




September Fitness schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|---|--|--|
| Yoga 4 Everyone 7:00-8:00am Alex (GX) | MX4 6:30-7:00am Harold (FC) | Yoga 4 Everyone 7:00-8:00am Alex (GX) | MX4 6:30-7:00am Harold (FC) | Yoga 8:00-9:00am Orly (DS2) | Pilates Reformer (\$) 10:30-11:30am Mercedes (PS) | Slow Flow HathaYoga 2Hrs/ 8:30-10:30am Karen (AS) Every other sunday |
| Pilates Reformer (\$) 7:30-8:30am TBA (PS) | Pilates Reformer (\$) 7:00-8:00am Mercedes (PS) | Pilates Reformer (\$) 7:30-8:30am Mercedes (PS) | Pilates Reformer (\$) 7:00-8:00am Brigette (PS) | X-Training 8:15-9:15am Olga (OF) | | |
| Zumba 8:00-9:00am Christian (DS1) | Yoga 8:00-9:00am Orly (DS2) | MX4 Plus 7:15-8:15am Richard (FC) | Yoga Core Strength 8:15-9:15am Karen (AS) | MX4 8:30-9:00am Nico (FC) | | Cycling 9:15-10:15am Richard (CS) |
| Yoga Fusion 8:15-9:15am Karen (AS) | Pilates Reformer (\$) 8:15-9:15am Mercedes (PS) | Pilates Reformer (\$) 8:15-9:15am Mercedes (PS) | Pilates with Props 8:15-9:15am Mercedes (GX) | Step/Cardio Barre abs 9:30-10:30am Lisa (AS) | | MX4 10:30-11:00am Harold (FC) |
| TRX 8:30-9:30am Nico (PG) | PilatesMat/Barre 8:15-9:15am TBA (GX) | Zumba 8:15-9:15am Christian (DS1) | Pilates Reformer (\$) 8:15-9:15am Brigette (PS) | MX4 9:30-10:00am Felipe (FC) | | MX4 2:00-2:30pm Harold (FC) |
| MX4 8:30-9:00am Harold (FC) | Cycling 8:30-9:30am Vivi (CS) | MX4 8:30-9:00am Nico (FC) | Cycling 8:30-9:30am Alex (CS) | | | |
| Pilates Reformer (\$) 9:15-10:15am TBA (PS) | FitBoxing 8:30-9:30am John (G) | Core Explotion 8:30-9:30am Olga (AS) | FitBoxing 8:30-9:30am John (G) | | | |
| MX4 9:00-9:30am Harold (FC) | MX4 8:30-9:00am Alex (FC) | Crossfit Cardio (AC) 9:00-10:00am Nathalie/John (TC) | MX4 8:30-9:00am Harold (FC) | | | |
| Step/Cardio Barre 9:30-10:30am Lisa (AS) | Pilates Reformer (\$) 9:15-10:15am Mercedes (PS) | Pilates Reformer (\$) 9:30-10:30am Mercedes (PS) | Pilates Reformer (\$) 9:15-10:15am Mercedes (PS) | | | |
| Taichi 11:30-12:30pm Rigo (AS) | MX4 9:30-10:00am Harold (FC) | Yoga Beginners 9:30-10:30am Monica (DS2) | MX4 9:30-10:00am Alex (FC) | | | |
| MX4 4:30-5:00pm Alex (FC) | Cycling 4:30-5:15pm Vivi (CS) | MX4 9:00-9:30am Alex (FC) | MX4 4:15-4:45 pm Alex (FC) | | | |
| Cycling 5:15-6:00pm Alex (CS) | MX4 4:15-4:45pm Alex (FC) | Step/Cardio Barre 9:30-10:30am Lisa (AS) | MX4 5:45-6:15pm Harold (FC) | | | |
| Yoga 6:30-7:30pm Alex (GX) | MX4 5:45-6:15pm John (FC) | Taichi 11:00-12:00pm Rigo (AS) | Yoga Beginners 6:30-7:30pm Monica (GX) | | | |
| MX4 6:30-7:00pm Felipe (FC) | Zumba and Toning 6:30-7:30pm Tony (DS1) | MX4 4:30-5:00pm Alex (FC) | MX4 6:30-7:00pm Harold (FC) | | | |
| X-training 7:00-8:00pm Olga (AS) | MX4 7:00-7:30pm Olga (FC) | MX4 6:30-7:00pm Olga (FC) | X-training 7:00-8:00pm Olga (AS) | | | |
| | | Zumba 6:30-7:30pm Christian (DS1) | | | | |

CARDIO POWER



ENDURANCE STRENGTH

MX4 is a 30-minute small group class training session with exciting workouts to improve your cardiovascular fitness, strength and endurance that's right for you.

Revised August 30th . 2019
 (AS) Aerobics Studio - (CS) Cycling Room - (DS1) Dance Studio 1 - (DS2) Dance studio 2 - (PS) Pilates Studio - (FC) Fitness Center
 (GX) Group Ex Studio - (G) Gymnasium - (OF) Outside Field - (PG) Play Ground - (TC) Tennis court

ALL CLASS INCLUDING IN THE MEMBERSHIP Except for PILATES REFORMER (\$) Additional Cost Class
 Pilates Reformer - Members: \$20 / 10-Pack. \$180 // Pilates Reformer Non Members: \$28 / 10-Pack. \$240
 Cardio Crossfit Tennis - Members: \$25

Sign up for classes online with the **MINDBODY APP**.
 For questions and comments please call (305) 932-4200 Ext. 136.

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



September

MX4 SCHEDULE



| Monday | Tuesday | Wednesday | Thursday | Friday | Sunday |
|-----------------------|------------------------|---------------------|-----------------------|------------------------|-------------------------|
| | 6:30-7:00am Harold | | 6:30-7:00am Harold | | |
| 8:30-9:00am Harold | 8:30-9:00am Alex | 8:30-9:00am Nico | 8:30-9:00am Harold | 8:30-9:00am Nico | |
| 9:00-9:30am Harold | 9:30-10:00am Harold | 9:00-9:30am Alex | 9:30-10:00am Alex | 9:30-10:00am Felipe | |
| | | | | | 10:30-11:00am Harold |
| 4:30-5:00pm Alex | 4:15-4:45pm Alex | 4:30-5:00pm Alex | 4:15-4:45pm Alex | | 2:00-2:30pm Harold |
| | 5:45-6:15pm John | | 5:45-6:15pm Harold | | |
| 6:30-7:00pm Felipe | | 6:30-7:00pm Olga | 6:30-7:00pm Harold | | |
| | 7:00-7:30pm Olga | | | | |

THESE CLASSES ARE INCLUDED IN YOUR MEMBERSHIP!

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Revised August 30th, 2019



September

Senior Fitness Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Sunday |
|--|---|---|---|---|---|
| Yoga Fusion 8:15-9:15am Karen (AS) | Senior Aerobics 8:45-9:45am Sue (KA) | Stretch and Flex 8:45-9:45am Sue (KA) | Yoga Core Strength 8:15-9:15am Karen (AS) | Fit Dance Explosion (FY) 8:30-9:30am Tony (AS) | Slow Flow HathaYoga 2Hrs/ 8:30-10:30am Karen Aerobis Studio Every other Sunday |
| Stretch and Flex 8:45-9:45am Sue (KA) | ChairFlex 8:45-9:30am Tony (AS) | Cardio Barre 9:30-10:30am Lisa (AS) | Pilates with Props 8:15-9:15am Mercedes (GX) | Stretch and Flex 8:45-9:45am Sue (KA) | |
| Cardio Barre 9:30-10:30am Lisa (AS) | Low Impact 9:30-10:15am Tony (AS) | Aquacize 9:45-10:45am Karen (P) | Senior Aerobics 8:45-9:45am Sue (KA) | Cardio Barre 9:30-10:30am Lisa (AS) | |
| Meditation 9:30-10:15am Karen (L) | Aquacize 9:45-10:45am Karen (P) | SilverSneakers 2 10:30-11:30am Olga (AS) | Low Impact 9:30-10:15am Tony (AS) | Aquacize 9:45-10:15am Tony (P) | |
| Aquacize 9:45-10:45am Nico (P) | Pilates Buff Bones 10:30-11:30am TBA (AS) | Tai Chi 11:00-12:00pm Rigo (KA) | Aquacize 9:45-10:45am Karen (P) | Latin Cardio 10:30-11:15am Tony (AS) | |
| SilverSneakers 2 10:30-11:30am Olga (AS) | Latin Cardio 10:30-11:15am Tony (G) | Tai Chi (PK) 12:00-1:00pm Rigo (AS) | Pilates Buff Bones 10:30-11:30am Brigette (AS) | SilverSneakers 1 11:30-12:30pm Tony (AS) | |
| Tai Chi 11:30-12:30pm Rigo (AS) | SilverSneakers 1 11:30-12:30pm Karen (AS) | Speech Therapy (PK) 12:00-1:00pm Adele (L) | Latin Cardio 10:30-11:15am Tony (G) | Latin movement (PK) 1:00-2:00pm Tony (AS) | |
| Chair Yoga (FY) (PK) 1:00-2:00pm Karen (AS) | Gentle Yoga 12:30-1:30pm Karen (AS) | Rock Steady Boxing (PK) 1:00pm-2:00pm Dany (G) | ChairFlex 11:15-12:00pm Tony (G) | | |
| | Rock Steady Boxing (PK) 12:00-1:00pm Dany (G) | | SilverSneakers 1 11:30-12:30pm Marion (AS) | | |
| | Rock Steady Boxing (PK) 1:00pm-2:00pm Dany (G) | | Rock Steady Boxing (PK) 12:00-1:00pm Dany (G) | | |
| | | | Rock Steady Boxing (PK) 1:00pm-2:00pm Dany (G) | | |

Aerobics Studio (A)
Katz Auditorium (KA)

Group Ex. Studio (GX)
Gymnasium (G)

Parkison Support (PK) Pool (P) Library (L)
TAI CHI: One class \$5 // 10-Class Package \$40

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