

# Milton & Betty Katz JCC NEWSLETTER

May/June 2019

jccatlantic.org



**Camp By The Sea**  
June 24 - August 16



**Paula Poundstone**  
August 22



**JFS & JCC Golf Tournament**  
May 30



## **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

## **HOLIDAY HOURS**

Memorial Day\*  
Monday, May 27  
5:30 am - 1:00 pm

Shavout  
Sunday, June 9  
Closed

\*Business Offices Closed

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

## Your Summer Headquarters!

We know you're itching to get out there in the warm sun and feel that ocean breeze. Summer is here and the memories it brings are about to begin. At the JCC, we have everything you need to make sure the summer for you and your family is the best one yet! Although we love the sun, there are times it rains or you just need a break from the beach crowds, sand and heat. At the JCC, you can enjoy a nice swim in our guarded indoor and outdoor pools, a game of basketball in our

inside basketball court with brand new flooring, go for a climb on the indoor Rockwall, or better yet, let us host your child's birthday party here! We have many open swim and gym options to enjoy some hang out time with family and friends or spend the summer with swim lessons to help your child learn lifesaving survival skills in the water.

### **CAMP BY THE SEA**

Camp By the Sea is here! Need we say more? The JCC is home of Camp By the Sea,

the area's largest and most fun summer camp! With trips to the beach and water activity destinations, amusement parks, state parks and a ton of on-campus fun such as sports, nature, yoga, music, swim, dance, games, activities and so much more, the headquarters for your child's best summer ever is right here!

For grandparents that are primary caregivers, we know it can be challenging to face the financial and social

**Continued on Pg 2>>**

<< Continued from Pg 1

burden of finding alternative programs and activities for grandchildren. The JCC's respite camp program provides one complimentary week of camp during the summer months so grandparents can get some much deserved rest and relaxation while the kids get to play and have fun!

### HEALTH AND WELLNESS

The JCC is your one-stop-shop for all fitness and wellness needs! Hop on one of our brand new state-of-the art True treadmills with integrative technology and get your workout in on the beaches of Bali or the Niagara Falls, just to name a few. With Cybex machines, free weights and the area's largest choice of group exercise classes included in your JCC membership, you'll surely feel good before you head out to the beach. Add a Boxing class, a Pilates Reformer package or Massage to your day and you'll

be complete. With all of the delicious tempting restaurants in the area, we'll help you stay in check with your nutrition with our **"What's Eating U"** eight week comprehensive health and wellness program that consists of weekly coaching sessions on nutritional and fitness guidance, goal setting and monitoring weight and body fat/BMI. Throughout the program, the coach will be available to clients via email and text message.

### ENTERTAINMENT

We know adults need some fun too! Our Summer Entertainment Series features shows from artists such as Judy Collins, Paula Poundstone, The Edwards Twins and Sandy Hackett's Rat Pack Show. Laugh, hum along or be entertained by the industry's best of the best! "Rubbing Elbows" with Emmy Award-winning television host and producer, David Spatz, is a show that will feature television

interviews and candid moments not captured by the cameras celebrities such as Joan Rivers, Tony Bennett, Carol Burnett, Don Rickles, Donny and Marie Osmond, Debbie Reynolds, Sylvester Stallone and many more. Stop by for a Movie and Dinner, Mahjong Brunch or Brunch & Learn.

### FUNDRAISING EVENTS

For the sports enthusiast, our Annual Golf Tournament in conjunction with JFS at the Linwood Country Club in May, is a great way for you to get out and hit some balls for a great cause. And for a night out with friends, how about a little Designer Bag Bingo in July? Hosted by Mike & Diane of WAYV 95.1, we anticipate another popular, sold-out night of bingo featuring designer bags by Marc Jacobs, Rebecca Minkoff and Longchamp as well as an astonishing basket raffle, 50/50, door prizes and more! Of course, we can't forget our

long-awaited Jackie & Hank Herskowitz Sports Night in August. We're so excited about this year's celebrity guest; you're not going to want to miss this! In past year's we've had sports celebrities such as Sugar Ray Leonard, Jon Dorenbos, Joe Theismann and Ken Daneyko. These events provide financial assistance to families for children of all needs access to swim lessons, preschool education, summer camp and family memberships. The JCC is eager to welcome you and your family and we appreciate your support as we strive to fulfill the needs of our community.

So what are you waiting for? Let your summer fun start today. For more information or questions, stop by the JCC Welcome Desk in the lobby and our friendly staff members will be more than willing to help you.

# THE CARE YOU NEED WHEN YOU NEED IT.

Primary | Specialty | Surgery  
Urgent Care | and More

[www.atlanticare.org](http://www.atlanticare.org)  
1-888-569-1000

**AtlantiCare**  
A member of Geisinger







# Summer

2019  
ENTERTAINMENT SERIES



**Judy Collins - SOLD OUT**

Thursday, July 18

**Sandy Hackett's Rat  
Pack Show**

Thursday, July 25

**The Edwards Twins**

Thursday, August 8

**Paula Poundstone**

Thursday, August 22

For tickets visit the JCC Welcome Center  
or call **609.822.1167**

## Surf more than just the web this summer!



**AGE 2 - GRADE 10  
JUNE 24 - AUGUST 16**

@ the **J** Milton & Betty Katz JCC **campbythesea.org**

# Are you one of 30 million Americans who are suffering?



We can help you **BREAK FREE** of the painful symptoms of vein disease.  
We are leaders in the treatment of **Varicose Veins**.



Center for Vein Restoration

1015 New Road | Suite D | Northfield, NJ 08225

**(800) FIX-LEGS** | [centerforvein.com](http://centerforvein.com)

(800) 349-5347

# 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)

## BRUNCH & LEARN

**Thursday, June 6**

Learn from a variety of different speakers and watch a documentary film on Judaism, Israel or Jewish history over brunch.

**Performer:** Ilya Gruzdev - Saxophone & Vocals  
From the former Soviet Union, Ilya is a dynamic talent, can switch seamlessly from exciting vocals to smooth sounds on sax. Ilya will showcase a mixed show of familiar Jewish tunes plus some Jazz standards for your enjoyment.

**Film:** *Mr. Gaga*

Ohad Naharin, artistic director of the Batsheva Dance Company, is regarded as one of the most important choreographers in the world. This spirited documentary will introduce you to a man with great artistic integrity and an extraordinary vision

In Advance

\$4 for Members | \$8 for Guests

Day of Event

\$6 for Members | \$10 for Guests

## DINNER & MOVIE

**Wednesday, May 29 - 5:00pm**

***On the Basis of Sex***

**Wednesday, June 26 - 5:00pm**

***Vice***

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 for Members | \$21 for Guests up to one week before the event

\$20 for Members | \$23 for Guests after one week before the event

## MAHJONG BRUNCH

**Tuesday, May 7**

**Friday, May 31**

**Tuesday, June 18**

**10:30am**

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

\$14 for Members | \$18 for Guests up to one week before the event

\$18 for Members | \$22 for Guests after one week before the event

## COFFEE KLATCH POLITICAL DISCUSSION GROUP

**Thursday, May 9**

**Thursday, June 20**

**10:30am**

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 for Guests

## AMERICAN RED CROSS BLOOD DRIVE

**Monday, June 17 | 1:00 - 6:00pm**

The Katz JCC and the American Red Cross are teaming up to help ensure that a safe and adequate blood supply is available. Please continue supporting your family, friends, neighbors and coworkers by donating blood on this day. It only takes a small amount of time and one small pinch to become a hero to someone in need. Giving the "Gift of Life" is a mitzvah and one way to help those in need.

## BEGINNER MOSAIC CLASS

**Mondays & Tuesdays**

**May 6 - 21**

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

This six session class for mosaic beginners will teach you the skills to create your own beautiful artwork. Students will learn how to select the proper backer, use of the proper tools, glass and other found items to create their own personalized art. Instructor, Jill Snyder is a local juried artist whose work is shown in galleries across the East Coast. Open to all skill levels. All materials and tools are included.

\$175 Members | \$210 Guests

## SWIM TEAM

**Spring & Summer Session:**

**4/30-7/23**

Shark pup & Level 1

\$215 Members | \$300 Guests

Level 2 - 4

\$275 Members | \$350 Guests

**Summer Session: 6/17 - 7/23**

Shark pup & Level 1

\$107.50 Members | \$150 Guests

Level 2 - 4

\$137.50 Members | \$175 Guests

## SWIM LESSONS

**Summer Session 1: 4/29 - 6/23**

Registration begins 4/15

**Summer Session 2: 6/24 - 8/18**

Registration begins 6/10

**Private Lessons:**

Available 8/19 - 9/1

## LIFEGUARD COURSE

**May 4, 5, 11 & 12**

**10:00am - 5:00pm**

Two day course on life saving techniques including water rescue and CPR. Participants who pass the course will earn Lifeguard Certification.

Cost is \$375

Must be at least 15 years old to earn certification.

## FLICK & FLOAT FAMILY MOVIE NIGHT

**July 17 and August 7**

**Doors Open at 7:00 pm**

**Movie Starts at 7:30 pm**

Enjoy a family movie while floating in our indoor pool. Snack stand will be available for purchases of popcorn, pizza, drinks, soft pretzels, cotton candy. BYOF - bring your own float. This is a family event. Participants must be able to swim.

\$10 for Members | \$15 for Guests

## PRE-TEEN SPLASH PARTY

**Wednesdays July 3,**

**July 24 and August 14**

**7:00 - 10:00pm**

**In the pool 7:00 - 8:00pm**

**Gym with DJ 8:00 - 10:00pm**

Pre-teen swim and dance party. Includes slice of pizza and drink.

\$15 for Members | \$20 for Guests



# Thursday, May 30, 2019

at Linwood Country Club | 500 SHORE ROAD ~ LINWOOD

11:30 am Registration & Lunch • 1:00 pm Shotgun Start

\$225 Per Golfer

**For more information or to register, please contact:**

Melissa Vola | 609.822.1167 ext. 159 | [mvola@jccatlantic.org](mailto:mvola@jccatlantic.org)

[jfsatlantic.org](http://jfsatlantic.org)



## THE CHER SHOW - BUS TRIP TO NYC

Wednesday, June 5

Bus departs at 7:00 am

For six straight decades, only one unstoppable force has dominated pop culture The Cher Show is her story, and it's packed with so much Cher that it takes three women to play her.

\$150 Per Person

Includes roundtrip transportation, pm. Lunch not included.

Transportation only option for roundtrip New York Travel is available for only \$50 per person.

## PUBLIC HEARING

Friday, May 17

10:00am

The signing of the Older American's Act of 1965 made money available to states and local governments to provide services to seniors 60 and over allowing them to live in their communities longer rather than being institutionalized. All of the JCC's programs that are funded through the county under the Older American's Act will be highlighted as well as many other services the county and surrounding agencies offer.



## Refer a Friend

Earn one **FREE**\*  
month when you  
refer a friend  
who becomes a  
Katz JCC Annual  
Member.

\*When they join we will add one FREE month to your membership!



# Basketball Clinic

## June 24 - August 16

Blake Rossell, a basketball instructor and Wildwood Catholic High School Assistant Varsity Boys Basketball Coach, is pleased to bring a youth and teen basketball clinic to the Milton & Betty Katz JCC. Blake has taught a variety of basketball programs and private lessons to children since 2014. He was a NCAA basketball player and graduate of Stockton University.

The basketball clinic will run from June 24 - August 16 and is aimed to teach boys and girls in first grade through eighth grade the game of basketball and speed and agility using educational games and scrimmages. Call 609-822-1167 to register.

\$175 for members | \$200 for guests

### Clinic Levels:

Grades 1-2, coed: Mondays, 4:00 - 5:00 pm

Grades 3-4, coed: Mondays, 5:00 - 6:00 pm

Grades 5-6, girls: Tuesdays, 4:00 - 5:00 pm

Grades 5-6, boys: Tuesdays, 5:00 - 6:00 pm

Grades 7-8, girls: Thursdays, 4:00 - 5:00 pm

Grades 7-8, boys: Thursdays, 5:00 - 6:00 pm



## Where you start makes a big difference.

### Buying - Selling - Renting

Call Joe Hayoun

**"Not your average Joe"**



**BERKSHIRE  
HATHAWAY**  
HomeServices

Fox & Roach,  
REALTORS®



**Joe Hayoun**

Broker-Associates GRI

NJ Real Estate

Instructor Lic #5000115

Cell: 609-442-7191

9218 Ventnor Ave.  
Margate, NJ 08402

Office

609-822-4200

From our family to yours,  
proudly serving the funeral  
and monument needs of  
Atlantic, Cape May and  
Cumberland Counties.

*Roth-Goldsteins'*  
MEMORIAL CHAPEL LLC



1-609-344-9004

1-800-858-7350

[www.rothgoldsteins.com](http://www.rothgoldsteins.com)

Email: [info@rothgoldsteins.com](mailto:info@rothgoldsteins.com)

Pacific & New Hampshire Avenues  
P.O. Box 1908 • Atlantic City, NJ 08404



Eric S. Goldstein  
NJ Lic. No. 4032

Jason S. Goldstein  
Manager, NJ Lic. No. 4633

Stephen T. Collins  
NJ Lic. No. 3355

Danielle M. Barry  
NJ Lic. No. 4779



Atlantic City  
marathon race series

# Bungalott BOARDWALK 2019 RUN

5 Miler

- >> Finisher Medals
- >> Beach Run Shirts
- >> One **FREE** Beer
- >> Post Race Party
- >> Course Music
- >> Ocean Front Course

**JUNE 22**  
ACRACESERIES.COM



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

J

Travel

**Visit Israel  
in 2019**

**DECEMBER  
5 - 15**

**Milton & Betty  
Katz JCC**  
jccatlantic.org

**TO LEARN MORE  
VISIT THE JCC  
WELCOME CENTER**

**Tour includes:**

- Round Trip Airfare
- 2 Nights in Tel Aviv
- 2 Nights in the Galilee
- 4 Nights in Jerusalem
- Sightseeing Tours
- English-Speaking Guides

**LIFE &  
LEGACY**™  
Assuring JEWISH TOMORROWS

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



# DESIGNER BAG



BINGO | DOOR PRIZES | RAFFLE | CASH & CARRY

FEATURING BAGS BY:

MARC JACOBS | REBECCA MINKOFF | LONGCHAMP

# THURSDAY JULY 11

@  Milton & Betty  
Katz JCC

DOORS OPEN AT 6:00 PM

GAMES START AT 7:00 PM

**TICKETS: \$40 Per Person**  
**TABLE OF 10: \$350**

## 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 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-10:00am 6 Lap Lanes	7:00-9:30am 6 Lap Lanes	7:00-10:00am 6 Lap Lanes
7:00-8:00 am	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-10:00 am 6 Lap Lanes	7:00-9:30 am 6 Lap Lanes	7:00-10:00 am 6 Lap Lanes
9:00 am	9:00-10:00 am Shallow H2O Franklin NO LAP LANES	9:00-10:00 am H2Oproof Donna NO LAP LANES	9:00-10:00 am Shallow H2O Maureen 9:30-10:00 am Early Childhood NO LAP LANES	9:00-10:00 am Tsunami Franklin NO LAP LANES	5:30-10:00 am 6 Lap Lanes	9:30-12:00 pm 4 Lap Lanes 2 Swim Lessons	7:00-10:00 am 6 Lap Lanes
10:00 am	10:00-10:30 am Deep H2O Franklin NO LAP LANES 10:30-3:00 pm 4 Lap Lanes 2 Open Lanes	10:00-10:30 am Deep H2O Donna NO LAP LANES 10:30-11:30 am 4 Lap Lanes 2 Open Lanes	10:00-11:30 am Early Childhood 3 Lap Lanes	10:00-10:30 am Deep Water Franklin NO LAP LANES 10:30-11:00 am 4 Lap Lanes 2 Open Lanes	10:00-11:00 am Water Wellness Franklin 2 Lap Lanes	10:00-12:00 pm 4 Lap Lanes 2 Swim Lessons	10:00-2:00 pm 4 Lap Lanes 2 Swim Lessons
11:00 am	10:30-3:00 pm 4 Lap Lanes 2 Open Lanes	10:30-11:30 am 4 Lap Lanes 2 Open Lanes 11:30-12:30 pm Water Wellness Lisa 2 Lap Lanes	10:00-11:30 am Early Childhood 3 Lap Lanes 11:30-12:30pm 4 Lap Lanes 2 Open Lanes	11:00-12:00 pm Water Wellness Franklin 2 Lap Lanes	11:00-12:00 pm Aqua Zumba Vanessa 3 Lap Lanes	11:00-12:00 pm 4 Lap Lanes 2 Swim Lessons	10:00-2:00 pm 4 Lap Lanes 2 Swim Lessons
12:00 - 2:00 pm	12:30-3:00 pm 4 Lap Lanes 2 Open Lanes	12:30-3:00 pm 4 Lap Lanes 2 Open Lanes	12:30-3:00 pm 4 Lap Lanes 2 Open Lanes	12:00-3:00 pm 4 Lap Lanes 2 Open Lanes	12:00-5:45pm 4 Lap Lanes 2 Open Lanes	12:00-1:00 pm Aqua Zumba Vanessa 3 Lap Lanes 1:00-4:45 pm 4 Lap Lanes 2 Open Lanes	10:00-2:00 pm 4 Lap Lanes 2 Swim Lessons
3:00 - 4:00 pm	3:00-5:00 pm 4 Lap Lanes 2 Swim Lessons	3:00-5:00 pm 4 Lap Lanes 2 Swim Lessons	3:00-5:00 pm 4 Lap Lanes 2 Swim Lessons	3:00-5:00 pm 4 Lap Lanes 2 Swim Lessons	12:00-5:45pm 4 Lap Lanes 2 Open Lanes	3:00-4:45 pm 4 Lap Lanes 2 Open Lanes	2:00-4:45 pm 4 Lap Lanes 2 Open Lanes
5:00 - 6:00 pm	5:00-9:00 pm 4 Lap Lanes 2 Open Lanes	5:00-5:30 pm 3 Lap Lanes 3 Swim Team 5:30-7:00 pm Swim Team NO LAP LANES	5:00-5:30 pm 3 Lap Lanes 3 Swim Team 5:30-7:00 pm Swim Team NO LAP LANES	5:00-5:30 pm 2 Lap Lanes 2 Swim Lessons 2 Swim Team 5:30-7:00 pm Swim Team NO LAP LANES	12:00-5:45pm 4 Lap Lanes 2 Open Lanes		
7:00 - 9:00 pm	5:00-9:00 pm 4 Lap Lanes 2 Open Lanes	7:00-9:00 pm 4 Lap Lanes 2 Open Lanes	7:00-9:00 pm 4 Lap Lanes 2 Open Lanes	7:00-9:00 pm 4 Lap Lanes 2 Open Lanes			

Pool Schedule Effective May 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	6:00-7:00am <b>Schwinn Indoor Cycling</b> Sindy	6:00-6:45am <b>Insanity</b> Eileen	6:00-7:00am <b>Schwinn Indoor Cycling</b> Sindy	6:00-7:00am <b>Schwinn Indoor Cycling</b> Deb M. 6:00-6:45am <b>Insanity</b> Eileen	6:00-7:00am <b>Schwinn Indoor Cycling</b> Steve		
7:00 am			7:00-7:45am <b>Zumba</b> Franklin	7:15-8:15am <b>Pumpin' Iron</b> Deb M.	7:00-7:45am <b>Zumba</b> Jenny	7:00-7:45am <b>Insanity</b> Lori	
8:00 am	8:00-9:00am <b>Hatha Yoga</b> Janet 8:15-9:00am <b>Core Camp</b> Michelle	8:00-8:55am <b>Light Combo</b> Deb M. 8:15-9:15am * <b>Schwinn Indoor Cycling</b> Antoinette 8:30-9:30am <b>Yogalates</b> Level 2 & 3 Chae	8:00-8:45am <b>Hi/Lo H.I.I.T.</b> Lisa G 8:30-9:30am <b>Pilates</b> Aline	8:15-9:15am * <b>Schwinn Indoor Cycling</b> Antoinette 8:30-9:30am <b>Stretch &amp; Flex with Props</b> Kelly 8:30-9:30am <b>Bender Barre</b> Sindy	8:30-9:30am <b>Total Body</b> Kelly 8:30-9:40am <b>Vinyasa Yoga</b> Level 2 Tonya	8:00-9:00am * <b>Schwinn Indoor Cycling</b> Craig "Sparky" 8:00-8:50am <b>Pumpin' Iron</b> Donna I. 9:00a-10:15am <b>Yogalates</b> Kelly	8:30-9:30am * <b>Schwinn Indoor Cycling</b> Steve 8:15-9:15am <b>Zumba</b> Luis 8:15-9:15am <b>Pilates</b> Vanessa
9:00 am	9:15-10:00a <b>Pumpin' Iron</b> Antoinette / Kathy O. 9:30-10:30am * <b>Schwinn Indoor Cycling</b> Deb W.	9:00-10:00am <b>Zumba</b> Arlin 9:30-10:30am * <b>Schwinn Indoor Cycling</b> Steve 9:45-10:45am <b>Mindful Movement</b> Rose	9:00-10:00am <b>Ultimate Barre</b> Karen 9:00-10:00am <b>Boot Camp</b> Greg 9:30-10:30am * <b>Schwinn Indoor Cycling</b> Antoinette	9:30-10:30am * <b>Schwinn Indoor Cycling</b> Tonya 9:30-10:30am <b>Cardio Boxing</b> Jon	9:30-10:30am * <b>Schwinn Indoor Cycling</b> Craig "Sparky" 9:30-10:30am <b>Bender Ball</b> Vanessa 9:45-10:45am <b>Chi Kung</b> John M.	9:00-10:00am <b>Ultimate Barre</b> Karen 9:00-10:00am <b>Zumba</b> Luis 9:30-10:30am * <b>Schwinn Indoor Cycling</b> Sindy	9:30-10:30am <b>Cardio Boxing</b> Jon 9:30-10:30am <b>Vinyasa Yoga</b> Level 1 & 2 Kim
10:00 am	10:45-11:30am <b>Active Adults</b> Maryann 10:45-11:30am <b>Pilates</b> Peggy	10:00-11:00am <b>Bootcamp Boxing</b> Jon 10:45-11:45am <b>MOVEIT</b> Maryann	10:00-10:45am <b>Pumpin' Iron</b> 10:30-11:45am <b>Hatha Yoga</b> Janet	10:45-11:45am <b>MOVEIT</b> Maryann	10:45-11:45am <b>Pilates With Props</b> Kelly	10:15-11:15am <b>Pilates With Props</b> Kelly 10:15-11:00am <b>Insanity</b> Lori	
11:00 am - 12:00 pm		12:00-12:30pm <b>Barre Code</b> Tabata & Barre		11:00-12:00pm <b>Hatha Yoga</b>	11:00-12:00pm \$ <b>Jon Simon Boxing</b>		
1:00 pm - 4:00 pm	4:00-4:30pm <b>Kids Boxing</b> Ages 6-10 Jon Simon		4:00-4:30pm <b>Kids Fit</b> Ages 6-10 Jon Simon				
5:00 pm	5:45-6:15pm <b>Insanity</b> Eileen			5:30-6:15pm * <b>Schwinn Indoor Cycling</b> Shari 5:45-6:30pm <b>Insanity</b> Anthony	<b>FITNESS SCHEDULE EFFECTIVE MAY 13</b>  <b>FACILITY HOURS</b> Monday - Thursday: 5:30 am - 10:00 pm Friday: 5:30 am - 6:00 pm Saturday - Sunday: 7:00 am - 5:00 pm  <b>CLASS LOCATION COLOR KEY:</b> <b>Spin Room</b> *Reservation Required 2 hours prior to class time. <b>Mind &amp; Body Studio (2nd Floor)</b> <b>Group X Studio</b> <b>Gymnasium</b> <b>Fitness Gallery</b> <b>\$ Fee Required</b>		
6:00 pm	6:00-7:15pm <b>Vinyasa Yoga</b> Level 1 & 2 Val	6:00-6:45pm * <b>Schwinn Indoor Cycling</b> Shari 6:00-7:15pm <b>Kripalu Yoga</b> Debra	6:00-6:45pm * <b>Schwinn Indoor Cycling</b> Eileen 6:00-7:15pm <b>Power Vinyasa</b> Kim	6:00-7:15pm <b>Hatha Yoga</b> Janet			
7:00 pm		7:00-8:00pm \$ <b>Jon Simon Boxing</b>		7:00-8:00pm \$ <b>Jon Simon Boxing</b>			