

Qualcomm Sports, Fitness & Aquatics Complex

April 2009 — Weekly Fitness Class Schedule

MONDAYS		Instructor	Room
9:15 am	Aerobics for Everyone	Joni	D
9:30 am	Total Body Sculpt	Lori	A
10:30 am	Reserved for Training		D
11:30 am	Vinyasa Flow Yoga 1*	Laura	D
4:45 pm	Ashtanga Yoga*	Sylvia	D
5:30 pm	Svaroopaa Yoga*	Sharon	U
6:00 pm	Indoor Cycling NOW FREE!	Bryant	A
	Abs Blast	Tereasa	D
6:30 pm	Athletic Drills	Tereasa	D
	Water Aerobics*	Laura	P
7:00 pm	Hip Hop	Sharon	A

TUESDAYS		Instructor	Room
8:30 am	Water Aerobics*	Honey	P
9:15 am	Stretch for Flexibility	Rebecca	D
9:30 am	BOSU	Kris	A
10:15 am	Sit and Get Fit 30 min.	Rebecca	D
11:00 am	Fit to Deliver*	Kris	A
11:30 am	Pilates Mat Science*	Mikki	D
4:00 pm	Children's Karate*	Call (858) 362-1125	A
3:30 pm	Intro to Yoga*	Sylvia	D
5:30 pm	Adult Karate*	Fred	D
6:30 pm	Indoor Cycling NOW FREE!	TBA	A

WEDNESDAYS		Instructor	Room
9:15 am	Aerobics for Everyone	Joni	D
9:30 am	Core Power	Kris	A
10:30 am	Feldenkrais	Roanne	D
11:30 pm	Vinyasa Flow Yoga 2*	Rebecca	D
4:45 pm	Ashtanga Yoga*	Rebecca	D
6:00 pm	Abs Blast	Chasen	D
6:30 pm	Athletic Drills	Chasen	D
	Water Aerobics*	Laura	P
7:00 pm	Krav Maga – Level 1*	Dana	A
8:00 pm	Krav Maga – Level 2*	Dana	A
9:00 pm	Krav Maga – Level 3*	Dana	A

THURSDAYS		Instructor	Room
8:30 am	Water Aerobics*	Honey	P
9:15 am	Stretch for Flexibility	Mikki	D
9:30 am	Kick Boxing	Kris	A
10:15 am	Reserved for Training		
11:00 am	Fit to Deliver*	Kris	A
11:30 am	Pilates Mat Science*	Scott	D
4:00 pm	Children's Karate*	Call (858) 362-1125	D
5:30 pm	Adult Karate*	Fred	D
6:00 pm	Indoor Cycling NOW FREE!	Sarah	A
6:30 pm	Total Body Sculpt	Tereasa	D
7:00 pm	Krav Maga - Level 1*	Dana	A
8:00 pm	Krav Maga - Level 2*	Dana	A

FRIDAYS		Instructor	Room
9:15 am	Aerobics for Everyone	Rebecca	D
9:30 am	Total Body Sculpt	Lori	A
9:30 am	Pre/Post Natal Yoga*	Yael	M
10:15 am	Reserved for Training		
11:30 am	Vinyasa Flow Yoga 3*	Rebecca	D
12:00 pm	Indoor Cycling NOW FREE!	Bryant	A

SUNDAYS		Instructor	Room
9:00 am	Krav Maga - Level 1*	Dana	G
10:00 am	Krav Maga - Level 2*	Dana	G
11:30 pm	Krav Maga - Level 3*	Dana	

* Class requires a registration fee or pre-registration

FITNESS CENTER HOURS

Monday–Thursday 6:00 AM–9:00 PM
 Friday6:00 AM–5:00 PM
 Saturday11:00 AM–5:00 PM
 Sunday8:30 AM–5:00 PM

OPEN TO THE PUBLIC 7 DAYS A WEEK

Room Key

A = Aerobics Rm.
 D = Dance Rm.
 U = Upstairs
 G = Gym
 P = Pool
 M = Music Room
 F = Field

SPECIALTY CLASS RATES

Yoga • Water Aerobics • Pilates

JCC Member: \$7 per class; \$50 for 10 classes

Non-member: \$12 per class; \$65 for 10 classes

Gymnasium/Pool Day Pass: \$10

Fitness Center Day Pass: \$25

Does not include Class Rate

For information on other class rates call the Fitness Front Desk

CHILDCARE WHILE YOU WORK OUT
 JCC Member Rate: \$7/hr
 Non-member Rate: \$8.50/hr
Sunday 8:30–12:30 pm
Mon.–Thurs. 9:15 am–12:15 pm
 (Not available Saturday)

MASSAGE (Member Prices)
\$75 for 60 minutes
\$100 for 90 minutes
 Relax. Renew. Refresh
 Call for an Appt.
 (858) 362-1339

JCC FITNESS FRONT DESK (858) 362-1337



Lawrence Family Jewish Community Center • JACOBS FAMILY CAMPUS
4126 Executive Drive • La Jolla, California 92037 • www.lfjcc.org • (858) 362-1337

ABS BLAST

In 30 minutes, this rock solid abs & low-back workout provide the intensity you need - the results you want! Attend before or after your cardio workout. No Fluff, all the right stuff!

AEROBICS FOR EVERYONE

This high energy, low impact class focuses on coordination, stamina and strength. Benefits includes reduced stress on joints and lower back as well as increased range of motion and flexibility. Great for seniors and beginner fitness levels.

ATHLETIC DRILLS

Improve speed, power and endurance! An intense cardio workout that combines sports drills, plyometrics, jump rope and boxing moves to get you in shape fast!

BOSU (*Integrated Balance Training*)

The BOSU Balance Trainer workout integrates total fitness with FUN! Expect to be challenged with exciting new movement patterns and exercises, and be prepared to leave this class with a new appreciation for what "total body workout" really means!

CORE POWER

Complete conditioning, with focus on Abs and Back, using a variety of equipment.

FELDENKRAIS

Gentle movements that improve posture, breathing, coordination and help to alleviate stress, tension and fatigue. All levels welcome!

FIT TO DELIVER

Developed by a family physician, a physical therapist and exercise physiologist, this program is based on the philosophy that most women can and should remain active during pregnancy. Class includes postural awareness, stretching techniques and SMART aerobic guidelines. **NOTE: A physician's approval form is required prior to taking this class. Advance Registration.**

HIP HOP

Hip Hop dance moves, cool choreography, cardio-funk aerobic dance steps and routines!

ADULT & CHILDREN KARATE (*Special Pricing*)

Gain self-confidence and discipline while learning the ancient art of karate. Contact Dan Wagner at (858) 362-1125 for more information.

KICK BOXING

This fun and intense workout teaches basic kick skills choreographed to energizing music. It is guaranteed to make you sweat!

KRAV MAGA (*Special Pricing*)

Israeli self-defense. Contact Dana Kaplan, (619) 682-7090 for more information.

PILATES MAT SCIENCE

This class is designed to re-educate your body, correct your posture, form and movement. It works from the inside out; building a strong core that can be engaged while performing regular daily activities, weight training and cardiovascular workouts. Pilates Mat Science will minimize your time spent exercising while maximizing your results.

SCHWINN INDOOR CYCLING

Challenging drills up and down mountains, intervals of power and speed, and visualization make spinning the complete mind/body exercise program. Not only is this a fun non-impact workout, but you'll burn 500-800 calories in 45-60 minutes! All classes are led by certified instructors who will coach and motivate you to SWEAT! All fitness levels welcomed!

SIT AND GET FIT

This class is perfect for people who want to gently increase overall body strength, regain or improve flexibility, as well as challenge the body's balance ability. Sections of the class are standing to challenge balance and strength, while other sections are seated to increase flexibility.

STRETCHING FOR FLEXIBILITY

Focuses on the elongation of muscles by static stretching of muscle groups. Wear comfortable clothing and socks. Yoga mats provided by the JCC.

TAI CHI

Centers the mind, calms the emotions and relaxes the entire body while circulating vital energy. Slow, gentle movements make this class great for all ages and levels of fitness.

TOTAL BODY SCULPT

Strength/cardio interval training utilizing dumbbells, bosu balls and resistance tubing to perform powerful movements that will define muscle tone and sculpt your body.

WATER AEROBICS

This class is designed to minimize strain to bones and joints. Includes warm-up, cardiovascular conditioning, muscle-toning, and cool down. Swimming proficiency is not required.

YOGA

Svaroopa (Hatha) Yoga: Teaches different ways of doing familiar poses, emphasizing the opening of the spine by beginning at the tailbone and progressing through each spinal area. Every pose integrates the principles of asana, anatomy and yoga transcendent inner experience. This is a consciousness-oriented yoga that promotes healing and transformation.

Power (Ashtanga) Yoga: a very athletic practice based on a series of asanas connected by breath. Focuses on poses that develop strength, flexibility and stamina.

Vinyasa Flow Yoga: Vinyasa means "breath-synchronized movement," so poses will smoothly flow together with each breath. Our lunchtime yoga series increases in difficulty throughout the week. Level I centers on gaining an understanding of the basic poses. Level II adds to the basic poses and flows a little quicker. Level III adds more challenging poses including inversions and upper body balances. **NOTE: Modifications are always offered and previous yoga experience is recommended for the level III class.**

Pre/Post Natal Yoga: This class has been developed from a form of Vinyasa Flow, with a gentler focus on preparation for and recovering from childbirth. Prenatal yoga is a wonderful way to put time aside for yourself and your baby. It can help ease the discomforts of pregnancy and prepare the body for childbirth. Note: please consult your physician before starting any fitness program.

