



# Milton & Betty Katz JCC NEWSLETTER

September/October 2019

jccatlantic.org

## HOLIDAY HOURS

### Labor Day

Monday, September 2  
5:30 am – 1:00 pm\*

### Erev Rosh Hashanah

Sunday, September 29  
7:00 am – 5:00 pm

### Rosh Hashanah

Monday, September 30  
CLOSED

### Rosh Hashanah

Tuesday, October 1  
CLOSED

### Erev Yom Kippur

Tuesday, October 8  
5:30 am – 5:00 pm

### Yom Kippur

Wednesday, October 9  
CLOSED

### Erev Sukkot

Sunday, October 13  
7:00 am – 5:00 pm

### Sukkot

Monday, October 14  
CLOSED

### Erev Shemini Atzeret

Sunday, October 20  
7:00 am – 5:00 pm

### Shemini Atzeret

Monday, October 21  
CLOSED

\*Business Offices Closed

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



## Preschool is more than just a daycare.

For new parents of little ones, it can be hard to decide whether to send your child to preschool or not. We want to spend every minute with them but we know that might not always be the case. First, let's start with what we love about preschool...

### 1. A learning environment that can be difficult to replicate at home

We're all for downtime, free play, and the value kids get from playing right at home. At the same time, preschool offers children a learning environment that can be pretty difficult to emulate at home.

The Katz JCC Early Education Center is structured with a curriculum. Even if you have a routine in place at home, you'd need to be intentional with teaching your child the skills other kids learn at school. Children consistently learn so much at school that might be difficult to teach at home. Reading and writing might be taught earlier, exploring states and capitols, daily art activities, swimming, singing and dancing.

### 2. A place to practice social skills

While occasional play dates or even daily trips to the park offer kids a chance to socialize,

sometimes it's not enough. At preschool, your child will be with the same kids all the time, allowing them to develop deeper friendships and practice social skills, encouraging an atmosphere to allowing kids to be able to resolve conflict on their own in a supervised environment. Your child will be able to experience and practice



## 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

what it's like to interact with their peers, all on their own.

3. Relationships with other trusted adults

Is your child extra clingy with you? Being the primary caregiver can mean your child has a difficult time being with other adults. Even family and friends can feel foreign to them, especially when they have grown so used to being with you and only you. Enrolling your child in preschool gives him or her an opportunity to develop relationships with other adults. They'll begin to trust others in your place, and feel reassured that they'll be okay even without you nearby. Your child will talk and listen to other adults more often, from voicing their concerns to complying when the teacher needs her to. They'll also learn to wait, especially when they realize they're not the only child calling for her teacher's attention.

4. Exposure to new experiences

Educational visits from the Cape May Nature Center, water demonstrations and fire truck tours from the Margate Fire Department, yoga classes with a specially trained yoga instructor, weekly swim lessons in our indoor heated pool and so much more expose kids to new experiences that would be hard to emulate at home.

5. Preparation for school

At its roots, preschool is an environment that prepares your child for kindergarten and regular school. Daycare staff and nannies don't always provide this kind of preparation—things like:

- Following the teacher's instructions
- Playing with other children
- Waking up to get to school on time
- Eating lunch away from home
- Listening and learning in class

Preschool bridges the gap between home and big kids school, so that once they're ready for regular school, the transition will be much smoother.

What are a few challenges you might run into?

1. Schedule

Some preschools may be less flexible with schedules, from how many days they want your child to attend, to the hours they can be in school. The Katz JCC Early Education Center offers a variety of time frames from as early as 6:30am until 6:00pm, Monday through Friday.

2. Financial Aspect

We know preschool costs can add up. One benefit of the Katz JCC Early Education Center is that we extend the monthly payments of preschool right into our amazing Camp By the Sea program if you choose to

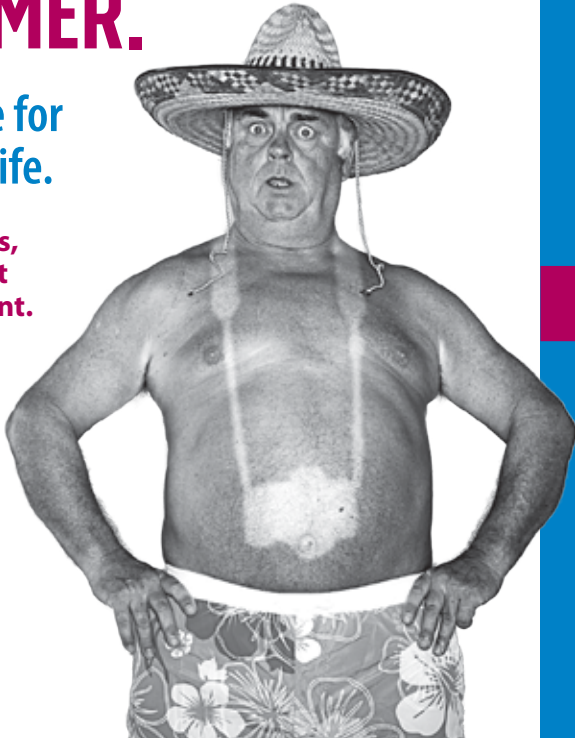
stay for the summer. We also have scholarship opportunities available to help provide assistance to families that might need a little extra help.

What are you waiting for? Enroll your child in the Katz JCC Early Education Center today! Contact Jan Higbee, Katz JCC Early Childhood Education Center Director, for more information or to take a tour at 609-822-1167 Ext. 130.

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AtlantiCare Urgent Care Center Locations

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

Southwestern New Jersey Locations

Berlin	Mount Holly
Clementon	Mount Laurel
Hammononton	Sicklerville
Marlton	

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

# 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)

\*Advance price available up to one week before.

## PROGRAMS

### BRUNCH & LEARN

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

**Wednesday, September 18  
10:30am**

*A Musical Tour of Jewish Music*  
presented by Dr. David Podles  
Movie: *The Last Resort*

**Friday, October 25  
10:30am**

*The Jews of Asia and Africa*  
presented by Josh Cutler  
Movie: *Doing Jewish: A Story from Ghana*

In Advance:\*  
\$4 for Members | \$8 Guests

Week of Event:  
\$6 for Members | \$10 Guests

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.

### COFFEE KLATCH: POLITICAL DISCUSSION GROUP

**Thursday, September 19  
Thursday, October 17  
10:30am – 12:00pm**

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.  
Coffee Klatch is \$4.

### DINNER & MOVIE

**Tuesday, September 24  
*The Hustle* PG-13  
5:00pm**

**Tuesday, October 29  
*Yesterday* PG-13  
5:00pm**

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.

In Advance:\*  
\$18 Members | \$20 Guests

Week of Event:  
\$21 Members | \$23 Guests

### MAHJONG FOR BEGINNERS

**Session one:  
Wednesdays,  
September 18 – October 23  
(no class October 9)  
from 1:00 – 3:30pm**

**Session Two:  
Wednesdays,  
October 30 – December 4  
(no class November 27)  
from 1:00 – 3:30pm**

Students will understand all the moves and have all of the mahjong tiles explained and shown in detail. Plus, learn special tips and shortcuts on how to assemble your tiles in to winning complete sets. Learn from practice games that take you step-by-step through the opening moves; the middle strategies, combinations and the endgame. A practice Mahjong set will be provided for the duration of the class. No Mahjong experience or knowledge needed.

**MAHJONG BRUNCH  
Tuesday, September 10  
Friday, October 4  
Wednesday, October 30  
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.

In Advance:\*  
\$14 Members | \$18 Guests

Week of Event:  
\$18 Members | \$22 Guests

### INTRODUCTION TO MOSAICS

**Class One:  
Tuesdays & Wednesdays,  
September 10 - 25  
6:30 – 8:30pm**

**Class Two:  
Saturday, September 14  
9:00 am – 4:00pm  
& Sunday, September 15  
9:00 am – 12:00pm**

Learn 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.

Class One:  
\$175 Members | \$210 Guests

Class Two:  
\$125 Members | \$150 Guests



### AMERICAN RED CROSS BLOOD DRIVE

**Thursday, October 31  
10:00 am – 3:00pm**

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.

### SMART PHONE AND TABLET CLASS

**Tuesday, September 10  
Tuesday, September 17  
Tuesday, September 24  
Tuesday, October 7  
11:00am – 12pm**

The Milton & Betty Katz JCC will continue to offer active adults (60 & over) free iPhone, Android & Tablet classes. These hands-on, interactive sessions cater to both beginner and intermediate levels and attendees are welcome to bring their fully charged devices. Classes will cover a wide variety of applications for everyday use. Space is limited so be sure to register today.

To register for this class stop by the JCC front desk or call 609-822-1167 ext. 110.

### AQUATICS

#### SWIM LESSONS

Year-round swim lessons are the best way to keep your child water safe at the beach and pool. The Katz JCC swim program teaches swimmers to develop their strokes and master the fundamentals with both small group and private lesson options.

**Fall Session 1  
September 2 - October 27**

**Fall Session 2  
October 28 – December 22**

**Prices vary depending upon membership and class.**

#### SWIM TEAM

Interested in Swimming with the Sharks? The Margate Sharks Swim Team at the JCC is hosting evaluations for new and returning swimmers on August 15 and August 20 at



5pm. Children of all ages and levels are welcome to attend evaluations to determine whether competitive or recreational swimming would be best for them.

The Margate Sharks Swim Team competes in both Dual and USA Swimming meets during the season. The team is also a registered USA club and participates in USA meets whenever possible.



## FITTER AND FAST TOUR SWIM CLINIC

This clinic is geared towards competitive swimmers age 9 and older.

Saturday, October 5  
Sunday, October 6

## YOUTH SPORTS

### INDOOR SOCCER CLINIC

Sundays, September 8 -  
October 27

3-4 years old | 9-9:45am  
5-6 years old | 9:45-10:30am  
\$60 members | \$100 guests

### INDOOR FLAG FOOTBALL CLINIC

Sundays, September 8 -  
October 27

3-4 years old | 9-9:45am  
5-6 years old | 9:45-10:30am  
\$60 members | \$100 guests

## BLAKE'S BASKETBALL CLINIC

Saturdays, September 21 -  
November 9

Grades 1-2 | 9-9:45am  
Grades 3-4 | 9:45-10:30am  
Grades 5-6 | 10:30-11:15am  
Grades 7-8 | 11:15-12pm

## TRAVEL



### PURIM IN ISRAEL

March 5 - 15, 2020

JCC Community Trip to Israel  
Explore Tel Aviv, Jerusalem and  
celebrate Purim.  
Only \$3,900 per person

### A TASTE OF PORTUGAL

May 11 - 21, 2020

Visit Lisbon, Coimbra, Porto  
and more. A "foodie" tour of  
Jewish Portugal focusing on  
local cuisine and history.  
Only \$3,900 per person

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## BEST OF JAPAN

**August 24 - September 4, 2020**

Tokyo, Kyoto, Mt. Fuji and the 2020 Paralympics!

This special summer trip is open to adults, seniors and families with children (over 10)

\$6,500 per person

## NEW YORK CITY BUS TRIP & SHOW

**Wednesday, September 25**

Departure at 7:00am

Return by 8:00pm (approx.)

Bus trip to see *Ain't Too Proud: The Life and Times of the Temptations* at the Imperial Theatre

Follow The Temptations' journey from the streets of Detroit to the Rock & Roll Hall of Fame with their signature dance moves and unmistakable harmonies. Through friendship and betrayal amid the civil unrest that tore America apart, their moving and personal story still resonates five decades later.

Call for Tickets

## EVENTS

## ACTIVE ADULT & SENIOR HEALTH EXPO

Presented by  
**AtlantiCare**

A MEMBER OF GEISINGER HEALTH SYSTEM

**Thursday, September 26**

10:00 am – 2:00 pm

Admission is Free and Open to the Public

The Milton & Betty Katz JCC and the Greater Atlantic City Chamber announce the return of the Active Adult & Senior Expo at the Katz Jewish Community Center, 501 N. Jerome Avenue, Margate.

The event includes access to information on products and services from vendors, a panel of speaker on various topics pertaining to active adults in

our community and interactive demonstrations and classes offered by the fitness staff at the JCC.

The morning speaker panel will offer a free continental breakfast and provide guests an opportunity to ask the panel of professionals' questions on the topics being covered.

Free shuttles sponsored by the Atlantic County Department of Intergenerational Services will be available from the Boscov's parking lot in Egg Harbor Township, as well as 55 and older communities in Longport, Margate, Ventnor and Atlantic City beginning at 10:00am and operating every 30 minutes.

Caregivers and younger adults are encouraged to attend to gather valuable information and gain a better understanding of the valuable services offered in our community.

• Screenings and fitness classes and demonstrations will be available for all

• FREE transportation is available from various locations

• FREE continental breakfast

## MEMBERSHIP

### ONE YEAR FREE MEMBERSHIP

Receive one year annual JCC membership FREE from National Energy Partners when you have solar installed on your home.\*

Contact National Energy Partners to learn more:  
(856) 273-5761

Info@nepsolar.com

\*Conditions apply.

### REFER A FRIEND

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



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makes a big  
difference.**

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# Don't Be a Fool at the Pool

Water splashes everywhere, little arms flail in the air, a shrill cry for help echoes through the pool. In a movie, this scene would display a child communicating that he or she is drowning. Unfortunately, in real life, drowning is a silent act that often goes unnoticed until it is too late.

When beginning to think about childhood safety in the water, it is easy to rely on floatation devices. They slip right on, are simple to use, and can allow you to relax at the pool knowing your child can float on his or her own. However, these seemingly safe contraptions can be the cause of drowning, as these devices demonstrate improper

and dangerous swimming techniques for your children. Floatation devices, even USA coast-guard approved devices, teach children at a young age to be vertical in the water, an optimal position for drowning. As children try to keep their heads above water, they are moving their heads backwards in an attempt to keep their mouths out and open. By trying to keep their heads above water, they move their heads backwards to keep their mouth out and wide open. This position allows for water to enter their mouths, inhibiting their abilities to yell for help.

Fortunately, drowning is the top preventable cause of

death for children, and it starts with JCC swim lessons. It is crucial to start children's swim lessons from as young an age as possible to avoid drowning accidents in the future. The JCC has been teaching swim and water survival lessons for over a decade. Our lessons have taught swimmers as young as 6 months old the critical method of the back float. Back floating teaches children to lay horizontally in the pool, keeping their entire body afloat to either wait or call for help.

As children learn to swim and both grow physically and mentally, it is imperative that they continue their lessons. With physical and mental changes

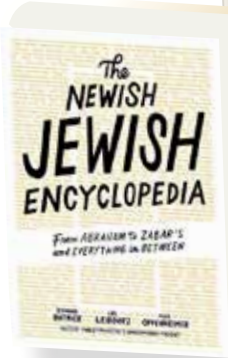
happening to their bodies, they need to practice these skills at different stages in their lives. For example, something that may have been easy to them at the age of 2 might not be as effortless to them when they hit a growth spurt at the age of 4.

It's a commitment but it's also a commitment to saving a life, and you cannot put a price tag on life.

**For more information, please contact Aquatics Director, Alicia Fimple-Paccione at ext.133 or by email at [afimple@jccatlantic.org](mailto:afimple@jccatlantic.org).**

# J 2019 JEWISH AUTHOR SERIES

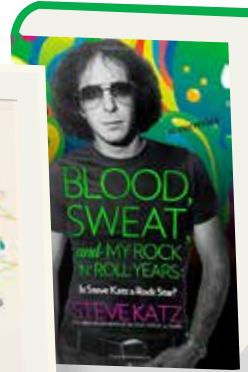
**Nov. 14**  
at 7:00pm



**Nov. 19**  
at 7:00pm



**Nov. 21**  
at 7:00pm



A celebration of books,  
authors and ideas  
in partnership with:



Join us as influential authors from around the country visit the Katz JCC to share excerpts from their books and answer your questions. Featured books available for sale and signing at the dessert reception directly following each presentation.

Funding has been made possible in part by The Harry L. Katz Memorial Trust Fund

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

**Pool Schedule Effective September 9**

# Fitness Schedule Effective June 24

## Group Exercise Schedule

	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	<b>NEW</b> 7:45-8:45am* <b>Schwinn Indoor Cycling</b> Steve
8:00 am	<b>NEW</b> 8:00-9:00am <b>Hatha Yoga</b> Janet 8:15-9:15am* <b>Schwinn Indoor Cycling</b> Steve 8:15-9:00am <b>Core Camp</b> Michelle B.	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>Yoga Core</b> Chae	8:00-8:45am <b>Hi/Lo H.I.I.T.</b> Lisa G. 8:15-9:15am* <b>Schwinn Indoor Cycling</b> Steve 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	8:15-9:15am* <b>Schwinn Indoor Cycling</b> Steve 8:30-9:30am <b>Total Body</b> Kelly 8:30-9:40am <b>Vinyasa Yoga</b> 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	8:15-9:15am <b>Zumba</b> Luis 8:15-9:15am <b>Pilates</b> Vanessa
9:00 am	9:15-10:15a <b>Pumpin' Iron</b> 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> Michelle T.	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> Staff	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	<b>NEW</b> 9:00-10:00am* <b>Schwinn Indoor Cycling</b> TEAM <b>NEW</b> 9:30-10:30am <b>Ultimate Barre</b> Karen 9:30-10:30am <b>Cardio Boxing</b> Jon 9:30-10:30am <b>Vinyasa Yoga</b> Kim
10:00 am	10:45-11:30am <b>Active Adults</b> Maryann	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> Kathy O'Brian	10:45-11:45am <b>MOVEIT</b> Maryann	10:45-11:45am <b>Pilates With Props</b> Kelly / Deb	10:15-11:15am <b>Pilates With Props</b> Kelly 10:15-11:00am <b>Insanity</b> Lori	
11:00 am - 12:00 pm	<b>NEW Time</b> 11:45-12:30pm <b>Pilates</b> Peggy	<b>NEW Time</b> 11:45-12:30am <b>Mindfulness Meditation</b> Chae 12:00-12:45pm <b>Barre Express</b> Kelly	<b>NEW Time</b> 11:45-12:30pm <b>Hatha Yoga</b> Janet	<b>NEW Time</b> 11:45-12:30pm <b>Hatha Yoga</b> Kelly	11:00-12:00pm \$ <b>Jon Simon Boxing</b>		
1:00 pm - 4:00 pm	4:00-4:30pm <b>Kids Boxing Ages 4-10</b> Jon Simon		4:00-4:30pm <b>Kids Fit Ages 4-10</b> 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			
6:00 pm	6:00-7:15pm <b>Vinyasa Yoga</b> Natalie	6:00-6:45pm* <b>Schwinn Indoor Cycling</b> Shari 6:00-7:15pm <b>Hatha Flow</b> Chae	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>			

## 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**