



Qualcomm Sports, Fitness & Aquatics Complex

Lawrence Family Jewish Community Center • JACOBS FAMILY CAMPUS

4126 Executive Drive • La Jolla, California 92037 • www.lfjcc.org • (858) 362-1337

FEBRUARY 2019 GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP 6:30 A.M. Jerome ♦ Room A		Indoor Cycling 6:30 A.M. Robin ♦ Room A	Hard Core 6:30 A.M. Robin Room A	Indoor Cycling 6:30 A.M. Robin Room A	LES MILLS GRIT 7:30 A.M. Jerome ♦ Room A	LES MILLS BODYPUMP 8:00 A.M. New Sanae ♦ Room A
LES MILLS BODYPUMP 8:00 A.M. Virtual ♦ Room A		LES MILLS BODYPUMP 8:00 A.M. Nancy ♦ Room A	Abs Blast 7:00 A.M. Robin ♦ Room A	LES MILLS BODYPUMP 7:45 A.M. Jerome ♦ Room A	LES MILLS BODYCOMBAT 8:00 A.M. Jerome ♦ Room A	LES MILLS BODYCOMBAT Express 9:00 A.M. New Marty ♦ Room A
Aerobics for Everyone 9:15 A.M. Joni Room D	Water Aerobics 8:30 A.M. Honey Pool	Aqua Fit 8:15 A.M. Will Pool	Water Aerobics 8:30 A.M. Honey Pool	Aerobics for Everyone 9:15 A.M. Rebecca Room D	Yoga Sculpt New 9:15 A.M. Heather ♦ Room A	Restorative Yoga 9:15 A.M. Alex ♦ Room D
Zumba® 9:30 A.M. Rosalia Room A	Stretch for Flexibility 9:15 A.M. Rebecca Room D	Aerobics for Everyone 9:15 A.M. Mary Room D	Stretch for Flexibility 9:15 A.M. Mikki Room D	Zumba® 9:30 A.M. Rosalia Room A	LES MILLS BODYPUMP 11:00 A.M. Virtual Ⓞ Room A	LES MILLS GRIT Strength 9:30 A.M. New Marty ♦ Room A
	LES MILLS BODYPUMP 9:30 A.M. Nancy ♦ Room A				LES MILLS SH'BAM 12:00 P.M. Virtual Ⓞ Room A	Zumba® 10:15 A.M. Cyndi Room A
	Core & Balance 10:15 A.M. (30 min.) Rebecca Room D	Core Fusion 9:30 A.M. Will Room A	LES MILLS BODYPUMP 9:15 A.M. Sahand ♦ Room A		LES MILLS BODYFLOW 1:00 A.M. Virtual Ⓞ Room A	LES MILLS BODYCOMBAT 11:30 A.M. Virtual Ⓞ Room A
	Cardio, Core, & More New 10:30 A.M. Nancy Room A	Zumba® 10:30 A.M. Antonio Room A	Dance Groove 10:30 A.M. Julia Room A			LES MILLS CXWORXS 12:00 P.M. Virtual Ⓞ Room A
Qi Gong* 10:45 A.M. Leslie Room A	LES MILLS BODYFLOW 11:30 A.M. Virtual Ⓞ Room A		Nia 10:30 A.M. Janice Room D	LES MILLS GRIT 11:00 A.M. Virtual Ⓞ Room A		Restorative Yoga 10:30 A.M. Alex ♦ Room D
Hatha Flow 11:30 A.M. Rebecca ♦ Room D	JBarre 11:30 A.M. Olga ♦ Room D	Vinyasa Flow Mixed Level 11:30 A.M. Maria ♦ Room D	Pilates Mat Science 11:30 A.M. Scott ♦ Room D	Vinyasa Flow Mixed Level 11:30 A.M. Rebecca ♦ Room D	Room Key	Class Key
					A = Aerobics Rm. D = Dance Room G = Gym P = Pool F = Field GA = Galleria FC = Fitness Ctr. B = Balanced Mind Meditation Center	Mind & Body Cardio & Strength Dance Fitness Water Fitness Active Older Adult FEE BASED PROGRAM Ⓞ Virtual Class ♦ Pass Required
Circuit Training 12:00 P.M. Robyn ♦ FC		Cyclecore 12:00 P.M. Will ♦ Room A	Circuit Training 12:00 P.M. Robyn ♦ FC	Indoor Cycling 12:00 P.M. Will ♦ Room A		
LES MILLS BODYCOMBAT 2:00 P.M. Virtual Ⓞ Room A	LES MILLS BODYFLOW 2:15 P.M. Virtual Ⓞ Room A	LES MILLS BODYCOMBAT 2:00 P.M. Virtual Ⓞ Room A	LES MILLS BODYPUMP 2:15 P.M. Virtual Ⓞ Room A	LES MILLS BODYFLOW 2:00 P.M. Virtual Ⓞ Room A		
LES MILLS BODYFLOW 3:00 P.M. Virtual Room A	LES MILLS GRIT 3:15 P.M. Virtual Ⓞ Room A		LES MILLS SH'BAM 3:15 P.M. Virtual Ⓞ Room A			
Hatha/Vinyasa Yoga 4:45 P.M. Jerome ♦ Room D			LES MILLS BODYPUMP EXPRESS 4:30 P.M. Renee ♦ Room A			
LES MILLS BODYPUMP 5:00 P.M. Nancy ♦ Room A	Indoor Cycling 5:30 P.M. Robin ♦ Room A	Ashtanga Yoga 4:45 P.M. Heather Room D	LES MILLS GRIT 5:00 P.M. Renee ♦ Room A			
Indoor Cycling 6:00 P.M. Janet ♦ Room A	Yoga Sculpt 5:30 P.M. Mary ♦ Room D					
Abs Blast 6:00 P.M. Nancy Room D			Zumba® 5:30 P.M. Antonio Room A			
Balanced Mind Rewind 6:30-7:00 P.M. Eva Room B		Restorative Yoga 6:00 P.M. Erica Room D	Indoor Cycling 5:45 P.M. Will ♦ Room A			
LES MILLS CXWORXS 7:00 P.M. Virtual Ⓞ Room A	Zumba® 6:30 P.M. Rosalia Room A	Krav Maga 6:30 P.M. Dana Room A	Prenatal Yoga* 6:30 P.M. Laura Room D			
LES MILLS SH'BAM 8:00 P.M. Virtual Ⓞ Room A			Krav Maga 7:00 P.M. Dana Room A			

Fitness Center Hours

Monday–Thursday 6:00 A.M.–9:00 P.M.
 Friday 6:00 A.M.–5:00 P.M.
 Saturday 7:00 A.M.–5:00 P.M.
 Sunday 7:00 A.M.–5:00 P.M.

BABY SITTING NOW AVAILABLE!

JCC members only
Agnes 3 months- 5 years

Hours of operation:
 Monday-Friday 7:30am-12:30pm
 Saturday-Sunday 7:30am-11:30am

ALL DROP IN CLASSES \$15 FOR NON-MEMBERS

JCC GUEST SERVICES DESK 858.457.3030

ABS BLAST

In 30 minutes, this rock solid abs and lower back workout provides the intensity you need and the results you want! No fluff, all the right stuff.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

AEROBICS FOR EVERYONE

This high energy, low impact class focuses on coordination, stamina and strength. Benefits include: reduced stress on joints and lower back as well as increase range of motion and mobility for better movement. All ages and fitness levels welcome.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

ATHLETIC DRILLS

Athletic Drills is an intense cardio workout that combines sports drills, plyometrics, jump rope and medicine balls to get you in shape fast. It will improve: speed, power, endurance and make you feel like a kid again.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

AQUA FIT

This fun water class combines cardio and strength using the water as resistance. Hop in the pool and join us for a class that is not only a great workout but a ton of fun.

Pool • Price: \$15; JCC Member Price: Free

CORE FUSION

Enjoy this 45 minute blend of dance and athletic moves. Move to the beat as you strengthen your heart and lungs. This dance party will be followed by 30 minutes of functional core strengthening. This core workout will work the core from all angles including the abs, back, and glutes.

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

CIRCUIT TRAINING

An action packed high intensity workout that combines cardio and strength. Designed to promote body fat loss and strength.

Fitness Center • Price: \$15; JCC Member Price: Free

CORE + BALANCE

Strengthen your core and improve your balance through standing and seated (in a chair) exercises. You'll increase your overall body awareness, core strength & balance which will improve confidence in performing everyday activities.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

CARDIO, CORE, & MORE

Come ready for fun! No class will ever be the same. This class offers an optimal mix of strength cardio and core. All levels are welcome. Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

DANCE GROOVE

This cardio heart pumping dance class will not only make you sweat but it is so fun, you will forget you are working out. Let loose and join us for this fun workout dancing to popular tunes- there will be hip hop. Latin country disco jazz African and Bollywood dancing. You do not need a dance background to attend. It is appropriate for any level.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

LESMILLS CLASSES

LESMILLS BODYPUMP

LesMILLS BodyPump is a barbell inspired workout. It is for anyone looking to get lean, toned and fit fast. Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

LESMILLS BODYPUMP EXPRESS

BodyPump Express is a 30 minute class that allows for the benefits of a full length BodyPump class to be utilized in a more timely manner. Focus lies on toning and leaning out muscles through the use of barbells and sustained movements that allow for quick fitness achievements.

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

LESMILLS BODYCOMBAT

LesMILLS BodyCombat is a high energy martial arts inspired, non-contact workout. Punch, kick, and strike your way to fitness. Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

LESMILLS BODYCOMBAT EXPRESS

LesMILLS BodyCombat Express is a 30 min high energy martial arts inspired workout that utilizes strikes, punches, and kicks like the Body Combat class in a short more efficient format. Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

LESMILLS GRIT Cardio

This 30 minute high-intensity Cardio interval training (HIIT) workout improves cardiovascular fitness, increases speed and maximizes calorie burn. This class uses a variety of bodyweight exercises and provides the challenge and intensity you need to get results fast.

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

LESMILLS CXWORX

LesMILLS CXworx exercises muscles around the core of your body. LesMILLS CXworx provides the vital ingredient for a stronger, leaner core Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

LESMILLS BODYFLOW-VIRTUAL

LesMILLS Bodyflow is the yoga based class that will improve your mind, your body and your life. An inspired sound track plays as you improve flexibility and strength through a series of simple yoga moves mixed with elements of Tai Chi and Pilates. Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

LESMILLS SH'BAM -VIRTUAL

SH'BAM™ is the ultimate fun and sociable way to exercise. Each 45-minute class is vibrant, unique and varied, featuring 12 tracks of chart-topping popular hits and simple but seriously hot dance moves. SH'BAM™ is the perfect way to shape up and let out your inner star -- even if you're dance challenged. Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

LESMILLS GRIT Strength

This 30 minute high-intensity interval training (HIIT) workout is designed to improve strength and build lean muscle. This class uses barbells, weight plates and body weight exercises to blast all major muscle groups.

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

LESMILLS GRIT Plyo

This 30 minute high-intensity interval training (HIIT) plyometric based workout is designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body.

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

HARD CORE

Get ready to push yourself with this fast paced fun class that incorporates power, strength, cardio and core movements. Modifications for all fitness levels will be provided.

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

NIA

Nia is a fun cardio workout that builds fitness of body, mind and spirit. It blends martial arts and yoga with jazz and modern dance.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

PILATES MAT SCIENCE

Non-impact floor work used for years by dancers and athletes to strengthen, elongate, and balance the muscular system, realign your posture from the core out to eliminate chronic pain, aid in rehabilitation and maximize your body's movement potential.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

STRETCH FOR FLEXIBILITY

Reduce tension in your body by elongating your muscles. This class combines a variety of stretching techniques to open up your body. Adding stretching to your life will prevent injury. A perfect class for any level of fitness!

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

QI GONG FOR OLDER ADULTS

Tai Chi/QiGong involves simple moves to help increase energy, strengthen immune system, reduce stress and discover joy through movement. This program runs in sessions.

Robert H. Jaffe Aerobics Studio

Drop-in Price: \$7.50; JCC Member Price: \$6.25 • Contact: Melanie (858) 362-1141

TRAINING WHEELS: THIRD SATURDAY of each month 9:45

Registration Req'd fjcc.org/wheels

This 30 minute beginning cycling class is perfect for learning the basics. Learn how to set up your bike, correct posture and terminology, hand positions, shoe recommendations, etc. You will come away with the confidence to go into any one of our cycling classes.

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

ZUMBA®

Enjoy this Latin-inspired dance class. You will have so much fun dancing, you'll forget you are working out.

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

JBARRE

A full body workout fusing the best elements of ballet, Pilates, muscle toning and conditioning.

Use of props: light weights, balls, mats.

Robert H. Jaffe Aerobics Studio • Price: \$15; JCC Member Price: Free

YOGA / MEDITATION CLASSES

J-YOGA SCULPT

Beat the blahs and tone up with this fun yoga-based workout. Cardio exercises and free weights strengthen while dynamic yoga poses improve flexibility. Upbeat music rounds it all out so you're sure to smile while you sweat!

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

ASHTANGA YOGA

Ashtanga flow level 2-3 is a class for the practitioner with a background in either Hatha or Ashtanga yoga. This method blends appropriate breathing with movement increasing the body's heat in order to sweat and purify. You will increase your strength and flexibility by focusing on alignment and muscle engagement.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

HATHA/VINYASSA YOGA

Enjoy this empowering mixed method class. The first half will be vinyasa based and more strength based poses. The second half will include more deep relaxation and stretches. This class brings the best of two styles into one.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

VINYASA FLOW YOGA

Vinyasa is the alignment of movement and breath, a method which turns static asana into a dynamic flow. Focusing on foundational poses in detail you will gain an understanding which can be easily built upon.

You will increase your strength and flexibility, develop mind-body awareness and alignment, and learn to integrate breath with movement. This class is great for beginners or those who prefer a slower flow.

Modifications are always offered.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

VINYASA FLOW MIXED FLOW

This class builds from the basic levels of Vinyasa to create the flowing sequences that incorporate basic poses with more challenging options. You will increase your strength and flexibility, deepen mind-body awareness and understanding of body alignment, and learn to integrate breath with movement. Participants should have knowledge of the basic poses and previous experience. Modifications are always offered.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

RESTORATIVE YOGA

This gentle yoga class is designed to help release deeply held tensions from the body and mind. This calming therapeutic kind of yoga uses props to support the body as it eases into relaxation and balance. Appropriate for all fitness levels.

Gotthelf Dance Studio • Price: \$15; JCC Member Price: Free

BALANCED MIND REWIND

At the end of the workday, enjoy a combo class of breath meditation and guided meditation, focusing on a word or a phrase, and open awareness meditation. All techniques which allow you to be more calm and present in your day-to-day life. These classes are suitable for all ranges of experience from complete beginners through to advanced practitioners.

Balanced Mind Meditation Center • Price: \$15; JCC Member Price: Free

