

GroupEx Schedule

JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:30 AM Strength/Cardio Circuit in Karpay with Jennifer Shipherd	9:30-10:30 AM Hatha Yoga in Karpay with Alycia Anthony	9:30-10:30 AM Pilates in Karpay with Shera Goode	9:30-10:30 AM Strength/Cardio Circuit in Karpay with Alycia Anthony	9:30-10:30 AM Hatha Yoga in Auditorium with Ashley Caputo	
10:30-11:30 AM Silver Sneakers Yoga in Karpay with Jennifer Shipherd	9:30-10:30 AM Exercise is Good in the Fitness Center with Jerry Simons	10:30-11:30 AM Silver Sneakers Yoga in Karpay with Jennifer Shipherd	10:30-11:30 AM Stretch & Flex in Karpay with Barbara Yarbrough	10:30-11:30 AM Dance! Aerobics in Roth Hall with Alycia Anthony	
11:30 AM-12:30 PM Silver Sneakers Classic in Karpay with Jennifer Shipherd	10:30-11:30 AM Stretch & Flex in Karpay with Barbara Yarbrough	11:30 AM-12:30 PM Silver Sneakers Classic in Karpay with Jennifer Shipherd	11:30 AM-12:30 PM Water Aerobics in the Pool with Barbara Yarbrough	11:30AM-12:30 PM Strength Classic in Karpay with Alycia Anthony	
	11:30 AM-12:30 PM Water Aerobics in the Pool with Barbara Yarbrough		11:40 AM-12:40 PM ● Stretch & Strengthen in Karpay with Jennifer Shipherd	12:00-1:00 PM ● Parkinson's Patient Support Group (bi-weekly) in Multipurpose Room B with Mindy Bursten	
12:30-1:30 PM Tai Chi in Karpay with Suzanne Chen	11:45 AM-12:45 PM ● Nia in Karpay with Jen Goldberg	12:30-1:30 PM Qi-Gong in Karpay with Suzanne Chen		12:30-1:30 PM Tai Chi in Karpay with Suzanne Chen	
1:30-2:00 PM Afternoon Meditation in Karpay with Suzanne Chen				1:30-2:30 PM ● Tai Chi in Karpay with Suzanne Chen	
4:30-5:30 PM Nia** in Karpay with Jen Goldberg			4:30-5:30 PM Nia** in Karpay with Jen Goldberg	1:30-2:30 PM ● Caregiver Support Group in Multipurpose Room B with Mindy Bursten	
	6:00-7:00 PM Nia** in Karpay with Jen Goldberg				

SUNDAY

10:00-11:00 AM
Hatha Yoga
in Karpay with
Alycia Anthony

JANUARY 2019



Afternoon Meditation

A restorative session of mind and body meditation designed to bring you back to center to start your day.

Dance! Aerobics

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

Evening Meditation

A multi-faceted evening Meditation program designed to help you unwind from your day. Enjoy traditional seated, walking, candle, essential oil, and a number of other meditation styles that will change with the seasons.

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

Dance cardio fitness classes that includes mindful movement guidance and somatic education; class cycles include warm-up, sustained non-impact aerobic conditioning, strength training, cool down and stretching. ***We're excited to be offering extended Nia offerings starting April 2nd through May 15th. There will be no Nia class on Monday, April 16th.*

Pilates

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

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.

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.

Tai Chi

A noncompetitive, 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 Parkinson's Program, please stop by the Welcome Desk.*

Qi-Gong

Qi-Gong (the predecessor of Tai Chi) involves gentle repetitive exercise movements, meditation and breathing for improving balance, mood, focus, vitality, inner peace and overall health. All levels welcome.

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
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Tampa, FL 33624

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www.JCContheCohnCampus.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.

Winter Pool Hours

Monday - Thursday
11:00 AM - 4:00 PM

Friday
11:00 AM - 4:00 PM

Saturday & Sunday
Closed

To ensure a specific swim time, please call
813.264.9000 to reserve a lane.

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