



June Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga 7:30am - 8:30am Only (GFS1)	Tone & Burn 7:30am - 8:30am Only (GFS2)	Pilates Referomer 7:30am - 8:30am Mercedes (PS)	Core X-plosion 7:30am - 8:30am Olga (GFS2)	Yoga 7:30am - 8:30am Vivi (GFS1)	Pilates Reformer 8:00am - 9:00am Mercedes (PS)	Cycling 8:00am - 9:00am Olga (CS)
Cycling 8:00am - 9:00am Alex (CS)	Pilates Referomer 7:30am - 8:30am Mercedes (PS)	Cycling 8:00am - 9:00am Alex (CS)	Pilates Referomer 7:30am - 8:30am Mercedes (PS)	X-Training 8:00am - 9:00am Olga (AF)	Tone & Burn 9:00am - 10:00am Only (GFS1)	X-Training 9:00am - 10:00am Harold (AF)
Pilates Mat/Barre 4:30pm - 5:30pm Mercedes (GFS1)	FitBoxing 8:00am - 9:00am John Paul (GFS2)	Yoga 4:30pm - 5:30pm Alex (GFS1)	FitBoxing 8:00am - 9:00am John Paul (GFS2)	Class Entry Reserve: Use the MindBody App Check-in: Safe Check-in with instructor Workout: Enjoy your scheduled workout! Stay Safe: Practice social distancing		
X-Training 5:00pm - 6:00pm Olga (GFS2)	Cycling 5:00pm - 6:00pm Vivi (CS)	Core X-plosion 5:00pm - 6:00pm Olga (GFS2)	Cycling 5:00pm - 6:00pm Vivi (CS)			

GEX Class Descriptions

Core Xplosion - Core based circuit training with cardio exercises. The emphasis is on strengthening and tightening the low back and belly!

Cycling - A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs and sprints that can make an unpredictable ride that is fun and challenging.

FitBoxing - A cardio combination of intense boxing moves and motivating music. It's the ultimate cardiovascular challenges that's a unique blend of intense intervals strength/endurance training. Fun for all fitness levels.

Pilates Reformer \$\$ - Utilizing springs and resistance to add an additional challenge to your Pilates repertoire. This is a great way to strengthen your core and fine-tune your Pilates practice. \$\$

Tone & Burn - Who needs a toned abdominal and more core strength? EVERYONE!!! Experience total body training using a variety of movements. with different types of high intensity exercises, from plyometrics to pyramid sets.

X-Training - Build muscle tone & strength using bands and weights. Some of the most classic and proven exercises in a fun filled routine.

Yoga - De-stress with this relaxing class that focuses on meditation & breathing. Smooth movements help participants achieve better posture, flexibility, balance, strength & improved focus. All levels welcome.

Fitness Center Hours:

Monday - Thursday: 6am - 8pm
Friday: 6am - 5pm
Saturday & Sunday: 7:30am - 1pm

Start Fresh with a Trainer!

Schedule Your Fitness Evaluation Today!

Your Re-Evaluation Includes:

1. Goals Assessment
2. Movement Analysis
3. Nutritional Guidance
4. Body Composition Analysis
5. Work with a Certified Fitness Professional

Group exercise fitness schedule is subject to change at any time.

Class sizes have been reduced to no more than 10 persons per class.

All group exercise class reservations are on a first come, first served basis.

ALL CLASS INCLUDED IN THE FITNESS MEMBERSHIP

(FFHAF) Athletic Field | (CS) Cycling Studio | (GFS2) Group Fitness Studio #2 | (GFS1) Group Fitness Studio #1 | (DS1) Dance Studio 1 | (DS2) Dance Studio 2 | (FC) Fitness Center | (G) Scheck Family Gymnasium | (K) Kats Auditorium | (PS) Pilates Studio | (PG) Play Ground | (TC) Soffer Family Tennis center

Sign up for classes online with the **MINDBODY APP**.
 For questions and comments please call (305) 932-4200 Ext. 194.

Michael-Ann Russell JCC
 18900 NE 25th Avenue
 North Miami Beach, FL 33180
www.marjcc.org