

GroupEx Schedule

July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00-10:50 AM Yoga with Jennifer Shipherd</p>		<p>10:00-10:50 AM Exercise is Good with Jerry Simon</p>			<p>The JCC on the Cohn Campus is closed Saturday and Sunday.</p> <p>Please feel free to visit the Bryan Glazer Family JCC on the weekends, included in your membership!*</p> <p><i>*Limited Time Offer</i></p>
<p>11:00-11:50AM ● Rock Steady Boxing Karpay/Roth Hall with Jen Goldberg</p>	<p>11:00-11:50AM ● NIA with Jen Goldberg</p>	<p>11:00-11:50AM ● Rock Steady Boxing Karpay/Roth Hall with Jen Shipherd</p>			
	<p>12:30-1:20 PM Stretch & Flex with Jennifer Shipherd</p>				
			<p>2:00-2:50PM ● Stretch & Strengthen with Jen Shipherd</p>		
				<p>3:00-3:50PM ● Tai Chi with Suzanne Chen</p>	
					SUNDAY

July 2021



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.

Stretch & Flex

A great way to keep or achieve muscle mass and flexibility by combining resistance and weighted movements. In this class you will move your body through a full range of motion, lengthening muscles and holding a position to gain a more limber you. Anyone at any fitness level can and should strength train.

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.

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

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.

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.

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

8:00 AM - 7:00 PM

Saturday & Sunday

Closed*

*For a limited time JCC on the Cohn Campus Membership includes weekend access to Bryan Glazer Family JCC

Summer Pool Hours**

(June - July)



Monday - Friday

8 AM - 7:00 PM

Saturday & Sunday

Closed

**Due to Summer Camp Programming there may be only one lap lane available for members

 /JCContheCohnCampus  /JewishTampa