

fitness

at Bernard Horwich JCC

Fitness Class Schedule

For the most up-to-date schedule, visit: jccchicago.org/Horwichfitness

SUN	MON	TUES	WED	THURS	FRI	SAT
8-8:55AM WERQ Laura G. Gym	8-8:55AM STRETCH & TONE Kate B. Group Ex Room / Virtual	6:15-7:10AM BOOT CAMP Kate B. Group Ex Room / Virtual	8-8:55AM DEEP WATER AQUA AEROBICS Kate B. Pool	7-7:55AM CIRCUIT TRAINING Kate B. WomenZone	6:15-7:10AM BOOT CAMP Kate B. Group Ex Room / Virtual	CLOSED
8:30-10AM KARATE Mitch R. Rosenstone	9-9:55AM CIRCUIT TRAINING Kate B. WomenZone	7:15-8:10AM STRETCH & TONE Kate B. Group Ex Room / Virtual	9-9:55AM STRETCH & TONE Kate B. Group Ex Room / Virtual	9-9:55AM AQUA AEROBICS Penny R. / Eileen F. Pool	7:15-8:10AM STRETCH & TONE Kate B. Group Ex Room	
10:30-11:30AM TAI CHI (COED) Arkady D. Group Ex Room Starting Oct. 17	10-10:55AM SILVER SNEAKERS (COED) Kate B. Group Ex Room / Virtual	9-9:55AM AQUA AEROBICS Penny R. / Eileen F. Pool	10-10:55AM BOOT CAMP Kate B. Group Ex Room / Virtual	9:30-10:25AM BOOT CAMP Kate B. Group Ex Room / Virtual	8:15-9AM BOOT CAMP Kate B. Group Ex Room / Virtual	
	11:30AM-12:30PM MOVE IT MONDAY (COED) Kate B. Virtual	10-10:55AM SILVER SNEAKERS (COED) Kate B. Group Ex Room / Virtual	6-7:30PM KARATE Mitch R. Rosenstone	10:30-11:25AM BIKE BOOT CAMP Kate B. Group Ex Room	10-10:55AM SILVER SNEAKERS (COED) Kate B. Group Ex Room / Virtual	
		11-11:55AM NIA FOR PARKINSONS (COED) Sarah S. Virtual		4:15-5:15PM TAI CHI (COED) Arkady D. Group Ex Room		

Pre-registration & check-in at the front desk is required for all GroupX classes.
Classes available are based on specific membership type.

All information subject to change | Effective Sept. 19, 2021

Class Description

All Classes are Women-Only unless indicated. Must be ages 16+ to use fitness facility and attend classes. Ages 13-15 may attend with parent or guardian at adult rate.

AQUA AEROBICS

Natural water resistance, noodles and foam dumbbells are used to burn fat, develop lean muscles, improve posture and enhance endurance.

BIKE BOOT CAMP

Build cardio strength and endurance in this 60-minute ride with fun energizing music. Designed for all ages and fitness levels. It's the perfect opportunity to get your heart pumping while you burn some serious calories.

BOOT CAMP

No guts, no glory in this total body workout! Circuit training alternates strength training exercises with aerobic activities to give you two workouts in one. Boot Camp class combines intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate circuit workout.

CIRCUIT TRAINING

This class will take you through a series of circuits using machines, body weight exercises, stability balls and resistance bands.

DEEP WATER AQUA AEROBICS

Experience this non-impact, high-resistant total body exercise workout while suspended in water where your feet cannot touch the bottom surface. Benefits of this method include less stress on the back, hips, knees and ankles.

KARATE

A coed martial arts course which focuses on self-confidence, self-control and self-defense.

MOVE IT MONDAY

A class focusing on strength and balance. Recommended exercise equipment: a sturdy chair, weights, resistance bands and a water bottle to stay hydrated.



NIA FOR PARKINSON'S

A specialized fitness program for people living with Parkinson's. The class combines movements and concepts from dance, the healing arts, and martial arts to improve overall well-being. Nia provides a fun experience that allows for the body to move creatively to music while building flexibility, agility strength and balance. To get the link, please contact Hillary Wenk at hwenk@jccchicago.org.

**Nia for Parkinson's and Move it Mondays are part of Community Tuesdays and complimentary with thanks to the Lucille and Albert Delighter and Marcella Winston Foundation, a Supporting Foundation of the Jewish Federation of Metropolitan Chicago.*

STRETCH & TONE

A low impact, low intensity workout that will tone your muscles, increase your range of motion and flexibility and help you relieve stress through a series of stretching and toning exercises.

TAI CHI

An ancient Chinese martial art that focuses on cultivating inner power by connecting breath and movement as a slow, gentle, meditative non-impact exercise shown to improve balance, flexibility, and reduce stress. Tai Chi has been clinically shown to have many health benefits which include improved cardio and neurological systems.

**Tai Chi Classes are not included in membership.*

SILVER SNEAKERS

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

WERQ

The addictive cardio dance workout based on trending pop and hip hop music.