

## Kaiserman JCC- Group Fitness Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45am		Spinning**	Body Sculpting		Pedal & Crunch**		
6:00 - 7:00am				Step			
7:00 - 8:00am							
8:00 - 9:00 am			Boot Camp	Spinning**	Boot Camp		
8:15 - 9:15 am		Senior Aerobics	SilverSneakers® (ends @ 9am)		SilverSneakers® (ends @ 9am)	Senior Aerobics	
9:00 - 9:45 am 9:45 - 10:25am	HI/Lo Cardio Party & Body Sculpting						
9:15 - 10:25 am		Cardio & Core	Body Sculpting	Spinning**	Body Sculpting	HI/Lo Cardio Party	
10:30 - 11:30 am	Spinning**	Basic Aerobics	Weights and Flexible Stretch (ends @ 11:10)	Basic Aerobics	Weights and Flexible Stretch (ends @ 11:10)	Basic Strength	
11:30 - 12:15pm 12:15 - 1:00pm	Power Step & Body Sculpting				11:15 ZUMBA®		
1:30-4:00	Kung Fu						
4:00-5:00							
5:30 - 6:30pm			Spinning**				
6:00 - 7:00 pm		<b>NEW!!! MegaMix</b>		Body Sculpting	Spinning**		
6:30 - 7:30pm			Spinning**				
7:00 - 8:00 pm					Mat Pilates*		
7:15 - 8:45 pm							
7:30 - 8:10pm			ZUMBA®				

**SilverSneakers® classes meet in Family Hall.**

\* Additional Fee Required. See Member Services for details.

\*\*Bikes on a "first come, first serve" basis, please arrive a few minutes early .

See back for class descriptions

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#### Non-Member Rates

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1 Class:\$7 1 Month:\$75 3 Months:\$200 6 Months:\$375

12 Months:\$500 10-Class Card:\$65 Senior 10-Class Card:\$60

Evening Yoga: Member Rates: \$12/class, \$88/8 classes, \$170/20 classes

Non-Member Rates: \$16/class, \$120/8 classes, \$245/20 classes

**KAISERMAN JCC - 45 HAVERFORD ROAD - WYNNEWOOD, PA (610) 896-7770**