

# Spring 2017 Program Guide

## Fitness & Recreation

### GROUPx at the J

The J offers a variety of group exercise classes. Schedules are available online at [www.lvjcc.org](http://www.lvjcc.org) or in paper format at the J.

**Bars** - Sculpt, tone, and strengthen your entire body with low weight and high reps.

**Chair Yoga** - A comfortable and accessible yoga class for beginners and the independently mobile.

**Circuit** - A series of stations of exercises to build strength and muscular endurance.

**Core and More** - A combination of exercises for the core and upper body and leg work using dumbbells.

**Cycling** - Cardio workout on indoor bikes.

**Cycle Fusion** - 30 - 40 minutes of cycling, followed by core and stretch.

**Fitness Ball 2.0** - Strength training and stretching while integrating the physio ball.

**Fitness Yoga** - Yoga that combines strength, endurance, balance, and flexibility.

**HIIT** - Interval training that delivers a drenching workout and post metabolic boost.

**Hot Yoga** - A heated yoga flow combining strength, endurance, balance, and flexibility.

**Instructor's Choice** - A different class each week. This is an easy way to try something new.

**Kickboxing** - Integrates combinations of punches, kicks, and heavy-bag work to strengthen and tone.

**Pilates** - Strengthen and tone with this low/no impact workout.

**Pilates Fusion** - A fusion of pilates, yoga, and barre that combines strength, toning, and flexibility.

**Self-Defense** - A combination of cardio, boxing, and MMA techniques similar to Krav Maga.

**Silver Sneakers Classic** - Designed to increase muscular strength, range of motion, and daily living activities.

**Tabata** - Multiple tabatas make this a quick effective total body workout.

**Total Body Toning** - A Boot camp style class that combines circuits for different muscle groups using varied reps and intervals.

**Yoga** - Spiritual discipline including breath control, simple meditation, and postures.

**Zumba** - Dance to great music, with great people, and burn a ton of calories without even realizing it.

Not a member, but want to try a GROUPx class? Purchase a **Class Pass** for \$15 at the JCC Welcome Desk for that day's class.

### Youth Fitness

#### Youth Strength & Conditioning Training

(11 - 16 years)

Whether you're starting your path towards life-long wellness or trying to maintain or gain that competitive edge, there is no better time than adolescence to begin a good strength and conditioning program. It's during these years when most athletes and health-minded individuals decide to pick up the dumbbells for the first time. Beginning a safe and effective program is the first step towards athletic success and a well-balanced healthy lifestyle.

Thursdays (4/6 - 6/8), 5:00pm - 6:00pm

Price: \$95 | JCC MVP: \$80

#### Youth Recreation

##### Flag Football

(7 - 12 years)

In this introductory class, participants will learn the basic fundamentals of football. Catching, throwing, running, and defense will be emphasized, as well as, our core values of teamwork and sportsmanship. The session will end with games being played.

Mondays (4/3 - 6/5; No football 4/11, 5/29)

Price: \$96 | JCC MVP: \$80

4:00pm - 5:00pm

##### Soccer Shots®

(4 - 6 years)

Soccer Shots® is a nationally recognized program that teaches young children the values of cooperation, sharing, sportsmanship, and teamwork, all the while providing them with an age-appropriate introduction to the fun and exciting game of soccer!

Wednesdays (4/5 - 6/7; No program on 4/12, 5/31)

Price: \$132 | JCC MVP: \$120

4:00pm - 4:45pm

For more information about Fitness, Recreation, and Squash at the J, please contact Terrence Baker at 610.435.3571 ([tbaker@lvjcc.org](mailto:tbaker@lvjcc.org)) To register for programs, please call 610.435.3571 or visit [www.lvjcc.org](http://www.lvjcc.org)

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## Fitness and Recreation

### Jr. Squash

(8 - 16 years)

Our popular Jr. Squash program, led by JCC head instructor Eric Boyer and Coach Mark Graeffe. Coaches will provide training and play for participants with each session focusing on critical elements of the game. **Hours will be based on player ability level (Gold, Silver, Bronze). New players' levels will be determined by the coaches. Players will play similarly skilled opponents until they feel ready to move up levels.**

Mondays and Wednesdays (4/3 - 6/5; No squash on 4/12, 5/29, 5/31)

Price: Monday: \$108 | JCC MVP: \$96

Wednesday: \$108 | JCC MVP: \$96

Savings of \$25 will applied at the front desk when signing up for both days

\*Session may run with less than four. Price may differ as participants will be charged a small group lesson rate.\*

4:00pm - 5:00pm (Bronze)

5:00pm - 6:00pm (Silver)

6:00pm - 7:00pm (Silver/Gold)

### Jr. Ga Ga

(6 - 9 years)

Back by popular demand! Join Coach T and Coach Glen as we play the most popular game at JCC's all across the country.

Thursdays (4/6 - 6/8; No Ga Ga on 4/11)

Price: \$120 | JCC MVP: \$100

4:00pm - 5:00pm

### Adult Fitness

#### Personal Training

Certified instructors Kinga Mikolajczyk, Dr. Bob Higgins, Terrence Baker, Nolie Schneider, Glen Klein, Nance Witzel Bryan Starner and Lisa Ellenberger are here to help you reach your goals at the J. One-on-one or small group training will help you reach your goals and establish a coordinated plan for your overall wellness.

JCC MVP: \$55/hr session | 10 Sessions: \$450

JCC MVP: \$25/30 min session | 10 Sessions: \$250

By appointment only

Personal Training Specials:

Orientation: 3 hours of personal training: \$99

Bench 5K PT Package: 5 hours of personal training: \$155

Bulk Special: 20 hours of personal training: \$800

#### Small Group Training

Certified instructors are here to help you reach your goals and establish a maintenance plan at the JCC.

By appointment

JCC MVP: 2 People: \$35/hr | 10 Sessions: \$300

3 People: \$30/hr | 10 Sessions: \$250

4-6 People: \$25/hr | 10 Sessions: \$200

### Adult Recreation

#### Squash Semi or Private Lessons

(8 years and up)

Lessons for individuals, novice or experienced, looking to accelerate their squash development through basics and advanced strategy. Taught by Lead Instructor, Eric Boyer.

(4/2 - 6/30) By appointment

30 or 60 minute session

Private (60 min): \$70 | JCC MVP: \$50

Semi-Private/Student: \$40 | JCC MVP: \$30

#### Squash Group Lessons

Lessons for groups of 3-4 people, novice or experienced, looking to accelerate their squash development through basics and advanced strategy. Taught by Lead Instructor Eric Boyer.

(4/2 - 6/30) By appointment,

Private: \$70 | JCC MVP: \$50

Semi-Private: \$140 | JCC MVP: \$130



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Programs must be pre-registered and paid for prior to the start date. Restrictions may apply as the JCC does not offer refunds or exchanges on programs or membership.

### Sunday Squash Skills Clinics

Whether your looking to reach the next ranking level or just improve on your skills, join lead instructor Eric Boyer in our Sunday clinics as participants will work on different aspects of the game. A minimum of 2 participants needed for clinics to run. All drop-in participants must be registered by 4:00pm the Friday before.

Sundays, (4/2 - 6/25), 9:00am - 10:00am

Women's Clinic, 10:00am - 11:00am

JCC MVP: \$120 for full session; Drop-In Rate: \$15/class

### Pickleball

(18 years and up)

Pickleball is a combination of tennis, badminton, and ping pong. The game is played with a paddle and a wiffle ball on a short court. No prior experience is necessary. You provide the body and we will supply the paddles and balls.

Wednesdays, Thursdays, Fridays (4/5 - 6/30; No Pickleball 4/12, 5/31)

12:30pm - 2:00pm

Price: \$4/session | JCC MVP: Free

### Lehigh Valley Pickleball Open

Join us for the inaugural Pickleball tournament at the Lehigh Valley. Players will compete in singles, doubles, and mixed doubles format. Player registration will cover all events.

Saturday, Sunday, Monday (6/24 - 6/26)

8:00am - 6:00pm

Price: \$35 | JCC MVP: \$25

Optional T-Shirt: \$10

### Ted Glass Adult Basketball League

(18 years and up)

Got Game? Well come show everyone in our spring adult basketball league. Bring your own team or sign up to be drafted onto one. The regular season will be followed by playoffs and a league championship game. Maximum of 10 players on each roster.

Mondays, Wednesdays (3/29 - 6/28; No Basketball 4/12, 5/29, 5/31)

6:00pm - 10:00pm

Individual Price: \$80 | JCC MVP: \$65

### Wellness Events

#### JHoops Spring Lock In

(3rd - 8th Grade)

Come party all night long with Coach T, JHoops coaches, and recreation staff as we stay up all night participating in fun activities such as NBA 2k tournament, 3-on-3 tournament, 3-point competition, movies, swimming, and more. Light snack and bagel breakfast will be provided to all participants.

Saturday, 4/22 - Sunday, 4/23

Price: \$50 | JCC MVP: \$30

8:30pm - 8:00am

### 2017 Mid-Atlantic Jr. Maccabi Games

(10 - 12 years)

Calling all Jewish athletes ages 10 - 12 (as of May 7th) in the Lehigh Valley! We invite you to be a part of the Lehigh Valley delegation as we are returning to the Mid-Atlantic Jr. Maccabi Games at the Siegel JCC in Wilmington, DE. Athletic events will include: boys basketball, girls basketball, swimming (9 - 12 years old), tennis, four square, chess, and yes, Ga Ga.

Sunday, 5/7

Price: \$125 | JCC MVP: \$85

7:00am - 6:00pm

### 5th Annual JCC Ride for Fitness 2017

Join us in Upper Saucon Township Park for our annual bike event benefiting the fitness department. Family/children's ride will be on the Upper Saucon Rail Trail which the park is situated on. More details to come.

Sunday, 5/28 (Rain Date: Monday, 5/29)

Price: \$36/Adult; \$20/Additional Family Member; \$10/Under 13; \$10/Spectators

7:30am - 12:00pm

### JCC Bench/5K

Anyone can do it! See how many reps you can do and how fast you can run in our inaugural event at Camp JCC. Each bench press rep counts towards a deduction off your running time. Use our PT/Fitness Staff to help you prepare!

Sunday, 6/25, 8:00am - 12:00pm

Price: \$25/Adult; \$20/Additional Family Member; \$15/Under 13

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## Wellness Services

### Private Locker and Basket Rental

The JCC offers private locker rentals for our members. You will receive a locker in our men's or women's health clubs complete with a lock, basket for shoes and other items, and personalized name plate from the J. The locker system will give members ease of mind knowing their belongings are secure without having to lug them home every day. A 6 month commitment is required. Available for purchase with a credit card only.

Price: \$5/month for basket | \$10/month for locker

### Massage at the J

Relax and complete your wellness regimen with massage services from our certified therapists. The benefits of massage include stress reduction, pain relief, enhanced mental focus, improved posture, injury recovery, relaxation and reduced muscle tension, and improved mobility and flexibility. Services include Swedish Massage, Medical Massage, Sports Massage, Myofascial Release, Active Isolated Stretching, Orthopedic Pain Management, and more.

30 Min | 1 Session | Price: \$37 | JCC MVP: \$25

30 Min | 3 Sessions | Price: \$102 | JCC MVP: \$68

30 Min | 5 Sessions | Price: \$169 | JCC MVP: \$113

60 Min | 1 Session | Price: \$75 | JCC MVP: \$50

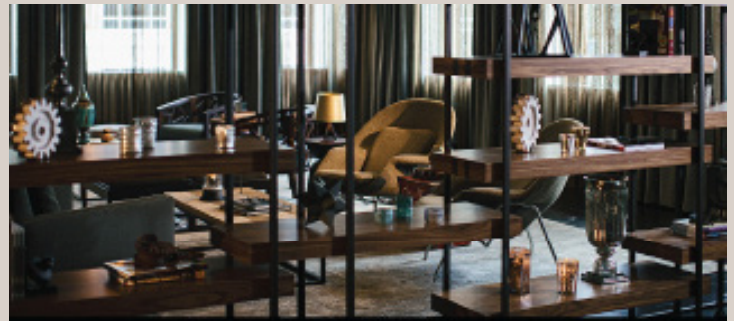
60 Min | 3 Sessions | Price: \$202 | JCC MVP: \$135

60 Min | 5 Sessions | Price: \$337 | JCC MVP: \$225

90 Min | 1 Session | Price: \$112 | JCC MVP: \$75

90 Min | 3 Sessions | Price: \$305 | JCC MVP: \$203

90 Min | 5 Sessions | Price: \$507 | JCC MVP: \$338



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