

Milton & Betty Katz JCC NEWSLETTER

November/December 2019

jccatlantic.org

HOLIDAYS & HOURS

Thanksgiving

Thursday, November 28
5:30 am – 1:00 pm*

Thanksgiving Holiday

Observed

Friday, November 29
5:30 am – 6:00 pm*

Chanukah

December 22 - December 30

Christmas Eve

Tuesday, December 24
5:30 am – 5:00 pm

Christmas Day

Wednesday, December 25
8:00 am – 1:00 pm*

New Year's Eve

Tuesday, December 31
5:30 am – 5:00 pm

*Business Offices Closed

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



What does the Katz JCC mean to you?

We know that your days at the J are often filled with Preschool drop off and pickups, a run on the treadmill or maybe in an adrenaline filled fitness class or quick swim before starting your day. But did you know there are a ton of other Jewish programs, activities and opportunities to connect with others right here at the J? The Katz JCC has been an integral part of the Atlantic County Community for more than a century; whether it was at its original location on Virginia Avenue in Atlantic City or in its present location here in

Margate, there are no plans of changing the many driving forces that causes generations upon generations to call the JCC their home.

On any given day in 2019 (or 5780), one can experience more than 90 exercise classes, a state of the art fitness center, two pools as well as weekly brunches, speakers, films and programs to exercise one's intellect. Our JCC is welcoming and beautiful with a Jewish ambiance that permeates all that we do. There are over 100 children in our Early Childhood

Center and 600 campers annually in our Camp By The Sea summer program. The Katz JCC is keeping the spirit of Judaism and its core Jewish values alive and embedded in the next generation.

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

All of these “nachas” are easy to see when one becomes part of the Katz JCC. However, there are so many great things happening behind the scenes that are worth “kvelling” about. For example, did you know that the Katz JCC supervises seven senior meal sights in the Atlantic County community, providing approximately 80,000 hot meals per year to our local senior residents or that in the past decade, our summer camp has enabled more than 75 children with special needs to make new friends and experience an amazing summer with trained professional shadow support?

This might seem like it’s all in a day’s work; however, at the JCC, we strive to infuse Jewish values into all that we do on a daily basis. “Tikkun Olam” or repairing the world is our principle; helping one child, one family member and one senior at a time.

Many of the programs operated by the JCC bring Judaism and Jewish issues, values and discussions to the forefront. There is no shortage of these high mission events happening for our community within the upcoming months of November and December.

The annual Katz JCC’s Jewish Author Series starts off on Thursday, November 14 at 7pm with authors, Stephanie Butnick and Liel Leibovitz of The Newish Jewish Encyclopedia: From Abraham to Zabar’s and Everything In Between. Then on Tuesday, November 19 at 7pm, join Sasha Sagan, author of For Small Creatures Such As We: Finding Wonder and Meaning In Our Unlikely World. Last but not certainly not least, Steve Katz, author of Blood, Sweat and My Rock ‘n Roll Years: Is Steve Katz a Rock Star? will speak about his life in Rock and perform an acoustic concert on Thursday, November 21 at 7pm Steve Katz is the founding member of the

1960’s band Blood, Sweat and Tears and has recently written his memoir about growing up Jewish in the world of 1960’s Rock n’ Roll.

While at the JCC, make sure you check out two new Jewish exhibitions hanging in the JCC lobby. Now through November 21 is “Humans of Tel Aviv,” a photography exhibition by renowned photographer, Erez Kagnovitz. The month of December will bring a new exhibition on loan from the National Museum of American Jewish History called Refusnik: The Power of Protest. This traveling exhibition explores the significance of the dramatic, risky, and emotionally fraught social justice movement. The exhibition will kick off with a free opening reception and brunch on Sunday, December 1 at 10:30am with guest speaker, Marcia Bronstein from the American Jewish Committee. It will be a morning you won’t want to miss.

This is just a sampling of the many great Jewish programs right here at the Katz JCC in Margate this fall and early winter. Feel free to give us a call or stop by the Welcome Desk for any questions or for more information on any of these amazing programs and so much more. 5780 is off to a great start!

SUPPORT THE JCC WHEN YOU SHOP amazon smile

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

Follow these simple steps to start shopping and giving today!

1. Go to smile.amazon.com.
2. Choose the “Jewish Community Center of Atlantic County” as your designated charitable organization.
3. Shop on!

THE DIFFERENCE BETWEEN GOOD CARE AND GOLD CARE MAKES ALL THE DIFFERENCE.

What’s the difference between good stroke care and exceptional stroke care? A lifesaving difference. AtlantiCare’s Neurosciences Institute in Atlantic City has once again earned the Joint Commission’s Gold Seal of Approval® for Comprehensive Stroke Centers. To achieve such an honor, you need a dedicated staff. You need the most advanced treatments and technologies for handling complex conditions. And you need to offer them all at a moment’s notice, every single day. So, when your life is on the line, don’t settle for good. Look for the gold seal.

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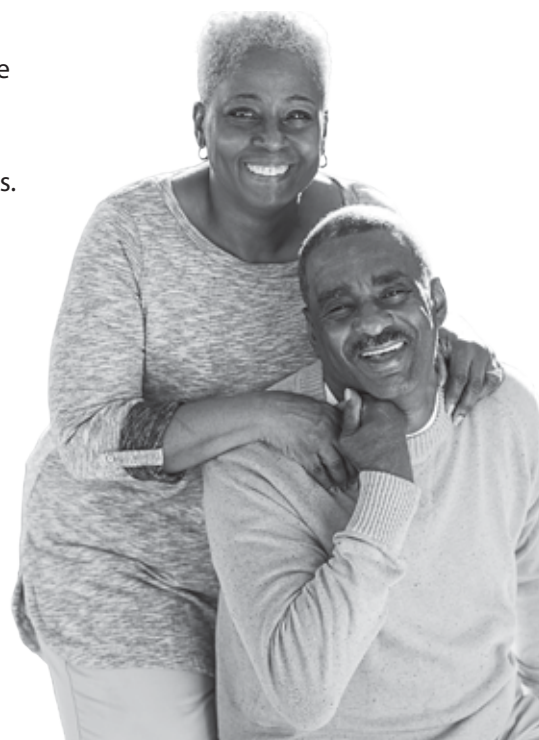
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CERTIFICATION

Meets standards for
Comprehensive Stroke Center



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

PROGRAMS

*Advance price available up to one week before.

BRUNCH & LEARN

Hear from a variety of engaging speakers, view new documentary films on Jewish history, Israel or Judaism while enjoying a delicious kosher brunch.

Tuesday, December 3
10:30am

Speaker/Presenter: Rabbi Avrohom Rapoport, Chabad at the Shore
Film: *The Outrageous Sophie Tucker*

Friday, December 27
10:30am

Speaker/Presenter: Rabbi David Weis, Beth Israel in Northfield
Film: *A Festival of deLights*

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

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

COFFEE KLATCH: POLITICAL DISCUSSION GROUP

Thursday, November 14
Thursday, December 19
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, November 26
Blinded By The Light
5:00pm

Tuesday, December 24
Once Upon a Time In Hollywood

with a delicious Glatt Kosher Chinese Buffet & Latkes!
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

Last class for 2019!

Wednesdays, November 6
– Wednesday December 4
(no class November 27)
1:00 – 3:30pm

Students are taught all the moves and have all of the mahjong tiles explained. 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. A practice Mahjong set will be provided for the duration of the class.

MAHJONG BRUNCH
Friday, November 22
Wednesday, December 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
In Advance:*

\$14 Members | \$18 Guests
Week of Event:
\$18 Members | \$22 Guests

INTRODUCTION TO MOSAICS

Call the JCC Welcome Desk for new winter class dates at 609-822-1167.

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. Open to all skill levels. All materials and tools are included. Instructor, Jill Snyder is a local juried artist whose work is shown in galleries across the East Coast.

DRIVER SAFETY CLASS WITH AARP

Monday, December 2
9:00am – 4:00pm
with a lunch break

AARP—Drivers Safety Program is the nation's first and largest classroom driver improvement course specially designed for motorists age 50 and older. It is intended to help older drivers improve their skills while teaching them to avoid accidents and traffic violations. The cost is \$15 for AARP members & \$20 for non-members. Checks must be payable to AARP. Spaces are limited to the first 25 paid registrants.

EVENTS

REFUSNIK: THE POWER OF PROTEST

Sunday, December 1
10:30am

Free and open to the public.
A complimentary brunch will be served.

Guest Speaker: Marcia Bronstein, Regional Director of AJC Philadelphia/Southern New Jersey

Exhibition: "Power of Protest: The Movement to Free Soviet Jews," a new touring exhibit

created by the National Museum of American Jewish History, explores the significance of this dramatic, risky, and emotionally fraught social justice movement.

Movie: *Refusnik*, the first retrospective documentary to chronicle a small grassroots effort bold enough to take on a Cold War superpower and blossomed into an international human rights campaign. This exhibition and program is made possible by 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.

JEWISH AUTHOR SERIES:

Celebrate Jewish Book Month with the JCC

Stephanie Butnick & Liel Leibovitz

Thursday, November 14
7:00pm

The Newish Jewish Encyclopedia: From Abraham to Zabar's and Everything In Between

Join authors Stephanie Butnick, a deputy editor of Tablet Magazine and writer for the New York Times along with Liel Leibovitz, host of "Unorthodox" the most popular Jewish podcast on iTunes, as they discuss their new book, an entertaining and thoroughly modern yet unorthodox introduction to Judaism. Their book is an alphabetical array of short funny entries which feature a panoply of divergent, yet amusing voices, much like contemporary Judaism itself.

Sasha Sagan
Tuesday, November 19
7:00pm

For Small Creatures Such As We: Finding Wonder and Meaning In Our Unlikely World

Daughter of famous astronomer Carl Sagan, Sasha's newest book

celebrates all the marvels of life on Earth that require absolutely no faith in order to be believed. Drawing on both Jewish and Christian backgrounds she has worked to create secular rituals to instill wonder and joy in the world. She will share some of these customs and help inspire others to create their own.

Steve Katz
Thursday, November 21
7:00pm
Blood, Sweat and My Rock 'n Roll Years: Is Steve Katz a Rock Star?
Special acoustic concert following Steve's talk

Steve Katz is the founding member of the 1960's band Blood, Sweat and Tears and has recently written his memoir about growing up Jewish in the world of 1960's rock n roll. Steve has had quite the amazing life, playing at Woodstock, partying with Jim Morrison, Elizabeth Taylor and Groucho Marx, conversed with Martin Luther King, Jr. and Andy Warhol, and

jammed with Jimi Hendrix.

\$12 for Members | \$15 for Guests per event

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

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

Fall Session 2
October 29 – December 22

Winter Session 1
January 6 – March 1

LIFEGUARD CERTIFICATION COURSE

Gain the water safety skills and confidence necessary for providing care and instruction when it's needed most by getting certified or re-certified as a lifeguard.

Lifeguard Course

All of the following dates are required to complete course. Times vary.

December 21 & 22

10:00am – 5:00pm

December 28

11:00am – 5:00pm

December 29

10:30 am – 5:00pm
 \$375

Lifeguard Re-certification Course

December 28 & 29

9:00 – 5:00pm

\$175 with current ARC Certification

YOUTH SPORTS

We are excited to introduce co-ed sports clinics for all children ages 3-6 years old this Fall and Winter. Open to the public!

SOCCER SHOTS CLINIC

Tuesdays, October 29 – December 17
 3:15-4:00pm
 \$140

BLAKE'S GYMNASTICS CLINIC

Wednesdays, October 30- December 18
 3:00 – 3:45pm
 \$120

INDOOR FLAG FOOTBALL CLINIC

Thursdays, October 31 – December 19
 3:15 – 4:00pm
 \$140 – Get 50% off when also signing up for Soccer Shots!

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INDOOR NERF HOCKEY CLINIC

Thursdays, January 9 – February 27
3:15 – 4:00pm
\$140

FITNESS

WOW

Work out Wednesday
Bring a guest FREE every Wednesday in November!

BE THE BEST YOU IN 2020!

Save \$100 when you purchase 20 hours of Personal Training Sessions, beginning December 1, 2019

Offer Code: **BESTYOU**

Limit one per member. Offer ends January 15, 2020.

We hope you enjoy your time with us at the Katz JCC! We know we do.

Don't forget to share your experience at the JCC on YELP,

TRAVEL



Facebook and Google!

JCC COMMUNITY PURIM TRIP TO ISRAEL

March 5 - 15, 2020

Explore Tel Aviv, Jerusalem, Masada and the Dead Sea during the holiday festival of Purim. Only \$3,900 per person

A TASTE OF PORTUGAL

May 11 – 21, 2020

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

BEST OF JAPAN

August 24 - September 4, 2020
Tokyo, Kyoto, Mt. Fuji and the 2020 Paralympics!

\$6,500 per person

JCC TRIP TO SEE TOOTSIE

Marquis Theatre in New York City
Wednesday, December 11

Tony Award winner Santino Fontana gives one of his best performances in this entertaining musical comedy. Bus will depart the Katz JCC at 7:00 AM and return at approximately 7:30 PM. Call the JCC welcome desk for tickets.

\$170 for Orchestra
\$150 for Mezzanine

JCC & BJE TRIP TO THE NATIONAL MUSEUM OF AMERICAN JEWISH HISTORY IN PHILADELPHIA

Sunday, December 15

Enjoy a docent led tour of their new exhibition, Notorious RBG: The Life and Times of Ruth Bader Ginsburg and admission to the museum. Cost includes round trip transportation. Lunch will be on your own. Cost \$65 per person.



Share your passion for our community. Leave a lasting personal legacy for generations to come, ensuring 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, COO**
(609) 822-1167 x142



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HEART AND SOUL OF THE COMMUNITY.

Every connection, every journey and every touch point at the JCC leads to experiences that underscore the heart and soul of our community. People of all ages, abilities, and backgrounds throughout Atlantic County rely on us for social, physical and educational experiences. They look to us to connect with others, to support their health and wellness, and to experience the joys of a welcoming community center rooted in Jewish values.

As a 501c3 not-for-profit organization, membership dues only cover a portion of the JCC's operating and program costs. The JCC relies heavily on philanthropic support from the community to maintain its facilities and offer a wide variety of programs and services that enhance the quality of life for the members of our community. Your support will help us to create a more connected, inspired community now and for generations to come.

"I can only say it brings tears to my eyes to have people like you helping us. The JCC is more than a building with a name on it. It is the heart and soul of a wonderful community."

- Barbara C.
Recipient of Grandparent Assistance Program for Camp By The Sea at the JCC

Donations can be made at the JCC Welcome Center or online at the at jccatlantic.org/give



J Voyage is excited to announce two epic adventures in 2020!

Teenagers ages 12-16 will embark on two epic journeys across America and Costa Rica. Campers will travel by bus, boat and plane to explore great locations while creating lifelong memories and seeing some of the best state parks, cities and locales each region has to offer. Every destination visited will have something unique to teach our young travelers. Immersing in a completely different environment is the best learning experience one can have. J Voyage allows teenagers to discover new customs, cultures and places while making new friendships and memories along the way.

"The trip was amazing! I will totally come next year. My favorite part was the Grand Canyon because of its size and beauty. I will miss the counselors the most because they are fun to be around. They always are checking up on me and everyone. I will miss everyone here and can't wait for next year!" – David, 2018 Camper

THE GREAT EIGHT STATES

June 22 - June 29

\$1,800 Per Camper

Itinerary subject to change.



WELCOME TO THE JUNGLE: COSTA RICA

July 20 - July 29

\$3,600 Per Camper

Itinerary subject to change.





POWER OF PROTEST

THE MOVEMENT TO
FREE SOVIET JEWS

FREE AND OPEN TO THE PUBLIC

**Sunday
December 1
10:30 am**

FOR MORE INFO OR TO RSVP:
call **609-822-1167** or email
JCUTLER@JCCATLANTIC.ORG

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 | 5:30-9:00 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 |
| 9:00-10:00 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 NO LAP LANES 9:30-11:30 am Preschool Swim | 9:00-10:00 am Tsunami 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 |
| 10:00-11:00 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 | 10:30-3:00 pm 4 Lap Lanes 2 Open Lanes | 10:30-11:00 am 3 Lap Lanes 3 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 - 12:00 pm | 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 | 11:30-12:30pm 6 Lap Lanes | 10:30-11:00 am 3 Lap Lanes 3 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 | 12:00-1:00 pm Water Wellness 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 |
| 3:00-5:00 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 | 1:00-4:00 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

Group Exercise Schedule

Fitness Schedule Effective November 4

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|--|---|--|--|--|--|---|
| 6:00 am | 6:00-7:00am Schwinn Indoor Cycling Steve | 6:00-6:45am Insanity Eileen | 6:00-7:00am Schwinn Indoor Cycling Steve | 6:00-6:45am Insanity Eileen | 6:00-7:00am Schwinn Indoor Cycling Steve | | |
| 7:00 am | 7:00-8:00am Hi/Lo H.I.I.T. Circuit Sean | | 7:00-7:45am Zumba Franklin | 7:15-8:15am Pumpin Iron Deb M. | 7:00-7:45am Zumba Jenny | 7:00-7:45am Insanity Lori | |
| 8:00 am | 8:00-9:00am Hatha Yoga Tonya 8:15-9:00am Core Camp Michelle B. | 8:00-8:55am Light Combo Deb M. 8:15-9:15am * Schwinn Indoor Cycling Antoinette 8:30-9:30am Yoga Core Chae | 8:00-8:45am Hi/Lo H.I.I.T. Lisa G. 8:30-9:30am Pilates Aline | 8:15-9:15am * Schwinn Indoor Cycling Antoinette 8:30-9:30am Stretch & Flex with Props Kelly | 8:30-9:30am Total Body Kelly 8:30-9:40am Vinyasa Yoga Tonya | 8:00-9:00am * Schwinn Indoor Cycling Craig "Sparky" 8:00-8:50am Pumpin' Iron Donna I. 9:00a-10:00am Yoga Kim | 8:15-9:15am Zumba Luis 8:15-9:15am Pilates Vanessa 8:15-9:15am * Schwinn Indoor Cycling Steve |
| 9:00 am | 9:15-10:15a Pumpin' Iron Tonya 9:30-10:30am * Schwinn Indoor Cycling Deb W. | 9:00-10:00am Zumba Arlin 9:30-10:30am * Schwinn Indoor Cycling Steve 9:45-10:45am Mindfulness Meditation Chae | 9:00-10:00am Ultimate Barre Karen 9:00-10:00am Boot Camp Greg 9:30-10:30am * Schwinn Indoor Cycling Antoinette | 9:30-10:30am * Schwinn Indoor Cycling Tonya 9:30-10:30am Cardio Boxing Jon | 9:30-10:30am * Schwinn Indoor Cycling Craig "Sparky" 9:30-10:30am Bender Ball Vanessa | 9:00-10:00am Ultimate Barre Karen 9:00-10:00am Zumba Luis 9:30-10:30am * Schwinn Indoor Cycling Shari | 9:30-10:30am Cardio Boxing Jon 9:30-10:30am Vinyasa Yoga Kim |
| 10:00 am | 10:45-11:30am Active Adults Maryann | 10:00-11:00am Bootcamp Boxing Jon 10:45-11:45am MOVEIT Maryann | 10:30-11:30am Pumpin' Iron Antoinette | 10:45-11:45am MOVEIT Maryann | 10:00-10:45am Chi Kung Kim 10:45-11:45am Pilates With Props Kelly | 10:15-11:15am Pilates With Props Kelly 10:15-11:00am Insanity Lori | |
| 11:00 am - 12:00 pm | 11:00-11:45pm Pilates Peggy | 12:00-12:45pm Barre Express Kelly | 10:30-11:45pm Hatha Yoga Michelle W. | 10:45-11:45pm Hatha Yoga Kelly | 11:00-12:00pm \$ Jon Simon Boxing | | |
| 1:00 pm - 4:00 pm | 4:00-4:30pm Kids Boxing Ages 4-10 Jon Simon | | 4:00-4:30pm Kids Fit Ages 4-10 Jon Simon | | | | |
| 5:00 pm | 5:45-6:15pm Insanity Eileen | | NEW 5:45-6:45pm Kick IT Alex | 5:30-6:15pm * Schwinn Indoor Cycling Shari 5:45-6:30pm Insanity Anthony | | | |
| 6:00 pm | 6:00-7:15pm Vinyasa Yoga Chae | 6:00-6:45pm * Schwinn Indoor Cycling Shari 6:00-7:15pm Hatha Flow Val | 6:00-6:45pm * Schwinn Indoor Cycling Eileen 6:00-7:15pm Power Vinyasa Kim | 6:00-7:15pm Hatha Yoga | | | |
| 7:00 pm | | 7:00-8:00pm \$ Jon Simon Boxing | | 7:00-8:00pm \$ Jon Simon Boxing | | | |

FITNESS SCHEDULE EFFECTIVE NOVEMBER 4

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