




Winter 2012 Wellness At-A-Glance

JCC of Allentown 702 N. 22nd Street Allentown, PA 18104 610.435.3571 www.allentownjcc.org

Winter 2012 FITNESS CLASSES JANUARY 2 - MARCH 30						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling with Amy 9:00am-10:00am	Body Combat 9:30-10:30	Cycling with Tracy 9:00-10:00	Body Combat 9:15-10:15	Body Pump 9:15-10:15	Body Combat 9:15-10:15	Body Combat 9:30-10:30
Fitness Ball 10:00-11:00	Silver Sneakers MSROM 10:00-10:45	Body Pump 9:15-10:15	Silver Sneakers 10:00-10:45	Butts & Guts 10:30-11:00	Silver Sneakers MSROM 12:00-12:45	 12.23.11
Cycling with Tracy 11:00-12:00	Flow 10:45-11:45	Fitness Ball 10:15-11:15	Fitness Ball 10:15-11:15	Zumba Silver & Gold 12:00-12:30		
	Cycling with Kinga 5:30-6:30	Butts & Guts 6:00-6:45	Rollers 12:00-12:30	Cycling with Kinga 6:00-7:00		
	Fitness Ball 7:00-8:00	Body Combat 7:15-8:15	Zumba Jam 6:15-7:00	Flow 7:00-8:00		
	Israeli Dancing 7:30-9:30 Basic	Flow 8:15-9:15		Fitness Ball 7:00-8:00		

Winter 2012 AQUATICS AT A GLANCE JANUARY 2 - MARCH 30						
Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap
8:30-12:30	6:30-10:00	6:30-11:00	6:30-10:00	6:30-11:00	6:30-10:00	8:30-12:00
Open /Family (1 Lap Lane) 12:30-1:30	H2O Jogging Club (2 Lap Lanes) 10:00-11:00	Aqua Aerobics 11:00-12:00	H2O Jogging Club (2 Lap Lanes) 10:00-11:00	Aqua Aerobics 11:00-12:00	H2O Jogging Club (2 Lap Lanes) 10:00-11:00	Splash n Play (2 Lap Lanes) 12:00-12:30
Swim Team Jr 1:30-2:15 *** Sr 2:15-3:15 ***	Aqua Arthritis (1 Lap Lane) 11:00-12:00	Aqua Zumba (1 Lap Lane) 12:00-1:00	Aqua Arthritis (1 Lap Lane) 11:00-12:00	Adult Lap 12:00-2:00	Aqua Arthritis (1 Lap Lane) 11:00-12:00	Open/Family (1 Lap Lane) 12:30-3:30
Lessons 1, 2, 3 (1 Lap Lane) 3:30-4:00	Adult Lap 12:00-3:00	Adult Lap 1:00-1:30	Adult Lap 12:00-2:00	Open/Family (1 Lap Lane) 2:00-4:00	Adult Lap 12:00-3:00	
Lessons 4, 5, 6 (1 Lap Lane) 4:00-4:30	Open/Family (1 Lap Lane) 3:00-4:30	Lessons 1, 2, 3 (1 Lap Lane) 2:15-2:45	Splash n Play (2 Lap Lanes) 2:00-2:30	Lessons 2, 3, 4 (1 Lap Lane) 4:00-4:30	Open/Family (1 Lap Lane) 3:00-5:30	
*Miracle Swim in 1 Lane every other Sunday	Swim Team Jr 4:30-5:15 *** Sr 5:15-6:15 ***	Open/Family (1 Lap Lane) 2:45-4:00	Open/Family (1 Lap Lane) 2:30-4:00	Swim Team Jr 4:30-5:15 *** Sr 5:15-6:15 ***	Swim Team Jr 4:30-5:15 *** Sr 5:15-6:15 ***	
	Open/Family (1 Lap Lane) 6:15-7:30	Lessons 2,3,4 4:00-4:30	Adult Lap 4:00-4:30	Adult Lap 6:15-9:00		 12.23.11
	Adult Lap 7:30-9:00	Adult Lap 4:30-6:00	Swim Team Jr 4:30-5:15*** Sr 5:15-6:15***			
		Adult Technique (2 Lap Lanes) 6:00-7:00	Lesson 3,4, 5 (1 Lap Lane) 6:15-6:45			
		Adult Lap 7:00-9:00	Adult Lap 6:45-9:00			

WINTER 2012 RECREATION AT A GLANCE JANUARY 2 - MARCH 30						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Men's Basketball 21+ 9:00-12:00	Silver Sneakers Aux. 10:00-10:45	ECE 9:30-12:30	ECE 9:30-12:30	ECE Gimel G 10:30-11:00 Gimel D 11:00-11:45 Habonim 11:45-12:30	Silver Sneakers Aux. 12:00-12:45	Open Gym 1:00-4:00
K-2nd 12:30-1:30	Kindergarten Gym 11:30-12:15	Open Gym 1:15-2:00	Silver Sneakers Aux. 10:00-10:45	Open Gym 1:00-3:00		 12.23.11
1:30-2:30	Enrichment	Open Gym	Enrichment	Enrichment		
2:30-3:30						
3:30-4:30	Girls 7-8	Open Practice 5:00-7:00	Cadets 5:00-6:00 6:00-7:00	Girls 7-8 5:00-6:00 6:00-7:00		
Youth Basketball League: Game schedules subject to change. Please call 610.435.3571 for updates.						

POLICIES/DISCLAIMERS
 Classes, instructors and locations are subject to change. Please check daily schedule for class location.
 All classes subject to min. & max. number of participants. If after 3 weeks a minimum of 5 people are not attending a class, it may be removed from the schedule.