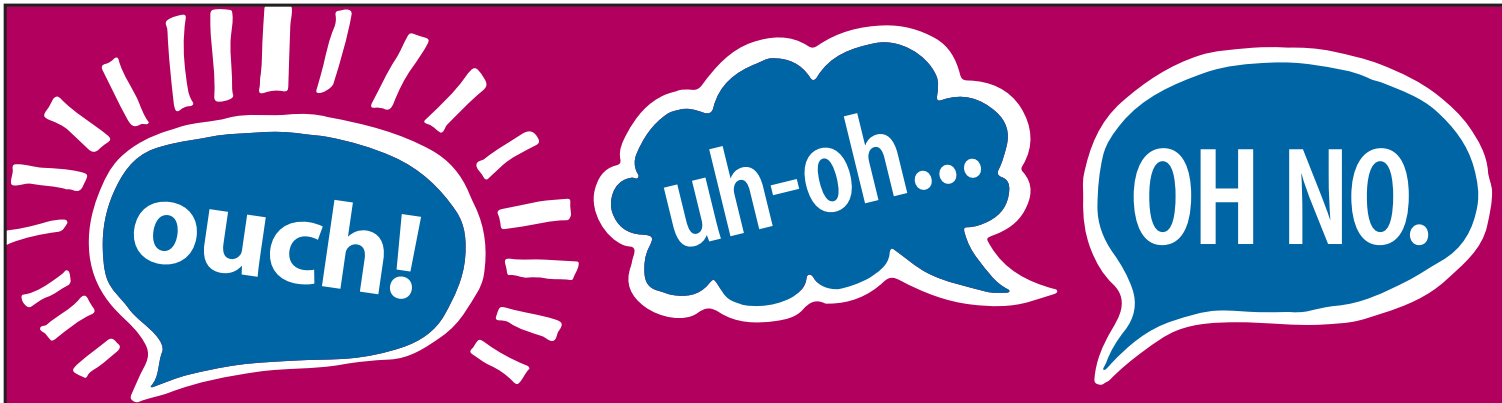
Blue Jupiter

A Capella Performance of Pop, Jazz,
Standards & Broadway
Thursday, July 12 7:00pm

**\$50pp or Purchase the
Full Summer Series and **SAVE!****

The Summer Series kicks off with a bang with Blue Jupiter, an energetic blend of pop lead vocals, jazzy a cappella harmony and funky beatbox that has garnered standing ovations in 40 states and around the world. Blue Jupiter has worked with producer and American Idol Judge, Randy Jackson, Third Eye Blind and

Stella McCartney and sang with Livingston Taylor and Adam Young of Owl City. They performed for 1st Lady Laura Bush, Dick Asher (head of CBS records). Blue Jupiter has performed on Oprah, VH1's Save the Music, Lifetime TV, Food Network, Microsoft, Honda, The Weather Channel and on Royal Caribbean Cruise Line.



When the unexpected happens, we're here.

AtlantiCare Urgent Care Centers are located throughout South Jersey, staffed with board-certified physicians, registered nurses and X-ray technologists. They offer care for non-life-threatening emergencies seven days a week, without an appointment or long wait time. Get all the care you need on-site, including medication dispensing* and X-ray and lab services.

AtlantiCare
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LOCATIONS

Berlin	Manahawkin
Clementon	Marmora
Egg Harbor Twp.	Mount Holly
<small>Pediatric providers on-site **</small>	Mount Laurel
Galloway Twp.	Rio Grande
Hammonton	Sicklerville
Little Egg Harbor	Somers Point

**For a complete list of hours, call 1-888-569-1000
or visit www.atlanticare.org/urgent.**

*Select locations **Pediatric providers' hours vary

5TH ANNUAL
FORE CHARITY
 JFS vs JCC

Golf ~ Contests ~ Prizes ~ Lunch
 Cocktail Dinner Reception ~ Open Bar
 Kosher meals available upon request

Thursday, June 28, 2018
 at Linwood Country Club
 500 Shore Road ~ Linwood

Rematch for the Trophy

Team JFS vs Team Milton & Betty Katz JCC

For more information or to register:
 Melissa Vola at 822-1167, Ext. 159 or mvola@jccatlantic.org
 or Beth Joseph at 822-7409 or bjoseph@jfsatlantic.org

Visit the Welcome Center for more information.

JFS and JCC are affiliate agencies of the Jewish Federation of Atlantic & Cape May Counties. JFS is a partner agency with United Way of Greater Philadelphia and Southern New Jersey in Atlantic County. Proceeds to benefit essential community services provided by both JFS & JCC.

J BIG TICKET TO WIN!
 Milton & Betty Katz JCC

\$50 Per Chance

GRAND PRIZE
 8 Day South African Spring Safari for Two
 Retail Value: \$7,200

SECOND PRIZE
 7 Night Cruise for Two on Celebrity Cruise
 Retail Value: \$5,000

THIRD PRIZE
 1 Year Family Membership at the Milton & Betty Katz JCC
 Retail Value: \$1,332

TICKETS ON SALE JUNE 25
 At Milton & Betty Katz JCC,
 501 N. Jerome Ave. Margate, NJ 08402
 Proceeds benefit the Youth and Senior Programming at the Milton & Betty Katz JCC.



DESIGNER BAG BINGO

BINGO | DOOR PRIZES | RAFFLE | 50/50 | CASH & CARRY

J PAINT & PIZZA PARTY

Milton & Betty Katz JCC
 presents
NEFESH MOUNTAIN
Tuesday, June 26
 7:00 PM

TUESDAY, JULY 24 2018
 DOORS OPEN AT 6:00 PM
 GAMES START AT 7:00 PM
FEATURING BAGS BY:
 MARC JACOBS
 REBECCA MINKOFF
 & LONGCHAMP

Wednesday, July 25
 6:00pm - 8:00pm

Children ages 6 and up paint a unicorn on canvas with the help of a local artist. Supplies, materials, instruction and pizza are included!

TO PURCHASE TICKETS OR FOR MORE INFORMATION, VISIT THE WELCOME CENTER IN THE JCC LOBBY.



EVENTS



**JUNE
25**

ANNUAL MEETING
Staff & Community
Awards, installation of the
incoming Board President
& Members

**JUNE
26**

**NEFESH
MOUNTAIN**
Bluegrass, Celtic and
Appalachian sounds with
Jewish spirituality and soul

**JULY
12**

**SUMMER SERIES
BLUE JUPITER**
A Capella Performance
of Pop, Jazz, Standards &
Broadway

**JULY
19**

**BIG BAND
CONCERT**
Swing music from the
big band era sponsored
by the Schultz- Hill
Foundation

**JULY
19**

**SUMMER SERIES
"ROCK BABY ROCK"**
Featuring Lance Lipinsky
Singer & Star of "Million
Dollar Quartet"

**JULY
24**

**DESIGNER
BAG BINGO**
Benefiting the Early
Childhood Education
Center

**JULY
26**

**SUMMER
SERIES BOBCAT
GOLDTHWAIT**
Comedian/Actor

**AUGUST
16**

**JACKIE & HANK
HERSKOWITZ
SPORTS NIGHT**
Featuring Jon Dorenbos,
Philadelphia Eagles Long-
Snapper



ZAYZE
ACTIVEWEAR

www.zayze.com

**ACTIVEWEAR
TRUNK SHOW**

JUNE 30

THROUGH JULY 7
JCC Fitness Hallway

BLOOD DRIVE
JUNE 18

MONDAY 1-6 PM

By scheduling a blood or platelet
donation at The Milton & Betty Katz
JCC through the Red Cross, you could
give hope to someone in need.



HOLTZMAN GALLERY

@



**Milton & Betty
Katz JCC**



**REALISM WITH A TOUCH
OF IMPRESSIONISM ART
EXHIBIT** June 6 – July 5
Eddie Flotte, Bill Parker, Lisa
Matera, Paul Papacik, Scott
Troxel
Art Reception:
Thursday, June 14 6-8pm



**A CELEBRATION OF
INTERPLAY OF THE PAST
AND PRESENT ART EXHIBIT**
July 7 – July 27
Evelyn Pino
Art Reception:
Wednesday, July 11 6-9pm

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WHAT'S GOING ON @THE J

TRAVEL WITH THE J

SOUTHEAST ASIA

JANUARY 7-21, 2019

Embark on one amazing journey to the best of Southeast Asia including Bangkok, Singapore, Hong Kong & Bali.

SOUTH AFRICAN SPRING SAFARI

MARCH 11 - 19, 2019

Enjoy breathtaking Cape Town and explore Kruger National Park including open – vehicle guided safari and English speaking tour guides.

TRIP TO THE MUSEUM OF JEWISH HERITAGE, NEW YORK CITY

WEDNESDAY, JULY 25

Experience Fiddler on the Roof in a new way in Yiddish, the language of Tevye and his family. Spaces are limited on this special summer trip to New York.

\$75 per person includes round trip transportation admission to Museum of Jewish Heritage and show tickets.

\$35 for NYC visit only.

ACTIVE ADULT PROGRAMS

DINNER & MOVIE

\$20 for members | \$23 for guests
SAVE \$3 when you register up to one week before each Dinner & Movie!

TUESDAY, JUNE 19

5:00pm

Movie: *Red Sparrow*

TUESDAY, JULY 31

5:00pm

Movie: *7 Days in Entebbe*

TUESDAY, AUGUST 21

5:00pm

Movie: *Game Night*

MAHJONG BRUNCH

\$18 for members | \$22 for guests
SAVE \$4 when you register before June 28

THURSDAY, JULY 5

10:00am

SUMMER THURSDAYS AT THE J

Every Thursday this summer, the JCC will offer a variety of fun-filled and educational programming.

BRUNCH & LEARN

\$6 for members | \$10 for guests
\$4 for members | \$6 for guests when you register in advance.

THURSDAY, JUNE 14

10:00am

Topic/Speaker: The Jews of the Titanic, Steve Mattis, Historian
Short Film: *From Philadelphia to the Front*

THURSDAY, JUNE 28

10:00am

Topic/Speaker: The Middle East Forum, Matthew Bennett, Development Director
Short Film: *70 Hester Street*

THURSDAY, JULY 12

10:00am

Topic/Speaker: The Anti-Defamation League, Robin Burstein
Short Film I: *Reverence*
Short Film II: *Pizza Bagel*

THURSDAY, JULY 26

10:00am

Topic/Speaker: An Israeli View of the Jersey Shore, Michal Finestein and Mor Kedmi, Israeli Shlichim Emissaries at the Katz JCC
Short Film I: *The Tailor*
Short Film II: *Yidlife Crisis-Double Date*

ALAINE PORTNER - MEDIUM MEMOIRS

Thursday, July 5

7:00pm

\$10 JCC Members / \$15 Guests

Author, gifted yogi, spiritual teacher and inspiring medium, Elaine Portner, receives messages from loved ones or guided spirits and deliver insight and direction. Copies of Portner's book, *Medium Memoirs: Messages of Guidance* will be available for purchase at the event.

COFFEE KLATCH: POLITICAL DISCUSSION GROUP

\$4 for guests

FREE for JCC & Village at the Shore members

THURSDAY, JUNE 21

10:00am

Thursday, July 19

10:00am

ISRAEL @70: DAVID SUSSMAN

\$10 for members | \$15 for guests

WEDNESDAY, JULY 18

7:00pm

David Sussman, a Lone Soldier in the Israel Defense Force was called to duty during the Second Lebanon War in 2006. David speaks about the true meaning of roots, of family, community and Israel. Listen to his story and be moved by his dedication to this incredible land and the remarkable experiences helped him become the motivated advocate for Israel that he is today.

KLEZMER KAFE: AN EVENING OF KIBITZING, KNISHES & KLEZMER MUSIC

\$40 per person

SAVE \$4 when you register before July 22

SUNDAY, JULY 29

6:00pm

The Milton & Betty Katz JCC and Oceanview ORT present an evening of live Klezmer music and Yiddish hits performed by the Kosher Jazz Quartet.

Indulge in delicacies reminiscent of yesteryear, enjoy delicious Jewish deli classics including knishes, corn beef, pastrami, turkey and all the pickles you can eat! Parve egg creams and other beverages will be served.

JEWISH JOURNEYS

\$25 for members | \$30 for guests

SAVE \$5 When you register up to one week before each event

WEDNESDAY, JUNE 13

6:00pm

The Jews of Spain & Morocco
Speaker: Judi Galler, Israel Center Co-Chair, Jewish Federation of Atlantic and Cape May Counties
Meal: A succulent Sephardic Spread!
Movie: *The Forgotten Refugees*

WEDNESDAY, JULY 11

6:00pm

The Jews of Eastern Europe
Performer: David Podles, Violinist
Movie: *Yiddish Life Remembered*
Meal: Schnitzel, Salmon & Borscht

FAMILY PROGRAMS

KIDS SPLASH & DASH

\$40 per child

SUNDAY, JUNE 10

9:00am

A Splash and Dash, known as an

aquathlon, is a fun and fast-growing sport that combines running and swimming.

Ages 7-8 | Swim 100m | Run 1k
Ages 9-10 | Swim 100m | Run 1k
Ages 11-12 | Swim 200m | Run 2k
Ages 13-15 | Swim 200m | Run 2k

PAINT & PIZZA PARTY

\$25 for members | \$28 for guests

WEDNESDAY, JULY 25

6:00-8:00pm

Children ages 6 and up paint a unicorn on canvas with the help of a local artist. Supplies, materials, instruction and pizza are included! Drop off your child & work out in our amazing fitness facility or swim in one of our pools for FREE!

TZOFIM ISRAELI SCOUT COMMUNITY SHABBAT SHOW

FREE and open to the public

FRIDAY, JULY 27

6:00pm

The Katz JCC in Margate, NJ will host a free evening of Israel song, dance and friendship with the Tzofim Scout Friendship Caravan Show. The Tzofim Friendship Caravan is a traveling group of Israeli Scouts who travel across America every summer, sharing their lives through song, dance and story as they bring their unique blend of entertainment to children and adults of all ages.

FAMILY NIGHTS AT THE J WITH DINNER, ENTERTAINMENT AND SUNDAES!

\$25 per family (up to five people) or \$8 per person. Children under 3 are free!

TUESDAY, JULY 10

5:00pm

Out of This World: Franklin Institute's NASA Space Show

TUESDAY, AUGUST 7

5:00pm

Go Wild Family Fun Night: Cape May Zoo On Wheels

New for summer 2018!

Dinner, dessert and a show for the whole family! All you can eat pizza and pasta dinner buffet will be served followed by ice cream sundaes and an entertaining performance for the whole family!



Fill up your child's day.
Just add water!



jccatlantic.org

SUMMER SWIM LESSONS AVAILABLE

- Group Lessons
- Private Lessons
- Evening & Weekend Classes
- Adaptive Lessons
- Certified Instructors

aquatics



Milton & Betty
Katz JCC



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August 1, 2018

*Based upon double occupancy hotel
rooms.

Full itinerary available at
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email travel@jccatlantic.org



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Indoor Pool Schedule

Please note that hours are subject to change due to weather conditions. Please call 609.822.1167 for daily updates. Any questions? Please contact Aquatics Director, Alicia at 609.822.1167 ext. 133 or email afimle@jccatlantic.org.

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:00am	5:30-9:00am 6 Lap Lanes	5:30-9:00am 6 Lap Lanes	5:30-9:00am 6 Lap Lanes	5:30-9:00am 6 Lap Lanes	5:30-10:45am 6 Lap Lanes	7:00-9:30am 6 Lap Lanes	7:00-10:00am 6 Lap Lanes
9:00 am	9:30-10:30am Shallow H2O Franklin NO LAP LANES	9:00-10:00am H2Oproof Donna NO LAP LANES	9:00-10:00am Shallow H2O Maureen NO LAP LANES	9:00-10:00am Tsunami Franklin NO LAP LANES	5:30-10:45am 6 Lap Lanes	9:30-12:00pm 4 Lap Lanes 2 Swim Lessons	9:00-10:00am 6 Lap Lanes
10:00 am	10:30-11:00am Deep H2O Franklin NO LAP LANES	10:00-10:30am Deep H2O Donna NO LAP LANES 10:30-11:30am 4 Lap Lanes 2 Open Lanes	10:00am-3:00pm 4 Lap Lanes 2 Open Lanes	10:00-10:30am Deep Water Franklin NO LAP LANES 10:30-11:30am 4 Lap Lanes 2 Open Lanes	5:30-10:45am 6 Lap Lanes 10:45-11:45am Aqua Zumba Vanessa 2 Lap Lanes	10:00-12:00pm 4 Lap Lanes 2 Swim Lessons	10:00-2:00pm 4 Lap Lanes 2 Swim Lessons
11:00 am	11:00am-3:00pm 4 Lap Lanes 2 Open Lanes	11:30-12:30pm 2 Lap Lanes 11:30-12:30am Water Wellness Franklin	10:00-3:00pm 4 Lap Lanes 2 Swim Lessons	11:30-12:30pm 2 Lap Lanes 11:30-12:30am Water Wellness Lisa	11:45-12:45pm 2 Lap Lanes 11:45-12:45am Water Wellness Franklin	11:00-12:30pm 4 Lap Lanes 2 Swim Lessons	10:00-2:00pm 4 Lap Lanes 2 Swim Lessons
12:00 - 2:00pm	12:00-3:00pm 4 Lap Lanes 2 Open Lanes	12:30-3:00pm 4 Lap Lanes 2 Open Lanes	10:00-3:00pm 4 Lap Lanes 2 Open Lanes	12:30-3:30pm 4 Lap Lanes 2 Open Lanes	12:45-4:00pm 4 Lap Lanes 2 Open Lanes	12:30-1:30pm Aqua Zumba Vanessa 3 Lap Lanes 1:30-4:45pm 4 Lap Lanes 2 Open Lanes	10:00-2:00pm 4 Lap Lanes 2 Swim Lessons 2:00-4:45pm 4 Lap Lanes 2 Open Lanes
3:00 - 4:00pm	3:00-5:00pm 4 Lap Lanes 2 Swim Lessons	3:00-5:00pm 4 Lap Lanes 2 Swim Lessons	3:00-5:00pm 4 Lap Lanes 2 Swim Lessons	3:30-5:00pm 4 Lap Lanes 3:30-6:00pm 2 Swim Lessons	4:00-5:00pm 2 Lap Lanes 2 Open Lanes 2 Swim Team	3:00-4:45pm 4 Lap Lanes 2 Open Lanes	3:00-4:45pm 4 Lap Lanes 2 Open Lanes
5:00 - 9:00 pm	5:00-5:30pm 3 Lap Lanes 3 Swim Team 5:30-7:00pm Swim Team Practice NO LAP LANES 7:00-9:00pm 6 Lap Lanes	5:00-5:30pm 3 Lap Lanes 3 Swim Team 5:30-7:00pm Swim Team Practice NO LAP LANES 7:00-9:00pm 6 Lap Lanes	5:00-5:30pm 3 Lap Lanes 3 Swim Team 5:30-7:00pm Swim Team Practice NO LAP LANES 7:00-9:00pm 6 Lap Lanes	5:30-7:00pm Swim Team Practice NO LAP LANES 7:00-9:00pm 6 Lap Lanes	5:00-5:45pm 2 Lap Lanes 2 Open Lanes 2 Swim Team		


Pool Schedule Effective May 31

OUTDOOR POOL NOW OPEN

OPEN 11:00AM-4:00PM ON WEEKENDS
THROUGH JUNE 24
OPEN DAILY 11:00AM-5:30PM BEGINNING JUNE 25

Group Exercise Schedule

Fitness Schedule Effective June 11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	6:00-7:00am Schwinn Indoor Cycling Sindy	6:00-7:00am Schwinn Indoor Cycling Tonya 6:00-6:45am Insanity Eileen	6:00-7:00am Schwinn Indoor Cycling Sindy	6:00-7:00am Schwinn Indoor Cycling Deb M. 6:00-6:45am Insanity Eileen	6:00-7:00am Schwinn Indoor Cycling Steve		
7:00 am	7:00-7:45am Zumba Jenny		7:00-7:45am Zumba Arlin	7:15-8:15am Pumpin' Iron Deb M.	7:00-7:45am Zumba Arlin	7:00-7:45am Insanity Anthony 7:30-8:30am * Schwinn Indoor Cycling Craig "Sparky"	7:45-8:45am * Schwinn Indoor Cycling Steve
8:00 am	8:00-9:00am Hatha Yoga Janet 8:15-9:15am * Schwinn Indoor Cycling Roseanne 8:00-8:50am Core Camp Sandy	8:00-8:55am Light Combo Deb M. 8:15-9:15am * Schwinn Indoor Cycling Antoinette 8:30-9:30am Yogalates Level 2 & 3 Sindy	8:00-8:45am Hi/Lo H.I.I.T. Lisa G 8:15-9:15am * Schwinn Indoor Cycling Deb W. 8:30-9:30am Pilates Aline	8:15-9:15am * Schwinn Indoor Cycling Antoinette 8:30-9:30am Stretch & Flex with Props Kelly 8:30-9:30am Bender Barre Sindy	8:15-9:15am * Schwinn Indoor Cycling Steve 8:30-9:30am Total Body Kelly 8:30-9:40am Vinyasa Yoga Level 2 Tonya	8:00-8:50am Pumpin' Iron Donna I. 8:45a-10:00am Vinyasa Yoga Level 1 & 2 Kelly	8:00-9:00am Zumba Luis 8:15-9:15am Pilates Vanessa
9:00 am	9:00-10:00a Pumpin' Iron Kathy 9:30-10:30am * Schwinn Indoor Cycling Deb W.	9:00-10:00am Zumba Arlin 9:30-10:30am * Schwinn Indoor Cycling Steve	9:00-10:00am Ultimate Barre Karen 9:00-10:00am Boot Camp Greg 9:30-10:30am * Schwinn Indoor Cycling Antoinette	9:30-10:30am * Schwinn Indoor Cycling Tonya 9:30-10:30am Cardio Boxing Jon	9:30-10:30am * Schwinn Indoor Cycling Roseann 9:30-10:30am Bender Ball Vanessa 9:45-10:45am Chi Kung John M.	9:00-10:00am Ultimate Barre Karen 9:00-10:00am Zumba Luis 9:30-10:30am * Schwinn Indoor Cycling Sindy	9:30-10:30am * Schwinn Indoor Cycling Angela 9:30-10:30am Cardio Boxing Jon 9:30-10:30am Bender Barre Vanessa 9:30-10:30am Vinyasa Yoga Level 1 & 2 Tonya
10:00 am	10:45-11:30am Active Adults Maryann	10:00-11:00am Bootcamp Boxing Jon 10:45-11:45am MOVEIT-1 Maryann	10:00-10:45am Pumpin' Iron Remy	10:45-11:45am MOVEIT Maryann	10:45-11:35am Pilates With Props Kelly	10:15-11:15am Pilates With Props Aline 10:15-11:00am Insanity Anthony	10:35-11:30am Pumpin' Iron Tonya
11:00 am - 12:00 pm	NEW Time 11:45-12:30pm Pilates Peggy 12:00-12:30pm HIIT Remy	12:00-12:30pm Barre Code Tabata & Barre Remy NEW Time 11:45-12:30pm Mindful Movement Rose	NEW Time 11:45-12:30pm Hatha Yoga Janet	NEW Time 11:45-12:30pm Hatha Yoga Remy	11:00-12:00pm \$ Jon Simon Boxing 12:00-12:30pm Stretch & Roll Recovery Remy	 FREE Group Exercise Classes at Jerome Ave Beach Every Friday 8:00 - 9:00am Beginning June 29 OPEN TO THE COMMUNITY With trainer Ryan Adeleye	
1:00 pm - 4:00 pm	4:00-4:30pm Kids Boxing Ages 6-10 Jon Simon		4:00-4:30pm Kids Fit Ages 6-10 Jon Simon	4:45-5:30pm * Schwinn Indoor Cycling Shari			
5:00 pm	5:45-6:15pm Insanity Eileen 5:00-6:00p Bender Barre Method Remy			5:45-6:30pm Insanity Anthony		FITNESS SCHEDULE EFFECTIVE JUNE 11 FACILITY HOURS Monday - Thursday: 5:30 am - 10:00 pm Friday: 5:30 am - 6:00 pm Saturday - Sunday: 7:00 am - 5:00 pm CLASS LOCATION COLOR KEY: Spin Room <i>*Reservation Required 2 hours prior to class time.</i> Group X Studio Mind & Body Studio (2nd Floor) Gymnasium Fitness Gallery	
6:00 pm	6:00-7:15pm Vinyasa Yoga Level 1 & 2 Melanie/Natalie	6:00-6:45pm * Schwinn Indoor Cycling Shari 6:00-7:15pm Kripalu Yoga Debra	6:00-6:45pm * Schwinn Indoor Cycling Eileen 6:00-7:15pm Power Vinyasa Kim	6:00-7:15pm Hatha Yoga Janet			
7:00 pm		7:00-8:00pm \$ Jon Simon Boxing		7:00-8:00pm \$ Jon Simon Boxing			