

# FIND YOUR FIT AT THE JCC



## Muscular Endurance - Mondays 9-10 AM

Muscular Endurance class has two main sections and the first-half is approximately 30 minutes of non-stop light weights. The free weight exercises are designed to work all muscle groups used in day to day activities. The second-half consists of lower body exercises, standing ab work, and balance work.

## Core and Conditioning - Mondays Noon-1 PM

Be prepared for a fun mix of exercises and movement patterns that will tighten, strengthen and shape your core! We will execute body exercises to improve our cardiovascular fitness, core strength, and challenge our body.

## Circuit Training Class - Tuesdays/Thursdays 9-10 AM

A fun-filled hour of muscular conditioning and cardiovascular conditioning. This class is a great way to get a full body workout at your own intensity level. Each participant receives a unique workout routine guided by Hannah based on each individual's goals and needs.

## Barre Belles - Tuesdays/Thursdays 10-11 AM

This is a low impact, classic barre exercise class that includes upper body weight work. With regular attendance, this class will improve your posture, align your chassis, boost that booty, tone arms & legs, increase flexibility, improve balance, strength the core and prevent back pain.

## Midweek Movement - Wednesdays 9-10 AM

Midweek Movement incorporates balance, agility, strength, and cardiovascular exercises all in one class! Starting with a warm-up, each class teaches four exercises that vary from week to week. Ending with a cool down and stretching session.

## Tap 'N Tone - Wednesdays 10-11 AM

A class where we have fun, learn new skills, and raise our heart rate to some fun beats. Good for all ages and skill levels. Tap shoes are not required.



## Spin- Tuesdays/Thursdays Noon-1 PM and Fridays 10:30-11:30 AM

Spin is an indoor bike ride that is proven to achieve faster weight loss than any other indoor exercise. This class lasts for about 45 minutes with challenging spin intervals. The class is kept light and fun and keeps you on your toes, because you never know when Hannah will throw something new at you!

## Jukebox Jams - Fridays 9-10 AM

Jukebox Jams is a low impact dance-fitness class perfect for beginner fitness levels. Jam out to 50's and 60's music while moving and exercising in a fun way!

## Bootcamp - Wednesdays/Fridays Noon-1 PM

Bootcamp is approximately 45 minutes of high intensity exercises that will keep the heart rate up and challenge your muscles. Perform strength exercises and cardiovascular activities using variety of equipment from dumbbells to medicine balls and kettlebells. Intermediate to advanced fitness levels recommended.



**Classes are free to members!**

Stay tuned for more evening classes and Zumba!

**CONTACT:** [FITNESS@JewishTulsa.org](mailto:FITNESS@JewishTulsa.org)



## JCC HOURS OF OPERATION:

Mon – Thurs	6:00 a.m.—9 p.m.
Friday	6:00 a.m.—5 p.m.
Saturday	12 Noon—5 p.m.
Sunday	9 a.m.—5 p.m.