

GroupEx Schedule

JUNE 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 Simon	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	10:00-11:00 AM Hatha Yoga in Cohn Plaza with Alycia Anthony
5:00-6:00 PM Nia in Karpay with Jen Goldberg				1:30-2:30 PM ● Caregiver Support Group in Multipurpose Room B with Mindy Bursten	11:00 AM-12:00 PM Outdoor Adult Bootcamp* at Climbing Wall on ropes course with Alycia Anthony
5:30-6:30 PM Outdoor Adult Bootcamp* at Climbing Wall on ropes course with RJ	5:00-6:00 PM Nia in Karpay with Jen Goldberg		5:00-6:00 PM Nia in Karpay with Jen Goldberg		11:00 AM-12:00 PM Outdoor Sport & Fitness Hour on Outdoor Basketball Court
JCC on the Cohn Campus 13009 Community Campus Dr • Tampa, FL 33625				813.264.9000 www.JCCCohnCampus.com	
				● =Registration Required ■ Class =Parkinson's	

JUNE 2019



Afternoon Meditation

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

NEW! Childcare

Childcare is available to all members on Sundays from 9:00 AM - 12:00 PM.

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. (No class on June 24th or June 25th).*

NEW! Outdoor Adult Bootcamp

**childcare available during class*

Join your instructor for a fun outdoor adventure style boot camp class under the sprawling oaks. This class will involve running, jumping, climbing and scaling our outdoor obstacle course, as well as incorporate functional training with kettlebells, bands, medicine balls and more. Class will meet by the climbing wall on the ropes course.

NEW! Outdoor Sport & Fitness Hour

Children ages 5-12 will enjoy this outdoor sport & fitness hour. Activities may include fitness drills, stretching, soccer, basketball, tennis, capture the flag and more. Children should be prepared with athletic clothing, closed-toe shoes, water and sunscreen. Parents must remain on property of the JCC on the Cohn Campus.

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.

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

13009 Community Campus Drive
Tampa, FL 33625

813.264.9000

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 | 9:00 AM - 1:00 PM**

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

**Starting June 16, 2019.



/JCContheCohnCampus



/JewishTampa

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