

# GroupEx Schedule

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>10:00-10:50 AM</b> Yoga with David Horwitz</p>		<p><b>10:00-10:50 AM</b> Exercise is Good with Jerry Simon</p>	<p><b>10:00-10:50 AM</b> Zumba with Maria Montero</p>	<p><b>10:00-10:50 AM</b> Exercise is Good with Jerry Simon</p>	<p>Please feel free to visit the Shanna &amp; Bryan Glazer JCC four times per month, included in your membership!</p>
<p><b>11:00-11:50 AM</b> ● Let's Move with Jerry Simon</p>		<p><b>11:00-11:50 AM</b> ● Rock Steady Boxing with Katharine Williams</p>			
			<p><b>12:00-12:50 PM</b> ● Dance &amp; Stretch with Maria Montero</p>		
	<p><b>1:00-1:50 PM</b> ● Rock Steady Boxing with Michelle Hubbard</p>				
				<p><b>2:15-3:05 PM</b> ● Tai Chi with Charlie Zayas</p>	
					<b>SUNDAY</b>

# April 2024



## Exercise is Good

A weekly program hosted by Certified Personal Trainer Jerry Simon all about how to make exercise easy. Weekly sessions will feature strength training, stretching, balance and stretching/flexibility. The program is complimentary to members and is a great way to participate in an organized weekly fitness program and meet other members.

## Yoga

This class will move your whole body through a complete series of sitting and standing yoga poses and will promote stress reduction and mental clarity. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion. All levels welcome.

## Zumba

Learn the Moves Active Older Adults Want. Master Zumba moves designed for active older adults or those looking for a low-impact workout. Reach the largest growing segment of the population, and learn how to effectively address their unique anatomical, physiological and psychological needs.

## Rock Steady Boxing

Rock Steady Boxing is a non-contact, boxing-inspired fitness routine that dramatically improves the ability of people with Parkinson's to live independent lives. Training classes include an exercise program that attacks Parkinson's at its vulnerable neurological points. While focusing on overall fitness, workouts include focus mitts, heavy bags, speed bags, jump rope, core work, calisthenics and more. Rock Steady Boxing classes are an affiliate program of Rock Steady Boxing, Inc.

## Let's Move

Let's Move with Jerry Simon is just the right amount of challenge with weights, bands, and stretching. A great way to get your body moving at the right pace.

## Dance and Stretch

This new combination class will have you dancing your way to improved gait and balance while building functional fitness in a fun and engaging way.

## Tai Chi

An ancient Chinese tradition that today is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner accompanied by deep breathing. Tai Chi can improve balance significantly, along with flexibility, coordination and strength without any strain to the joints! The benefits are tremendous in all areas of the mind & body and it is adaptable for all ages and health conditions.

For more details about the Philip Shayman Parkinson's Program, please stop by the Welcome Desk.

## CONTACT US

### JCC on the Cohn Campus

13009 Community Campus Drive  
Tampa, FL 33625  
813.264.9000 | JCCohnCampus.com

## HOURS OF OPERATION

### Facility Hours

**Monday - Friday**  
6:00 AM - 7:00 PM

**Saturday & Sunday**  
8:00 AM - 4:00 PM

### Pool Hours

(April-August)

**Monday - Friday**  
8 AM - 6 PM

**Saturday & Sunday**  
8 AM - 3:00 PM