

Milton & Betty Katz JCC NEWSLETTER

August 2018

jccatlantic.org

August Schedule:

Go Wild Family Fun Night:
Zoo on Wheels
Tuesday, August 7
5:00 pm

Nancy Rose Trunk Show
Thursday, August 9

Sports Night
Thursday, August 16
7:00 pm

Last Day of Camp By the Sea
Friday, August 17

Cannoli, Latkes & Guilt!
Sunday, August 19
7:00 pm

Camp Cool Down Week
August 20-24

Doctors, Dinner and a Movie
Tuesday, August 21
5:00 pm

Labor Day
Monday, September 3
5:30 am – 1:00 pm*

*Business Offices Closed

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



Each year, The Jewish Agency for Israel sends between 1,500 and 1,750 Israeli Emissaries – Shlichim – around the world to strengthen Jewish identity and connection to Israel. These Shlichim are selected from more than 10,000 applicants and represent the best of Israel. They are placed at schools, synagogues, JCCs, camps, universities, youth movements and Federations all over the globe.

The JCC's Camp By The Sea has been lucky enough to work with The Jewish

Agency for Israel for over two decades to bring young Israeli counselors to work as cultural arts specialists for the summer. Camp By The Sea campers have the opportunity each week to enjoy Israeli culture in the specialty classroom.

While at camp, Michal Finstein and Mor Kedmi have been teaching our camp children and fellow teen counselors about the history and culture of Israel through hands-on activities, stories, games, songs, dance and crafts. Both Emissaries have spent time with various

host families throughout our community gaining insight into life in the United States and making life-long relationships with camp families and campers.

We are currently seeking host families for summer 2019. Interested families can inquire within for more information.

Funding has been made possible in part by the Jewish Community Foundation and the Annual Campaign Of Jewish Federation of Atlantic and Cape May Counties.



THANK YOU *FORE* YOUR SUPPORT

The JFS vs. JCC Annual Golf Tournament raised \$50,000 for essential community services provided by both partner agencies.



UPGRADE YOUR MEMBERSHIP AND SAVE!

Are you a summer member interested in upgrading to a year-round member, or simply want to use the J on weekends when you come down the shore the rest of the year? Upgrade your short term membership to an annual and get the annual membership rate for the remaining months this year

with no joining fee OR purchase a 20 visit pass at 50% OFF the prevailing rate and SAVE \$150!!

Visit the Welcome Center in the JCC Main Lobby to learn more about the membership category that will work best for you and your family.

All Members Enjoy

- > Fitness Center
- > Indoor & Outdoor Heated Pool
- > Aquatic Fitness Classes
- > Over 80 Weekly FREE Group Exercise Classes

Are you at risk for vascular disease?

Dare to C.A.R.E. is now at AtlantiCare. This is a free vascular screening and education program to help you detect and manage your risk.

You're at risk for vascular disease if you're:

- 40 or older with diabetes
- 50 or older with one or more of the following risk factors:
 - High cholesterol
 - High blood pressure
 - A smoker
 - Family history
- 60 or older

Call 609-484-7355 to see if you're eligible for a FREE screening.



AtlantiCare
Physician Group
VASCULAR SURGERY

A member of Geisinger

J

Travel

EXPERIENCE THE WONDERS OF SOUTH AFRICA

March 11-19, 2019

The 2019 Spring Safari begins in South Africa with a ride by cable car to the top of magnificent Table Mountain. The group will also tour Cape Town's Jewish Museum and synagogues to understand the history of its unique Jewish community. We will visit beautiful Cape Point to explore the southern tip of the Peninsula at The Cape of Good Hope Nature Reserve, rich with colorful flora and exotic fauna like baboons, rheboks and Cape Mountain zebras. Also included is a day trip to the historically significant Stellenbosch, a quaint town filled with South Africa's popular vineyards and wineries.

A short flight will take the group to the picturesque town of Machadodorp before continuing to the Lowveld area and the province of Mpumalanga (place of the rising sun). Enjoy its subtropical climate, abundant

sunshine and lush covered hills and valleys where tropical fruit orchards abound. As a finale, the tour will take part in two unforgettable game drives and discover Kruger Park's abundant wildlife including South Africa's "Big Five" (lion, elephant, buffalo, rhino and leopard) as well as hippopotamus, crocodile, zebra and giraffe.

All fees include round-trip airfare from JFK airport to Cape Town aboard South African Air, accommodations in premier hotels, eight meals, intra-Africa transportation, daily tours and Kruger Park safaris.

View the travel itineraries for each of the JCC Travel upcoming trips at jccatlantic.org, or stop by the Welcome Center in the JCC Lobby to pick up a brochure.

Back to School

with Jan Higbee, Katz JCC Early Childhood Education Center Director

IT'S ALL ABOUT THE STUFF!

Get your child ready for the new school year by getting new supplies. While preschoolers do not typically need notebooks and pencils, allowing them to pick out a new backpack, lunchbox or an outfit for the first day of school can generate excitement about the upcoming school year.

ROUTINE IS EVERYTHING

Summertime schedules are often different than school year schedules and there's nothing wrong with that! Kids, however, gain a number of things from having a daily routine. Two to four weeks before school starts, begin to get your preschooler used to getting up and going to bed at a set time each day. As you get closer to the start of school, you can modify that routine to reach your desired school schedule.

PREPARE FOR BACK-TO-SCHOOL EMOTIONS 😊

Young children often deal with separation anxiety when starting in a new school, classroom or program. While those feelings are totally normal, there are ways to ease these emotions by talking about the upcoming school year at home, reading books about making new friends and exploring new places and taking children to visit their new school or classroom prior to the beginning of the year.

PLAN TO STAY.

Leaving your child in their classroom without saying goodbye gives them a sense of insecurity. Plan to develop a morning routine that includes time (at least five minutes, but no more than ten) for drop off especially at the start of

a new school year. This time allows you to get your child settled into the classroom and allows you the opportunity to get a sense of their classroom environment. Creating this time should help cut back on the tears when you leave, but be assured the teachers are trained to assist children in working through these emotions.

PAPERWORK

Paperwork is a part of going back to school. Make sure to have all immunization and shot records in to your child's school as most states require that these be updated yearly. Find out if your school requires enrollment or other forms and know when the deadline is to return them. Most importantly, make sure that your child's school has up-to-date contact information for you and other emergency contacts.

COMMUNICATION

Find out how your school plans to disseminate important information and how homework and other assignments will be sent home. Many schools, including the JCC have moved away from paper forms of communication and are using classroom apps and websites to keep parents and students informed and engaged.

If your child is attending the JCC's Early Childhood Education Center, please download Kaymbu, the classroom app for your smartphone to view daily notes, special reminders and tons of photos of your children throughout the year. Kaymbu can be downloaded in iTunes and GooglePlay.



KEEP YOUR LEGACY ALIVE WITH A GIFT THAT LASTS FOREVER!

Please remember the Milton & Betty Katz JCC with a gift in your will, trust, retirement account, or life insurance policy

Share your passion for our community and leave a lasting personal legacy for generations to come.

Your Legacy Gift helps ensure that the JCC remains a vibrant and strong part of our community for future generations.

"Every individual is a pillar on which the future of Judaism rests." – Rabbi Abraham Joshua Heschel

To create your legacy today, please contact **Marg Rosenblatt**, Chief Operating Officer (609) 822-1167 x142

From our family to yours, proudly serving Atlantic, Cape May and Cumberland Counties with dignity and respect.

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There is a
better way to
keep your
kids safe in
the pool.

jccatlantic.org

- Group Swim Lessons
- Private Swim Lessons
- Evening Classes
- Weekend Classes
- Classes for Children with Autism
- Certified Instructors



**Milton & Betty
Katz JCC**

501 N. Jerome Avenue
Margate, NJ 08402
609.822.1167

WHAT'S GOING ON @THE J

ACTIVE ADULT PROGRAMS DINNER, DOCTORS & A MOVIE

TUESDAY, AUGUST 21

5:00 pm

Movie: *Wonder*

Topic: Why Does My Foot Hurt?
Treatment Options for Common Foot Conditions

Dr. Brian Winters, Foot & Ankle Surgeon

\$18 members | \$20 guests

before August 14

\$20 members | \$23 guests

after August 14

Kosher Laws will be observed.

JCC JEWISH JOURNEYS: THE JEWS OF ISRAEL

WEDNESDAY, AUGUST 15

6:00 pm

Presenters: Michal Finstein and Mor Kedmi, JCC Israel Shlichim/Emissaries

Meal: Authentic Kosher Falafel, Pita, Tahini, Humus and more!
B'tayavon!

Movie: *In Search of Israeli Cuisine*

\$20 members | \$25 guests

before August 8

\$25 members | \$30 guests

after August 9

COFFEE KLATCH: POLITICAL DISCUSSION GROUP

THURSDAY, AUGUST 16

10:00 am

THURSDAY, SEPTEMBER 20

10:30 am

FREE for JCC & Village at the Shore members

Schmooze, kvetch, kvell and enjoy meeting new and old friends once a month

\$4 for guests

JCC & AARP SUMMER DRIVERS SAFETY CLASS

THURSDAY, AUGUST 23

9:30 am - 4:00 pm

This full day program is the nation's first and largest classroom driver improvement course specially designed for motorists age 50 and older. It is intended to help older drivers improve their skills while teaching them to avoid accidents and traffic violations.

\$15 AARP members

\$20 Non - AARP members

Checks must be payable to AARP.

MAHJONG BRUNCH

FRIDAY, SEPTEMBER 7

10:30 am

FRIDAY, SEPTEMBER 21

10:30 am

Don't miss the JCC's delicious brunch spread and a chance to meet other Mahjong players in the community. All players and skill levels are welcome. Spaces are limited.

\$14 members | \$18 guests

one week before the event

\$18 members | \$22 guests

after one week prior to the event

JEWISH AUTHOR SPOTLIGHT: LAUREN REBECCA SKLAROFF

MONDAY, AUGUST 13

10:00 am

Drawing from the hundreds of scrapbooks Tucker compiled, *Red-Hot Mama* presents a compelling biography of this larger-than-life performer. Tucker stands out as an exemplar of the immigrant experience and a trailblazer for women in the entertainment industry. Coffee and light fare will be served.

FREE members

\$4 guests

BRUNCH & LEARN

THURSDAY, AUGUST 9

10:00 am

Topic/Speaker: German Jewish History and the Holocaust

Dr. Michael Hayes, Holocaust & Genocide Studies Professor at Stockton University

Short Film: *What's In a Name* - Director Daniel Robin is mistakenly

booked for a flight under the name Robinowitz, which was actually his grandfather's name (changed in the 1930s to avoid anti-Jewish quotas).

THURSDAY, SEPTEMBER 13

10:30 am

Richard D. Bank, Esq. is the author of eight books including *The Everything Judaism Book*, *I am Terezin*, and *Feig, a novel*.

Film: *Terezin, Resistance and Revival*
Hear inspiring stories from survivors of the Nazi concentration camp at Terezin, where many notable Jewish musicians, composers, artists, and theater professionals were housed.

\$4 members | \$6 guests

when paid in advance

\$6 members | \$10 guests

at the door

This program has been funded in part by a generous donation from Marc Neumann, ChFC of Lighthouse Planning Consultants.

CANNOLI, LATKES & GUILT! THE THERAPY CONTINUES...

PRESENTED BY:

Milton & Betty
Katz JCC



SUNDAY, AUGUST 19

7:00 pm

From the author and star of the three-time award winning show *My Mother's Italian, My Father's Jewish*, and *I'm in Therapy*, Steve Solomon presents his brand new show.

Mom and Dad are FINALLY moving from Brooklyn to Florida...the chaos begins. This show will have you rolling in the aisles as you meet Steve's dysfunctional, but loveable, family and friends.

General Admission \$40

Reserved Seating \$50

**Summer Series Ticket Holders
SAVE \$5**

FAMILY PROGRAMS GO WILD FAMILY FUN NIGHT: ZOO ON WHEELS

TUESDAY, AUGUST 7

5:00 pm

Enjoy an entertaining program for the whole family featuring

live animals with Zoo on Wheels. The event includes the Zoo on Wheels program and pizza.

\$25 per family (up to five people)

\$8 per person

FREE for children under 3

SWIM TEAM

Think you have what it takes to swim with the sharks?

The Margate Sharks swimming team is made up of swimmers of all ages and has become one of the fastest growing programs in the area. Since 2014, the team has made its mark at different levels of swimming, such as Silver Champs and Junior Olympics.

Swim team evaluations will be held Thursday, August 9 and Tuesday, August 14. All levels are welcome and encouraged.

Swim team practices will be held throughout the week beginning Tuesday, September 4.

CAMP

LOCK IN & SAVE UP!

As a THANK YOU to our camp families for an amazing summer, we are offering our 2018 campers EXCLUSIVE early bird savings for 2019.

Register by September 1 for Camp By The Sea 2019 & Lock in the 2018 Rates! This is the ONLY WAY to guarantee this year prices.

How does the offer work? Simply pay a \$200 deposit by September 1 and lock in the 2018 rates. PLUS if you pay in full by October 1, you SAVE an additional \$200!

Register in the Camp Office for CBTS 2019 today. #alwayssummer

ART EXHIBITS *Chasing Dreams*

BASEBALL & BECOMING AMERICAN

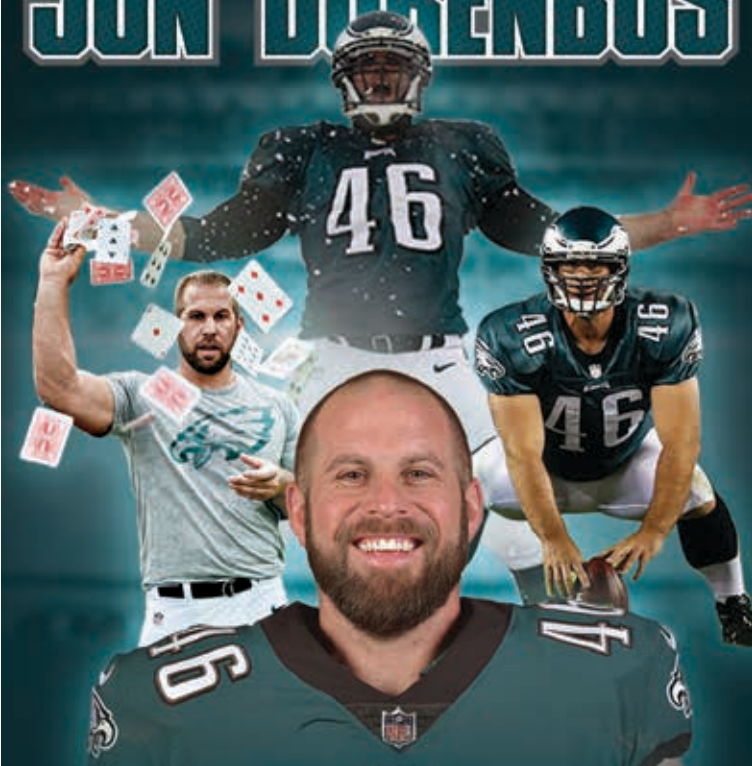
"Chasing Dreams: Baseball & Becoming American," an exhibit celebrating minorities in baseball, will be on display throughout the month of August.

The exhibit will feature well-known Jewish baseball heroes such as Hank Greenberg and Sandy Koufax and iconic baseball pioneers such as Jackie Robinson, Joe DiMaggio, Roberto Clemente and Ichiro Suzuki.

NATIONAL MUSEUM OF
AMERICAN JEWISH
HISTORY
A Smithsonian Institution Affiliate

FORMER NFL PLAYER, MAGICIAN & MOTIVATIONAL SPEAKER

JON DORENBOS



4TH ANNUAL
JACKIE & HANK HERSKOWITZ

SPORTS-NIGHT

THURSDAY, AUGUST 16

7 pm @  Milton & Betty
Katz JCC

DINNER • OPEN BAR • AUCTIONS

ADMISSION

General Admission: \$200 Two Tickets: \$375

Ticket packages and sponsorship opportunities are available and include a **VIP Meet and Greet** with Jon Dorenbos during the reception.

**Tickets on Sale at the Welcome
Center in the JCC Lobby or at
jccatlantic.org**

**Proceeds benefit the Jackie & Hank Herskowitz
Children's Scholarship Fund**

"I am a single dad and times have been tough. I once had a successful business that supported us, but after it declined the past few years, I was forced to close it. My children have attended JCC programs their entire lives. The community at the JCC is like family to them and has given them support and understanding when they need it the most. Thanks to the generous people who have donated to the Katz JCC Children's Scholarship fund, my kids are anxiously waiting for another summer at Camp By The Sea!"

-Anonymous Katz JCC Scholarship Recipient



**BIG
TICKET TO
WIN!**

Milton & Betty
Katz JCC

**\$50
Per Chance**

**Drawing to be held on
FRIDAY, AUGUST 17 at 11:00 am**

GRAND PRIZE

South African Spring Vacation for Two

4 nights in Cape Town and 2 nights in Kruger
National Park

Includes: Round-trip airfare from New York (JFK) via South African Airways, Airfare taxes, fees & fuel surcharges, transport, accommodations at superior hotels, 8 meals, Cape Town guided tours and admission to Kruger National Park.

Date of Travel: March 11 - 19, 2019

SECOND PRIZE

Cruise for Two on Celebrity Cruise Line

Includes: 7 nights on Celebrity Cruise Line balcony Cabin on the cruise of your choice with departure from any US Port. Travel must be booked by March 30, 2019 with Gem Casino Travel. Does not include port charges, tips, taxes & alcoholic beverages.

THIRD PRIZE

**One Year Family Membership with
Spa to the Milton & Betty Katz JCC**

Enjoy all the benefits of a JCC Membership for you and your family for one year.

 Milton & Betty
Katz JCC
jccatlantic.org

**Tickets on Sale at the Welcome
Center in the JCC Lobby**

Your support is sincerely appreciated. All proceeds benefit Programs and Scholarship Funds at the Milton & Betty Katz JCC.

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 afimple@jccatlantic.org.

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

Outdoor 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 afimple@jccatlantic.org.

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 -10:00am	9:00-11:30am CAMP SWIM	9:00-11:30am CAMP SWIM	9:00-11:30am CAMP SWIM	9:00-11:30am CAMP SWIM	9:00-11:45am CAMP SWIM		
11:00 -12:00pm	11:30-12:30pm Open Swim	11:30-12:30pm Open Swim	11:30-12:30pm Open Swim	11:30-12:30pm Open Swim	11:45-12:45pm Boys & Girls Club	11:00-12:00pm Not Your Mother's Water Aerobics Joel	11:00-4:00pm Open Swim
	12:30-3:00pm CAMP SWIM	12:30-3:00pm CAMP SWIM	12:30-3:00pm CAMP SWIM	12:30-3:00pm CAMP SWIM	12:45-5:45pm Open Swim		
3:00pm	3:00-4:00pm Boys & Girls Club	3:30-6:00pm Open Swim	3:30-6:00pm Open Swim	3:30-6:00pm Open Swim	3:45-5:45pm Open Swim	12:00-4:00pm Open Swim	11:00-4:00pm Open Swim
4:00-6:00pm	4:00-6:00pm Open Swim	5:00-6:00pm Open Swim	5:00-6:00pm Open Swim	5:00-6:00pm Open Swim	5:45-5:45pm Open Swim		




JOIN THE CELEBRATION!

OCTOBER 20-21



REGISTER ONLINE AT ACRACESERIES.COM

Group Exercise Schedule

	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	
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			