



GroupEx Schedule

SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30-10:30 AM Strength/Cardio Circuit in Karpay with Jennifer Shipherd</p> <p>10:30-11:30 AM Silver Sneakers Yoga in Karpay with Jennifer Shipherd</p> <p>11:30 AM-12:30 PM Silver Sneakers Classic in Karpay with Jennifer Shipherd</p> <p>12:30-1:30 PM Tai Chi in Karpay with Suzanne Chen</p> <p>1:30-2:00 PM Meditation in Karpay with Suzanne Chen</p>	<p>9:30-10:30 AM Hatha Yoga in Karpay with Alycia Anthony</p> <p>10:30-11:30 AM Stretch & Flex in Karpay with Barbara Yarbrough</p> <p>11:30 AM-12:30 PM Water Aerobics in the Pool Barbara Yarbrough</p>	<p>9:30-10:30 AM Pilates in Karpay with Wilda Santiago</p> <p>10:30-11:30 AM Silver Sneakers Yoga in Karpay with Jennifer Shipherd</p> <p>11:30 AM-12:30 PM Silver Sneakers Classic in Karpay with Jennifer Shipherd</p> <p>12:30-1:30 PM Qi-Gong in Karpay with Suzanne Chen</p>	<p>9:30-10:30 AM Strength/Cardio Circuit in Karpay with Alycia Anthony</p> <p>10:30-11:30 AM Stretch & Flex in Karpay with Barbara Yarbrough</p> <p>11:30 AM-12:30 PM Water Aerobics in the Pool Barbara Yarbrough</p>	<p>9:30-10:30 AM Hatha Yoga in Karpay with Ashley Caputo</p> <p>10:30-11:30 AM Salsa! Aerobics in Roth Hall with Wilda Santiago</p> <p>11:45AM-12:30 PM Silver Sneakers Classic in Karpay with Wilda Santiago</p> <p>12:30-1:30 PM Tai Chi in Karpay with Suzanne Chen</p>	<p>SUNDAY</p> <p>10:00-11:00 AM Yoga in Karpay with Alycia Anthony</p> <p>11:30 AM-12:30 PM Water Aerobics in the Pool Barbara Yarbrough</p>
<p>JCC on the Cohn Campus 13009 Community Campus Dr • Tampa, FL 33625</p> <p>813.264.9000 www.JewishTampa.com</p>					

SEPTEMBER 2017



Hatha Yoga

Traditional Hatha Flow Yoga - poses taught in a gentle flow to accommodate all levels and abilities.

Meditation

This guided meditation experience engages all of your senses for a profound relaxation and inner peace. Includes visualization, sounds of harmony, aromatherapy and self-healing touch.

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.

Stretch & Flex

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

Tai Chi

Mind/body movement that is adaptable for persons of various ages and fitness levels. Research indicates improvement in breathing, balance, flexibility, strength, concentration and calmness.

Hatha Yoga

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

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 33624

813.264.9000

www.JewishTampa.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 - 5:00 PM

Our Fitness Center closes
30 minutes prior to facility closing.

Pool Hours

Monday - Thursday
6 AM - 8:30 PM

Friday
6 AM - 5:30 PM

Saturday & Sunday
9 AM - 4:30 PM

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