

# 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

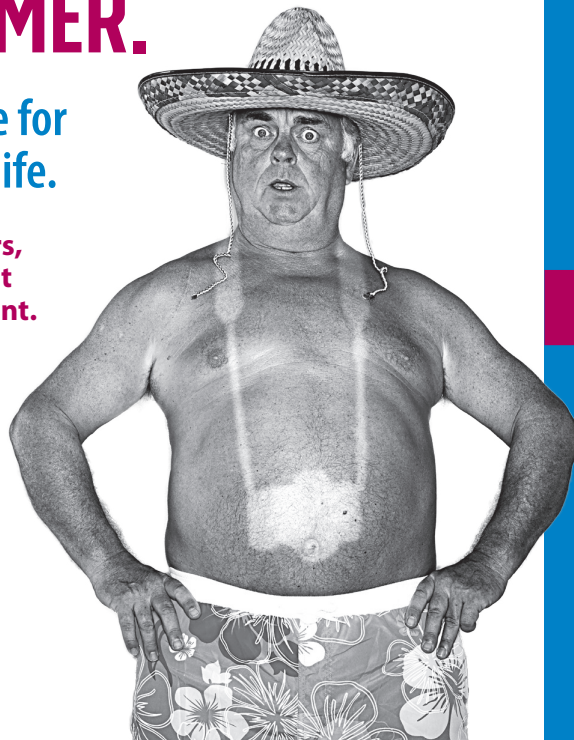
long-awaited Jackie & Hank Herskowitz Sports Night in August. We're so excited about this year's celebrity guest; you're not going to want to miss this! In past year's we've had sports celebrities such as Sugar Ray Leonard, Jon Dorenbos, Joe Theismann and Ken Daneyko. These events provide financial assistance 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.

# DON'T LET A BUMMER RUIN YOUR SUMMER.

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### AtlantiCare Urgent Care Center Locations

- |   |  |
|---|--|
| Atlantic City                                       | Marmora                                |
| Cape May  | Ocean City                             |
| Egg Harbor Twp.                                     | <i>Seasonal:<br/>June 14 – Sept. 2</i> |
| <i>Pediatric providers<br/>on-site; hours vary.</i> | Somers Point                           |
| Galloway Twp.                                       | Tuckerton                              |
| Manahawkin  |  |

### Southwestern New Jersey Locations

- |           |              |
|-----------|--------------|
| Berlin    | Mount Holly  |
| Clementon | Mount Laurel |
| Hammonton | Sicklerville |
| Marlton   |              |

*Most major insurances accepted. Horizon NJ Health, a managed Medicaid product, accepted at most locations (excluding Cape May and Mount Laurel).*







# 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](http://campbythesea.org)

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



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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)

## 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.

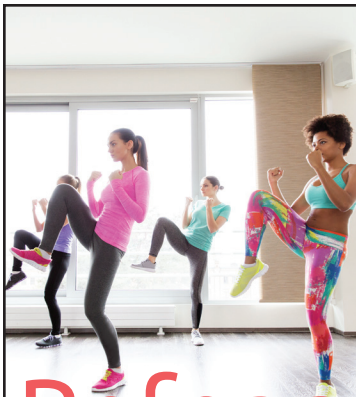
Transportation only option for roundtrip New York Travel is available for only \$50 per person.

## 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, 4:30 - 5:30 pm

Grades 3-4, coed: Mondays, 5:30 - 6:30 pm

Grades 5-6, girls: Tuesdays, 4:30 - 5:30 pm

Grades 5-6, boys: Tuesdays, 5:30 - 6:30 pm

Grades 7-8, girls: Thursdays, 4:30 - 5:30 pm

Grades 7-8, boys: Thursdays, 5:30 - 6:30 pm



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Atlantic City  
marathon race series

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5 Miler

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- >> One FREE Beer
- >> Post Race Party
- >> Course Music
- >> Ocean Front Course

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## 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**<sup>TM</sup>  
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



# 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    | 5:30-9:00am<br>6 Lap Lanes                              | 5:30-7:00am<br>6 Lap Lanes  | 5:30-7:00am<br>6 Lap Lanes                                       | 5:30-7:00am<br>6 Lap Lanes  | 5:30-9:00am<br>6 Lap Lanes                            | 7:00-8:30am<br>6 Lap Lanes                           | 7:00-9:00am<br>6 Lap Lanes                    |
| 7:00-8:00 am   |   | 7:00-9:00am<br>Swim Team Practice<br>4 Swim Team<br>2 Open Lanes  | 7:00-9:00am<br>Swim Team Practice<br>4 Swim Team<br>2 Open Lanes | 7:00-9:00am<br>Swim Team Practice<br>4 Swim Team<br>2 Open Lanes  |   | 7:00-8:30am<br>6 Lap Lanes                           | 7:00-9:00am<br>6 Lap Lanes                    |
| 9:00 am        | 9:00-10:00am<br>Shallow H2O<br>Franklin<br>NO LAP LANES | 9:00-10:00am<br>H2Oproof<br>Donna<br>NO LAP LANES                 | 9:00-10:00am<br>Shallow H2O<br>Maureen<br>NO LAP LANES           | 9:00-10:00am<br>Tsunami<br>Franklin<br>NO LAP LANES               | 9:00-11:30am<br>4 CAMP SWIM                           | 8:30-12:00pm<br>4 Lap Lanes<br>2 Swim Lessons        | 9:00-2:00pm<br>4 Lap Lanes<br>2 Swim Lessons  |
| 10:00 am       | 10:00-10:30am<br>Deep H2O<br>Franklin<br>NO LAP LANES   | 10:00-10:30am<br>Deep H2O<br>Donna<br>NO LAP LANES                | 10:00-11:30am<br>CAMP SWIM<br>NO LAP LANES                       | 10:00-10:30am<br>Deep Water<br>Franklin<br>NO LAP LANES           | 9:00-10:00am<br>Shallow H2O<br>Bonnie<br>3 CAMP SWIM  | 10:00-12:00pm<br>4 Lap Lanes<br>2 Swim Lessons       | 9:00-2:00pm<br>4 Lap Lanes<br>2 Swim Lessons  |
| 11:00 am       | 10:30-11:30am<br>CAMP SWIM<br>NO LAP LANES              | 10:30-11:30am<br>CAMP SWIM<br>NO LAP LANES                        | 10:00-11:30am<br>CAMP SWIM<br>NO LAP LANES                       | 10:30-11:30am<br>CAMP SWIM<br>NO LAP LANES                        | 11:30-12:30pm<br>Aqua Zumba<br>Vanessa<br>2 Lap Lanes | 11:00-12:30pm<br>4 Lap Lanes<br>2 Swim Lessons       | 10:00-2:00pm<br>4 Lap Lanes<br>2 Swim Lessons |
| 12:00 - 2:00pm | 11:30-12:30pm<br>6 Lap Lanes                            | 11:30-12:30pm<br>Water Wellness<br>Lisa<br>3 Lanes<br>3 Lap Lanes | 11:30-12:30pm<br>6 Lap Lanes                                     | 11:30-12:30pm<br>Water Wellness<br>Joel<br>3 Lanes<br>3 Lap Lanes |   | 12:00-1:00pm<br>Aqua Zumba<br>Vanessa<br>3 Lap Lanes | 10:00-2:00pm<br>4 Lap Lanes<br>2 Swim Lessons |
|                | 12:30-3:30pm<br>CAMP SWIM<br>NO LAP LANES               | 12:30-3:30pm<br>CAMP SWIM<br>NO LAP LANES                         | 12:30-3:30pm<br>CAMP SWIM<br>NO LAP LANES                        | 12:30-3:30pm<br>CAMP SWIM<br>NO LAP LANES                         | 12:30-2:00pm<br>CAMP SWIM<br>NO LAP LANES             | 1:30-4:45pm<br>4 Lap Lanes<br>2 Open Lanes           | 2:00-4:45pm<br>4 Lap Lanes<br>2 Open Lanes    |
| 3:00 - 4:00pm  | 3:30-6:00pm<br>4 Lap Lanes<br>2 Swim Lessons            | 3:30-6:00pm<br>4 Lap Lanes<br>2 Swim Lessons                      | 3:30-6:00pm<br>4 Lap Lanes<br>2 Swim Lessons                     | 3:30-6:00pm<br>4 Lap Lanes<br>2 Swim Lessons                      | 2:00-5:45pm<br>6 Lap Lanes                            | 3:00-4:45pm<br>4 Lap Lanes<br>2 Open Lanes           | 3:00-4:45pm<br>4 Lap Lanes<br>2 Open Lanes    |
| 5:00 - 9:00 pm | 6:00-9:00pm<br>4 Lap Lanes<br>2 Open Lanes              | 6:00-9:00pm<br>4 Lap Lanes<br>2 Open Lanes                        | 6:00-9:00pm<br>4 Lap Lanes<br>2 Open Lanes                       | 6:00-9:00pm<br>4 Swim Team<br>2 Open Lanes                        | 5:00-5:45pm<br>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<br>CAMP SWIM  | 9:00-11:30am<br>CAMP SWIM  | 9:00-11:30am<br>CAMP SWIM  | 9:00-11:30am<br>CAMP SWIM  | 9:00-11:45am<br>CAMP SWIM |                             |                           |
| 11:00 -12:00pm | 11:30-12:30pm<br>Open Swim | 11:30-12:30pm<br>Open Swim | 11:30-12:30pm<br>Open Swim | 11:30-12:30pm<br>Open Swim | 11:45-5:45pm<br>Open Swim | 11:00am-4:00pm<br>Open Swim | 11:00-4:00pm<br>Open Swim |
| 3:00pm         | 3:30-6:00pm<br>Open Swim   | 3:30-6:00pm<br>Open Swim   | 3:30-6:00pm<br>Open Swim   | 3:30-6:00pm<br>Open Swim   | 3:30-6:00pm<br>Open Swim  | 11:00am-4:00pm<br>Open Swim | 11:00-4:00pm<br>Open Swim |
| 4:00-6:00pm    | 3:30-6:00pm<br>Open Swim   | 5:00-6:00pm<br>Open Swim   | 5:00-6:00pm<br>Open Swim   | 5:00-6:00pm<br>Open Swim   | 5:00-5:45pm<br>Open Swim  |                             |                           |

**Pool Schedule Effective May 1**

Group Exercise Schedule

Fitness Schedule Effective June 17

|                     | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  | Sunday  |
|---------------------|--|---|--|--|---|---|---|
| 6:00 am             | 6:00-7:00am<br><b>Schwinn Indoor Cycling</b><br>Sindy  | 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>Franklin  | 7:15-8:15am<br><b>Pumpin' Iron</b><br>Deb M.   | 7:00-7:45am<br><b>Zumba</b><br>Jenny  | 7:00-7:45am<br><b>Insanity</b><br>Lori  | <b>NEW</b> 7:45-8:45am*<br><b>Schwinn Indoor Cycling</b><br>Steve   |
| 8:00 am             | 8:00-9:00am<br><b>Hatha Yoga</b><br>Janet<br><b>NEW</b> 8:15-9:15am*<br><b>Schwinn Indoor Cycling</b><br>Steve<br>8:15-9:00am<br><b>Core Camp</b><br>Michelle B. | 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>Yoga Core</b><br>Chae | 8:00-8:45am<br><b>Hi/Lo H.I.I.T.</b><br>Lisa G.<br>8:15-9:15am*<br><b>Schwinn Indoor Cycling</b><br>Steve<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</b><br>Tonya  | 8:00-9:00am*<br><b>Schwinn Indoor Cycling</b><br>Craig "Sparky"<br>8:00-8:50am<br><b>Pumpin' Iron</b><br>Donna I.<br>9:00a-10:15am<br><b>Yogalates</b><br>Kelly   | 8:15-9:15am<br><b>Zumba</b><br>Luis<br>8:15-9:15am<br><b>Pilates</b><br>Vanessa   |
| 9:00 am             | 9:15-10:15a<br><b>Pumpin' Iron</b><br>Kathy O.<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>Michelle T.  | 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   | <b>NEW</b> 9:00-10:00am*<br><b>Schwinn Indoor Cycling</b><br>TEAM<br><b>NEW</b> 9:30-10:30am<br><b>Ultimate Barre</b><br>Karen<br>9:30-10:30am<br><b>Cardio Boxing</b><br>Jon<br>9:30-10:30am<br><b>Vinyasa Yoga</b><br>Kim |
| 10:00 am            | 10:45-11:30am<br><b>Active Adults</b><br>Maryann   | 10:00-11:00am<br><b>Bootcamp Boxing</b><br>Jon<br>10:45-11:45am<br><b>MOVEIT</b><br>Maryann   | 10:00-10:45am<br><b>Pumpin' Iron</b><br>Kathy O'Brian  | 10:45-11:45am<br><b>MOVEIT</b><br>Maryann  | 10:45-11:45am<br><b>Pilates With Props</b><br>Kelly / Deb   | 10:15-11:15am<br><b>Pilates With Props</b><br>Kelly<br>10:15-11:00am<br><b>Insanity</b><br>Lori   |   |
| 11:00 am - 12:00 pm | <b>NEW Time</b> 11:45-12:30pm<br><b>Pilates</b><br>Peggy   | <b>NEW Time</b> 11:45-12:30am<br><b>Mindfulness Meditation</b><br>TEAM<br>12:00-12:45pm<br><b>Barre Express</b><br>Kelly                              | <b>NEW Time</b> 11:45-12:30pm<br><b>Hatha Yoga</b><br>Janet  | <b>NEW Time</b> 11:45-12:30pm<br><b>Hatha Yoga</b><br>Kelly  | 11:00-12:00pm \$<br><b>Jon Simon Boxing</b>   |  <p><b>FREE Group Exercise Classes</b><br/>at Jerome Ave Beach<br/>Every Friday<br/>8:00 - 9:00am<br/><b>Beginning June 21</b><br/><b>OPEN TO THE COMMUNITY</b><br/>With Coaches Alex &amp; Sean</p> |   |
| 1:00 pm - 4:00 pm   | 4:00-4:30pm<br><b>Kids Boxing Ages 4-10</b><br>Jon Simon   |   | 4:00-4:30pm<br><b>Kids Fit Ages 4-10</b><br>Jon Simon  |  |   |   |   |
| 5:00 pm             | 5:45-6:15pm<br><b>Insanity</b><br>Eileen   |   |  | 5:30-6:15pm*<br><b>Schwinn Indoor Cycling</b><br>Shari<br>5:45-6:30pm<br><b>Insanity</b><br>Anthony  |   |   |   |
| 6:00 pm             | 6:00-7:15pm<br><b>Vinyasa Yoga</b><br>Natalie  | 6:00-6:45pm*<br><b>Schwinn Indoor Cycling</b><br>Shari<br>6:00-7:15pm<br><b>Hatha Flow</b><br>Chae  | 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>  |   |   |   |

**FITNESS SCHEDULE EFFECTIVE JUNE 17**

**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 \*Reservation Required 2 hours prior to class time.  
Mind & Body Studio (2nd Floor)  
Group X Studio  
Gymnasium  
Fitness Gallery  
\$ Fee Required