



# GroupEx Schedule

OCTOBER 2019

MON 10/21	TUE 10/22	WED 10/23	THUR 10/24	FRI 10/25	SAT 10/26
<b>9:30-10:30 AM</b> <b>Strength/Cardio Circuit</b> in Karpay with Jennifer Shipherd		<b>9:30-10:30 AM</b> <b>Pilates</b> in Karpay with Shera Goode	<b>7:45-8:30 AM</b> ● <b>Nia</b> in Karpay with Jen Goldberg		
<b>10:30-11:30 AM</b> <b>Silver Sneakers Yoga</b> in Karpay with Jennifer Shipherd	<b>9:30-10:30 AM</b> <b>Hatha Yoga</b> in Karpay with Alycia Anthony	<b>10:30-11:30 AM</b> <b>Silver Sneakers Yoga</b> in Karpay with Jennifer Shipherd	<b>9:30-10:30 AM</b> <b>Strength/Cardio Circuit</b> in Karpay with Alycia Anthony	<b>10:30-11:30 AM</b> <b>Dance! Aerobics</b> in Karpay with Alycia Anthony	
<b>11:30 AM-12:30 PM</b> <b>Silver Sneakers Classic</b> in Karpay with Jennifer Shipherd	<b>9:30-10:30 AM</b> <b>Exercise is Good</b> in the Fitness Center with Jerry Simon	<b>11:30 AM-12:30 PM</b> <b>Silver Sneakers Classic</b> in Karpay with Jennifer Shipherd	<b>10:30-11:30 AM</b> <b>Stretch &amp; Flex</b> in Karpay with Barbara Yarbrough	<b>11:30AM-12:30 PM</b> <b>Strength Classic</b> in Karpay with Alycia Anthony	
<b>12:30-1:30 PM</b> <b>Senior Mobility</b> in Karpay with Jerry Simon	<b>10:30-11:30 AM</b> <b>Stretch &amp; Flex</b> in Karpay with Barbara Yarbrough	<b>12:30-1:30 PM</b> <b>Senior Mobility</b> in Karpay with Jerry Simon	<b>11:30 AM-12:30 PM</b> <b>Water Aerobics</b> in the Pool with Barbara Yarbrough	<b>12:00-1:00 PM</b> ● <b>The Philip Shayman</b> <b>Parkinson's Patient</b> <b>Support Group</b> <b>(bi-weekly)</b> in Multipurpose Room B with Mindy Bursten	
<b>12:30-1:30 PM</b> ● <b>The Philip Shayman</b> <b>Parkinson's Patient</b> <b>Support Group</b> <b>(bi-weekly)</b> in Library with Mindy Bursten	<b>11:30 AM-12:30 PM</b> <b>Water Aerobics</b> in the Pool with Barbara Yarbrough	<b>2:00-3:00 PM</b> ● <b>Rock Steady Boxing*</b> in Karpay with Jake Morrison	<b>11:40 AM-12:40 PM</b> ● <b>Stretch &amp; Strengthen</b> in Karpay with Jennifer Shipherd	<b>12:30-1:30 PM</b> <b>Tai Chi</b> in Karpay with Jen Goldberg	
<b>2:00-3:00 PM</b> ● <b>Rock Steady Boxing*</b> in Karpay with Jake Morrison		<b>5:00-6:00 PM</b> <b>Cardio Boxing</b> in Karpay with Jen Goldberg	<b>2:00-3:00 PM</b> ● <b>Rock Steady Boxing*</b> in Karpay with Jen Goldberg	<b>1:30-2:30 PM</b> ● <b>Tai Chi</b> in Karpay with Jen Goldberg	<b>9:00-10:00 AM</b> ● <b>Rock Steady Boxing*</b> in Karpay with Jen Goldberg
	<b>2:00-3:00 PM</b> ● <b>Nia</b> in Karpay with Jen Goldberg			<b>1:30-2:30 PM</b> ● <b>The Philip Shayman</b> <b>Parkinson's Caregiver</b> <b>Support Group</b> in Multipurpose Room B with Mindy Bursten	

SUN 10/27

JCC on the Cohn Campus  
13009 Community Campus Dr • Tampa, FL 33625

813.264.9000  
www.JCCohnCampus.com

●=Registration Required  
■ **Class**=Parkinson's

# OCTOBER 2019



## Cardio Boxing

Join us for a fun class inspired by boxing. This non-contact, boxing-inspired fitness routine is set to music and includes a warm up, interval training and stretching. While focusing on overall fitness, workouts include focus mitts, heavy bags, speed bags, jump rope, core work, calisthenics and more.

## Dance! Aerobics

An energetic, upbeat aerobics class, based on fun, rhythmical radio hits from the 70s, 80s and more!

## 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.

## Hatha Yoga

For body, mind and soul. A fun and challenging workout to help you de-stress. All levels welcome.

## Nia

Experience the joy of movement with Nia. Nia high-powered cardio workouts integrate dance arts, martial arts and healing arts. Nia tones your body and builds strength holistically, addressing each aspect of your life - body, mind and soul. *In the Parkinson's Nia class, we move to heal, adapting movements based on individual needs.*

## The Philip Shayman Parkinson's Support Groups\*

Facilitated by a Licensed Clinical Social Worker, Mindy Bursten, support groups are specific to Parkinson's patients and caregivers. For more details on these sessions, please stop by the Welcome Desk.

## Pilates

This class focuses on strength and flexibility of the major muscle groups. The exercises combine core building activities with breathing and relaxation. Instructor may use additional equipment such as stability balls or resistance bands to enhance movements. All levels welcome. Bring your mat and towel.

## 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.

## Silver Sneakers Classic

Move with the music through a variety of exercises designed to increase muscular strength and range of motion. Hand-held weights, elastic tubing and a ball are used for resistance. All levels welcome.

## Silver Sneakers 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.

## Strength/Cardio Circuit

Combining strength training with cardio intervals, this class is a great way to burn fat while building lean body tissue.

## Strength Classic

Move with the music through a variety of exercises designed to increase muscular strength and range of motion. Hand-held weights, elastic tubing and a ball are used for resistance. All levels welcome.

## Stretch & Flex

A great way to keep or achieve flexibility by lengthening muscles and holding a position to gain a more limber YOU.

## Stretch & Strengthen\*

A Parkinson's class that addresses flexibility, neuromotor function, balance and gait, coordination and agility while also working on muscular strength and muscular endurance.

## Tai Chi

A non-competitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Parkinson's Tai Chi is on Friday's only. *For more details about the Philip Shayman Parkinson's Program, please stop by the Welcome Desk.*

## Water Aerobics

A water fitness program designed to enhance your quality of life and daily functioning. This program utilizes the physical properties of the water to enhance agility and cardiovascular conditioning. All ages welcome.

## CONTACT US

### JCC on the Cohn Campus

13009 Community Campus Drive  
Tampa, FL 33625

813.264.9000

[www.jcccohn-campus.com](http://www.jcccohn-campus.com)

## HOURS OF OPERATION

### Facility Hours

#### Monday - Thursday

6:00 AM - 9:00 PM

#### Friday

6:00 AM - 6:00 PM

#### Saturday & Sunday

9:00 AM - 4:00 PM

Our Fitness Center closes  
30 minutes prior to facility closing.

### Pool Hours

#### Monday - Friday

6:00 - 9:00 AM

Other times as available\*\*

#### Saturday

9:00 AM - 3:30 PM

#### Sunday

9:00 AM - 3:30 PM

\*\*To check other pool hour availability, please call 813.264.9000.



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*\*For anyone interested in participating in The Philip Shayman Parkinson's Program, please stop by the Welcome Desk to learn more!*