

# JCC MEMBERSHIP

## HOLLAND FAMILY BUILDING GROUP FITNESS CLASSES

Schedule is subject to change without notice due to holidays and/or class participation levels  
Classes open to those participants age 14 and over

### RUTH & THOMAS LIPPES FITNESS CENTER

Bob Lajuennesse 886-3172 x 402

<b>SUNDAY</b>	Body Pump	9:00-10:00 AM
	Cycling	9:30-10:15 AM
	Step & Tone	10:30-11:30 AM

<b>MONDAY</b>	Body Pump	6:00-7:00 AM
	Yoga/Pilates Fusion	6:00-7:00 AM
	Cycling	12:15-1:00 PM
	Pilates	5:15-6:15 PM
	Cycling	6:00-7:00 PM
	Body Pump	7:15-8:15 PM

<b>TUESDAY</b>	Cycling	6:05-7:05 AM
	Cycling	8:30-9:15 AM
	Body Pump	12:00-1:00 PM
	Intermediate Pilates	5:15-6:15 PM
	Cardio Sweat & Sculpt	5:30-6:30 PM
	Tighten Up/Stretch Out	6:30-7:00 PM
	Dao Yin Yoga	6:30-7:30 PM

<b>WEDNESDAY</b>	Yoga/Pilates Fusion	6:00-7:00 AM
	Cycling	12:15-1:00 PM
	Pilates	5:00-6:00 PM
	Cardio Kick Boxing	5:30-6:30 PM
	Cycling	6:00-7:00 PM
	Yoga	6:30-7:30 PM
	Body Pump	7:15-8:15 PM

<b>THURSDAY</b>	Cycling	6:05-7:05 AM
	Cycling	8:30-9:15 AM
	Body Pump	12:00-1:00 PM
	Intermediate Pilates	5:15-6:15 PM
	Cardio Sweat & Sculpt	5:30-6:30 PM
	Tighten Up/Stretch Out	6:30-7:00 PM
Yoga	6:30-7:30 PM	

<b>FRIDAY</b>	Body Pump	6:00-7:00 AM
	Yoga	9:00-10:00 AM
	Cycling	12:15-1:00 PM

<b>SATURDAY</b>	Body Pump	9:00-10:00 AM
	Pilates	10:15-11:15 AM

### HOLLAND FAMILY BUILDING POOL

Kym Seiss 886-3145 x 411

January 1-March 31

Fee Based Class  
FREE Class

<b>SUNDAY</b>	Lap Swim	8:30-10:30 AM
	Water Muscles	10:30-11:30 AM
	Water Babies	11:30-12:00 PM
	Open Swim	12:00-3:00 PM
	Lap Swim	3:30-4:30 PM

<b>MONDAY</b>	Adult Group Lessons	6:00-7:00 PM
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<b>MONDAY, WEDNESDAY</b>	Lap Swim	6:00-10:00 AM
	Open Swim	10:00-10:45 AM
	Aquacise	10:45-11:45 AM
	Open Swim	11:45-12:00 PM
	Wave Runner	12:00-12:30 PM
	Lap Swim	12:00-2:00 PM•
	Open Swim	2:00-4:00 PM•
	Storm Swim	4:30-5:30 PM
	Lap Swim	5:30-7:00 PM•
	Aerobics	7:30-8:00 PM
Open Swim	8:00-8:30 PM	

<b>TUESDAY</b>	Water Babies	10:00-10:30 AM
	Stroke Refinement	6:30-7:00 PM

<b>WEDNESDAY</b>	Children Group Lessons	4:00-5:30 PM
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<b>TUESDAY, THURSDAY</b>	Lap Swim	6:00-10:00 AM
	Open Swim	10:00-10:45 AM
	Water Muscles	10:45-11:45 AM
	Open Swim	11:45-12:00 PM
	Lap Swim	12:00-2:00 PM•
	Open Swim	2:00-4:00 PM•
	Childrens Group Lessons	4:00-5:30 PM
	Lap Swim	5:30-7:00 PM•
	Open Swim	7:00-8:30 PM
	SCUBA	7:00-8:30 PM

<b>FRIDAY</b>	Lap Swim	6:00-10:00 AM
	Open Swim	10:00-10:45 AM
	Aquacise	10:45-11:45 AM
	Open Swim	11:45-12:00 PM
	Lap Swim	12:00-2:00 PM•
	Open Swim	2:00-4:00 PM•
	Lap Swim	4:00-5:30 PM
	Lap Swim	5:30-7:00 PM•

<b>SATURDAY</b>	Lap Swim	8:00-10:30 AM
	Open Swim	10:30-11:00 AM
	Wet Sweat	11:00-11:45 AM
	Wave Runner Plus	12:00-12:45 PM
	Childrens Group Lessons	12:00-12:45 PM
	Open Swim	12:45-3:00 PM
	Lap Swim	3:00-3:45 PM

• Only 1/2 of pool may be available due to multiple activities scheduled at same time.

**NO RESERVATIONS NEEDED - TRY ONE, TRY THEM ALL!  
CHECK OUT THE SCHEDULES FOR BOTH BUILDINGS TO FIND THE CLASS THAT MEETS YOUR NEEDS!**

## **FITNESS**

### **CARDIO SWEAT 'N SCULPT**

Easy-to-follow program created to condition, shape and tone. Combines step and a few kickboxing moves followed by muscular endurance training. Strengthens with free-weights or floor work for the core abdominal muscles.

### **CYCLING**

A 40 minute virtual stationary bicycle riding class. Riders expect varying degrees of intensity to promote cardiovascular fitness. Admission into all cycling classes will be on a first come, first serve basis. Please bring a full water bottle and small towel. All first time cyclists please see instructor before first class to learn seat/handlebar adjustments, braking, grips, terminology, positions, rules, etc.

### **DAO YIN YOGA**

A system of gentle movements and meditative postures that nurture and invigorate personal energy. It uses postures and breathing like the modern Yoga systems, but is good for anyone no matter what physical ability.

### **FUSION**

A unique mix of Yoga and Stott Pilates exercises, this program of fluid movements combined with deep stretches and stabilizing poses help center the mind and the body. This is a beginner class.

### **INTERMEDIATE PILATES**

Lengthen and strengthen the body using the basic principles of Joseph Pilates including concentration, control, centering, breathing and alignment. Join us for increased flexibility, a stronger back and abdominal muscles.

### **MAT PILATES**

The contemporary approach to mind-body exercises pioneered by Joseph H. Pilates. Stott Pilates 5 basic principals provide the basis for the exercises in the technique. Upon learning the basic principals you will become aware of how your body functions. This will allow you to be in control of executing each exercise in order to reap the full benefits.

### **TIGHTEN UP**

Work those abs on the mat with exercises that help strengthen, tone and define.

### **TOTAL BODY**

Cardio, toning, abs...the total workout in one hour.

### **STEP (AND TONE)**

Low impact class which utilizes 4, 6 or 8 inch steps. Includes muscular endurance training.

### **STRETCH IT OUT**

After your workout come in and stretch out on the mat. Improve flexibility with a powerful and relaxing workout promoting strength and body awareness.

## **AQUATICS**

### **AQUACISE**

Osteo-Fit, stretching, cardio & resistance training. This lighter style water workout will keep you flexible and build up bone density. Join Clare Hans and stay young and healthy.

### **WET SWEAT**

Cardio, dance & fun.

### **WATER AEROBICS**

Dick Pauley and his wide variety of music will keep your heart rate up and body working hard. Using water weights and aerobics moves you will tone and burn calories during this 60 minute workout. Cardio, strength & abs training.

### **WATER BABIES**

This interactive water adjustment class is fun for children with a parent. Sing songs as we learn water safety, floating, early strokes and jumping in.

### **WATER MUSCLES**

60 minute cardio & toning class that works the whole body. Done in deep & shallow (non-swimmers no worries it can be modified for you). This more advanced water aerobics class challenges you to work harder while enjoying great music and fun with Kym Seiss. Water weights and noodles are used to tone & strengthen muscles. You will notice a difference in flexibility and balance after just 2 weeks.

### **WAVE RUNNER**

Ankle weights, water weights, aqua jogger. Mix of cycling, kickboxing & jogging and new fun moves are used to challenge you over this 30 minutes class based on core strength and calorie burning. This class will burn up to 300 calories. Take a trial run with Kym today.

### **WAVE RUNNER PLUS**

Same as Wave Runner but a little tougher, extra 15 minutes.

### **WET SWEAT**

Cardio based class, done to great music to get you moving and grooving to a healthier body. Water weights and noodles are used briefly for toning and choreographed moves are used to get you sweating and burning calories.

**FOR  
MORE  
INFO**

**HOLLAND FAMILY BUILDING**

**Fitness  
Aquatics**

**Kym Seiss**

**688-4114 x 411**