

# Milton & Betty Katz JCC NEWSLETTER

November/December 2018

jccatlantic.org

## November/ December Schedule:

### Thanksgiving

Thursday, November 22  
5:30 - 1:00 pm\*

### Black Friday

Friday, November 23  
5:30 am - 6:00 pm\*

Early Childhood Center  
Scholastic Book Fair  
December 3 - 7  
9:00 am - 5:00 pm

Early Childhood Center  
Chanukah Show  
Friday, December 7  
3:00 pm

### Chanukah

December 2 - 10  
Open Regular Hours

Community Chanukah Event  
Sunday, December 9

### Christmas Day

Tuesday, December 25  
8:00 am - 1:00 pm\*

### Latkes, LoMein & Laughter

Tuesday, December 25  
6:00 pm

### New Year's Eve

Monday, December 31  
Normal Hours

### New Year's Day

Tuesday, January 1  
8:00 am - 1:00 pm\*

\*Business Offices Closed

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



## Tikkun Olam

### REPAIRING THE WORLD - JCC BECOMES SUSTAINABLE FOR FUTURE GENERATIONS

The Katz JCC is the cornerstone of the community. Each year we serve thousands of children, individuals and families throughout our various programs, camps and fitness center. While we continue to grow and serve the community, our ten million dollar renovation and expansion that took place almost twenty years ago has aged and is now in need of updates. In an effort to make the JCC sustainable for future generations, we are focusing on making those enhancements energy efficient. Currently

and throughout the next several years, the JCC will be taking steps to enhance our facility for our members and reduce our consumption of valuable resources, becoming more efficient operationally, economically and environmentally.

While continuing to produce stellar programs and services here at the Katz JCC, we have begun to make much needed improvements to our infrastructure with the addition of new equipment and building repairs all while meeting our financial

obligations. We'll continue to look for more ways to update our building and conserve our natural resources as time goes on.

Continued on pg. 2 >>



### 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

<< Continued from pg. 1

### OUR SUSTAINABILITY PROJECT INCLUDES

**Energy Efficient Heating and Cooling System** - We are strategically replacing 24 aging air conditioning units with more efficient technology.

**Solar Panels & Roofing** - We are going to install solar panels on our roof. Before that can begin, we need to repair parts of the roof that have become worn and weak.

**Energy Efficient Lighting** - We are replacing our lighting with light bulbs that are more energy efficient.

**Pool Pump System** - Our new pool pump system is more efficient and we will be utilizing a more efficient temperature control.

**Bike Rack Installation** - Installing more bike racks not only encourages exercise but also decreases fossil fuel consumption and air pollution.


**Food Waste Reduction** - We consciously tried to reduce

food waste in our camp lunch program with better portion control and educated campers about waste reduction.

**Natural Cleaning Supply Usage** - We have been more conscious of the cleaning supplies we are using and have converted to more non-toxic cleaning products.

**Recycling** - By increasing the amount of recycling cans throughout the building and educating our campers, our recycling pickup has increased and trash pickup has decreased.

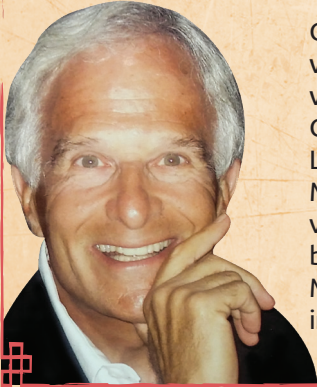
With these few changes we are making, we feel that we can say we are doing our part in making positive environmental changes. With your support, we are able to renovate our JCC to meet the changing needs of our active members and the greater community. For more information on the Capital Campaign, or how you can help support the JCC in becoming more sustainable for our future, contact **Jack I. Fox, CEO** at **609-822-1167, ext. 114** or email [jfox@jccatlantic.org](mailto:jfox@jccatlantic.org).



# Latkes, LoMein & Laughter

## December 25 at 6pm

**WITH COMEDIAN JEFF MADANICK**  
Admission: \$30 for Members | \$36 for Guests



Celebrate this Jewish "tradition" with Comedian Jeff Madanick while enjoying a Glatt Kosher Chinese buffet dinner and fresh Latkes. Laugh as you listen to Jeff Madanick kibbitz about point of view as a baby boomer, his time between residences in Florida and Margate and his youth growing up in Philadelphia.

# YOU



# MAKE A DIFFERENCE!



## EARLY CHILDHOOD CANNED GOODS FOOD DRIVE FOR JEWISH FAMILY SERVICE

According to [feedingamerica.org](http://feedingamerica.org) more than 900,000 are struggling with hunger in New Jersey a quarter of that are children. That means one in ten people struggle with hunger and one in seven children are hungry.

To help those affected by hunger the Early Childhood Department will be collecting canned goods until November 17 for the Jewish Family Service Thanksgiving food drive.

Donations can be made at the Welcome Center in the JCC Main Lobby and outside each of the Early Childhood Education Center classrooms.





# FINAL SALE:

## THE END OF JEWISH-OWNED BUSINESSES IN NAZI BERLIN EXHIBITION

**November 1 - 18**

### FREE AND OPEN TO THE PUBLIC

Temporary exhibition offering a detailed portrait of many of the thousands of Jewish-owned businesses that were closed or taken over by non-Jewish Germans after the Nazis took power in Germany in 1933. The focus on a limited number of companies of varying sizes and economic branches is revealing in many ways. Clearly, Jewish businesses were a vibrant and diverse part of the general German economy before the Third Reich. Once the Nazis took power, the pressure to sell or emigrate, including legal persecution became stronger over time, and impossible to resist after Kristallnacht on November 9-10, 1938. Eventually, all Jewish businesses were closed, sold-usually at far below their actual value-or taken over by non-Jews. Many of the owners

were able to emigrate, but others became victims of the Nazi camps. By viewing this history of discrimination and state-sanctioned theft of private property, attendees will gain a better understanding of the ways that civil society and human decency could be subverted in a short period of time.

Sponsored by the Sara and Sam Schoffer Holocaust Resource Center, Sam Azeez Museum of Woodbine Heritage, Master of Arts in Holocaust and Genocide Studies, Undergraduate Minor in Holocaust and Genocide Studies, and Undergraduate Minor in Jewish Studies in cooperation with the Milton & Betty Katz Jewish Community Center.

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# WHAT'S GOING ON @THE J

For more information on these programs or to register call 609.822.1167 Ext. 0 or visit [jccatlantic.org](http://jccatlantic.org)

## INTRODUCTION TO MOSAICS

**Wednesday's beginning November 14.\***

\*No class Wed. November 21

**6:00 - 8:30 pm**

Learn the skills to create your own beautiful mosaic artwork in this six week class for beginners at the Katz JCC. Students will learn how to select the best mosaic tile backer and how to use the proper mosaic tools, glass and other found items to create their own personalized art. The class will be limited to eight participants and is open to all skill levels. All materials and tools are included.

\$180 Members | \$220 Guests

## COFFEE KLATCH: POLITICAL DISCUSSION GROUP

**Thursday, November 15  
Thursday, December 20  
10:30 am**

The Israel & World Events Coffee Klatch is a fun, casual, social group that includes coffee, delicious refreshments and great conversation about Israel/U.S. news and world events. Schmooze, kvetch, kvell and enjoy conversation with new and old friends. FREE for JCC and Village at the Shore members | \$4 Guests

## DINNER & MOVIE

**Wednesday, November 28  
Movie: Crazy Rich Asians  
Wednesday, December 19  
Movie: Operation Finale  
5:00 pm**

Dinner & Movie includes a movie on the big screen and a full course meal with a kosher meat main course, salad, soup and dessert. Kosher laws will be observed.

\$18 Members | \$20 Guests up to one week before the event.  
\$20 Members | \$23 Guests after one week before the event.

## AARP DRIVER SAFETY CLASS

**Tuesday, December 4**

**9:00 am - 4:00 pm**

**(45 min. Lunch Break at 12:00pm)**  
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. Checks must be payable to AARP. Spaces are limited to the first 25 paid registrants.

\$15 for AARP members  
\$20 for non AARP members

## BRUNCH & LEARN

**Wednesday, November 21**

**10:30 am**

Speaker: Rabbi David Weis of Beth Israel - The Jewish Connection to Thanksgiving  
Film: *Above & Beyond*

Advance Registration:  
\$4 Members | \$6 Guests  
At the Door Registration:  
\$6 Members | \$10 Guests

## MAHJONG BRUNCH

**Monday, November 26**

**Monday, December 17**

**10:30 a.m.**

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

\$14 Members | \$18 Guests up to one week before the event.  
\$18 Members | \$22 Guests after one week before the event.

## SCHOOLS OUT WINTER MINI CAMP

**Wednesday - Friday  
December 26 - 28**

While area schools are closed the Katz JCC is offering fun-filled days of camp for children in grades K-4 from 9:00 am-4:00 pm. Participants will enjoy fun activities such as swimming in our indoor pool, sports and more!

## JEWISH AUTHOR SERIES

**Now - November 19**

The Milton & Betty Katz will highlight four Jewish Authors this fall as part of a Jewish Author Series. Coffee, tea and light refreshments will be served.

**Wednesday, November 14**

**7:00 pm**

***Saving Mona Lisa, The Battle To Protect the Louvre and its Treasury from the Nazis***

**Author: Gerri Chanel**

Superbly researched and accompanied by riveting photographs of the period, *Saving Mona Lisa* is a compelling true story of art and beauty, intrigue and ingenuity, and remarkable moral courage in the face of one of the most fearful enemies in history.

**Monday, November 19**

**7:00 pm**

***Famous Father Girl: A Memoir of Growing Up Bernstein***

**Author: Jamie Bernstein**

The oldest daughter of revered composer, Leonard Bernstein offers a rare and intimate look at her father's life as one of the greatest American musicians in the modern age.

Advance Registration:  
\$10 Members | \$12 Guests  
At the Door Registration:  
\$12 Members | \$14 Guests

## ISRAEL @70 DOUBLE FEATURE FRIDAY FILM FESTIVAL

For the best in Israeli cinema, look no further. All films are in Hebrew with English subtitles. A light brunch and coffee will be served. Free and open to the entire community.

**Friday, December 14**

***The Band's Visit* (romantic comedy)**

**10:30am**

***The Green Prince* (documentary)**

**12:30pm**

**Friday, December 28**

***Fill the Void* (drama)**

**10:30am**

***Zero Motivation* (comedy)**

**12:30pm**

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

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## KATZ JCC YEAR-ROUND SWIM LESSONS

The Katz JCC Swim Program offers one of the highest levels of swim instruction in Atlantic County. All instructors are certified lifeguards with CPR/AED and First Aid training. Lessons are available in both small group and private options.

Winter Session 1 Registration Opens December 17, 2018. Classes begin the week of January 7, 2019 and end the week of March 3, 2019.

## BUS TRIP TO US HOLOCAUST MUSEUM WASHINGTON, DC

**Sunday, November 18**

Join us for a bus trip to the US Holocaust Memorial Museum in Washington, DC. Open to the entire community! The bus leaves the JCC at 7:00 am and returns at 7:30 pm. \$54 for adults | \$36 for students

## FREE COMPUTER CLASS SERIES

**November - December, 2018  
Mondays & Wednesdays  
10:30 am - 11:30 am**

- iPhone, iPad or Android device
- Text messaging and group texting
- Taking and managing photos
- Sending and managing email
- Accessing the internet
- Updating your settings

Please bring your smart phone, iPad or Android device with you to class.

Sign up at the front desk today.

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Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the JCC.

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2. Choose the "Jewish Community Center of Atlantic County" as your designated charitable organization.
3. Shop on!



The Ventnor Senior Center is open and welcoming those who are over 60 to come enjoy our daily hot lunch. Manager, Diane Cherry will gladly assist with helping you or your loved one feel welcome at the site which offers weekly exercise, dance, martial arts, and yoga classes. There is also a daily BINGO game which is a favorite at the site. Opportunities to volunteer are always available

and appreciated. The JCC has been managing the center for the past seven years and has been able to offer intergenerational programming to our participants as well as trips into the community and to the JCC for entertainment. There is no fee to join and transportation is available at no charge. Donations of \$1 are gladly accepted to offset the costs of the program as well as

to help enhance programming at the center. To register, just stop in or call 609-822-9239. Hope to see you there!

This service has been funded or partially funded through a grant provided by the Atlantic County Area Agency on Aging, under the Older Americans Act of 1965.

Ventnor Senior Center  
6500 Atlantic Ave.  
Ventnor, NJ 08406



Enjoy any of these three great trips for **\$3600** each!

**South Africa |** March 11 - 19, 2019

Touring Cape Town & Kruger Safari

**Central Europe |** May 15 - 24, 2019

Touring Budapest, Vienna & Prague

**Israel |** December 5 - 15, 2019

Touring Tel Aviv, Jerusalem & The North

Learn more at [jccatlantic.org](http://jccatlantic.org) or visit the JCC Welcome Center



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@  Milton & Betty Katz JCC

Juneau where you're going next summer?  
We are traveling to Alaska and that is just the tip of the iceberg!



**Secure your spot today!**

To learn more visit the JCC Welcome Center or visit [campbythesea.org](http://campbythesea.org)



**SAVE UP TO \$200 per camper**

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On 2019 Summer Camp Tuition  
when paid in full by January 1, 2019  
**OR**  
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when paid in full by May 1, 2019




**KEEP YOUR LEGACY ALIVE WITH A GIFT THAT LASTS FOREVER!**



Share your passion for our community and leave a lasting personal legacy for generations to come and ensure that the JCC remains a vibrant and strong part of our community.

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

**Ensure your legacy today by contacting [Marg Rosenblatt](#), Chief Operating Officer (609) 822-1167 x142**



**EXPERIENCE A COMPASSIONATE STAFF**

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856.396.0005

**CareOne at Evesham Assisted Living**  
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GET SOCIAL WITH US  






# FALL PERSONAL TRAINING SPECIALS

Sign up today at the Welcome Center in the JCC lobby.



Buy **30** Personal Training Sessions, Get one hour **FREE**  
OR  
Get one **30 minute** session every week for **\$99** per month.

## 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](mailto:afimple@jccatlantic.org).

| Hours           | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  | Sunday  |
|-----------------|---|---|---|---|---|---|---|
| 5:30-6:00am     | 5:30-9:00 am<br>6 Lap Lanes   | 5:30-9:00 am<br>6 Lap Lanes   | 5:30-9:00 am<br>6 Lap Lanes   | 5:30-9:00 am<br>6 Lap Lanes   | 5:30-10:00am<br>6 Lap Lanes   | 7:00-9:30am<br>6 Lap Lanes  | 7:00-10:00am<br>6 Lap Lanes   |
| 7:00-8:00 am    | 5:30-9:00 am<br>6 Lap Lanes   | 5:30-9:00 am<br>6 Lap Lanes   | 5:30-9:00 am<br>6 Lap Lanes   | 5:30-9:00 am<br>6 Lap Lanes   | 5:30-10:00 am<br>6 Lap Lanes  | 7:00-9:30 am<br>6 Lap Lanes   | 7:00-10:00 am<br>6 Lap Lanes  |
| 9:00 am         | 9:00-10:00 am<br><b>Shallow H2O</b><br>Franklin<br>NO LAP LANES   | 9:00-10:00 am<br><b>H2Oproof</b><br>Donna<br>NO LAP LANES   | 9:00-10:00 am<br><b>Shallow H2O</b><br>Maureen<br>9:30-10:00 am<br><b>Early Childhood</b><br>NO LAP LANES | 9:00-10:00 am<br><b>Tsunami</b><br>Franklin<br>NO LAP LANES   | 5:30-10:00 am<br>6 Lap Lanes  | 9:30-12:00 pm<br>4 Lap Lanes<br>2 Swim Lessons  | 7:00-10:00 am<br>6 Lap Lanes  |
| 10:00 am        | 10:00-10:30 am<br><b>Deep H2O</b><br>Franklin<br>NO LAP LANES<br>10:30-3:00 pm<br>4 Lap Lanes<br>2 Open Lanes | 10:00-10:30 am<br><b>Deep H2O</b><br>Donna<br>NO LAP LANES<br>10:30-11:30 am<br>4 Lap Lanes<br>2 Open Lanes     | 10:00-11:30 am<br><b>Early Childhood</b><br>3 Lap Lanes   | 10:00-10:30 am<br><b>Deep Water</b><br>Franklin<br>NO LAP LANES<br>10:30-11:30 am<br>4 Lap Lanes<br>2 Open Lanes    | 10:00-11:00 am<br><b>Water Wellness</b><br>Franklin<br>2 Lap Lanes  | 10:00-12:00 pm<br>4 Lap Lanes<br>2 Swim Lessons   | 10:00-2:00 pm<br>4 Lap Lanes<br>2 Swim Lessons  |
| 11:00 am        | 10:30-3:00 pm<br>4 Lap Lanes<br>2 Open Lanes  | 10:30-11:30 am<br>4 Lap Lanes<br>2 Open Lanes<br>11:30-12:30 pm<br><b>Water Wellness</b><br>Lisa<br>2 Lap Lanes | 10:00-11:30 am<br><b>Early Childhood</b><br>3 Lap Lanes<br>11:30-12:30pm<br>4 Lap Lanes<br>2 Open Lanes   | 10:30-11:00 am<br>3 Lap Lanes<br>3 Open Lanes<br>11:00-12:00 pm<br><b>Water Wellness</b><br>Franklin<br>2 Lap Lanes | 11:00-12:00 pm<br><b>Aqua Zumba</b><br>Vanessa<br>3 Lap Lanes       | 11:00-12:00 pm<br>4 Lap Lanes<br>2 Swim Lessons   | 10:00-2:00 pm<br>4 Lap Lanes<br>2 Swim Lessons  |
| 12:00 - 2:00 pm | 12:30-3:00 pm<br>4 Lap Lanes<br>2 Open Lanes  | 12:30-3:00 pm<br>4 Lap Lanes<br>2 Open Lanes  | 12:30-3:00 pm<br>4 Lap Lanes<br>2 Open Lanes  | 12:00-3:00 pm<br>4 Lap Lanes<br>2 Open Lanes  | 12:00-4:00pm<br>4 Lap Lanes<br>2 Open Lanes                         | 12:00-1:00 pm<br><b>Aqua Zumba</b><br>Vanessa<br>3 Lap Lanes<br>1:00-4:45 pm<br>4 Lap Lanes<br>2 Open Lanes | 10:00-2:00 pm<br>4 Lap Lanes<br>2 Swim Lessons<br>2:00-4:45 pm<br>4 Lap Lanes<br>2 Open Lanes |
| 3:00 - 4:00 pm  | 3:00-5:00 pm<br>4 Lap Lanes<br>2 Swim Lessons   | 3:00-5:00 pm<br>4 Lap Lanes<br>2 Swim Lessons   | 3:00-5:00 pm<br>4 Lap Lanes<br>2 Swim Lessons   | 3:00-5:00 pm<br>4 Lap Lanes<br>2 Swim Lessons   | 4:00-5:30 pm<br>2 Lap Lanes<br>2 Swim Team<br>2 Boys and Girls Club | 3:00-4:45 pm<br>4 Lap Lanes<br>2 Open Lanes   | 3:00-4:45 pm<br>4 Lap Lanes<br>2 Open Lanes   |
| 5:00 - 6:00 pm  | 5:00-5:30 pm<br>3 Lap Lanes<br>3 Swim Team<br>5:30-7:30 pm<br><b>Swim Team</b><br>NO LAP LANES                | 5:00-5:30 pm<br>3 Lap Lanes<br>3 Swim Team<br>5:30-7:30 pm<br><b>Swim Team</b><br>NO LAP LANES                  | 5:00-5:30 pm<br>3 Lap Lanes<br>3 Swim Team<br>5:30-7:30 pm<br><b>Swim Team</b><br>NO LAP LANES            | 5:00-5:30 pm<br>2 Lap Lanes<br>2 Swim Lessons<br>2 Swim Team<br>5:30-7:30 pm<br><b>Swim Team</b><br>NO LAP LANES    | 5:30-5:45 pm<br>4 Lap Lanes<br>2 Boys and Girls Club                |   |   |
| 7:00 - 9:00 pm  | 7:30-9:00 pm<br>6 Lap Lanes   | 7:30-9:00 pm<br>6 Lap Lanes   | 7:30-9:00 pm<br>6 Lap Lanes   | 7:30-9:00 pm<br>6 Lap Lanes   |   |   |   |

Pool Schedule Effective November 1

# Group Exercise Schedule

## Fitness Schedule Effective November 1

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