



Fitness & Recreation

More than just a gym, the J is a community. Where neighbors, families and friends can get fit, have fun, and build friendships in a supportive environment. No matter your ability or interest, our programs and facilities will help you get energized, balanced and moving. Break a sweat at the Habush Family Fitness Center, schedule a personal training session, or join a rec sports league. Take a break by the pool at the Peck Aquatic Center or JCC Water Park. Offering individual, group, and team fitness and recreation programming for adults, seniors, families, and children of all ages, there's something for everyone.

jccmilwaukee.org/programs/fitness-recreation

Fall Fitness Forecast

One of the ways in which the JCC strives to create a healthier Milwaukee is by providing fitness offerings that help meet almost any fitness goal in the diverse community we serve. This fall we are excited to highlight 4 new or renewed programs that will allow us to continue to expand our services.

Les Mills Group Exercise Classes

In 1968, four-time Olympian Les Mills started his first gym in Auckland, New Zealand, featuring basic strength and cardio training for a small community of athletes. 50 years later, Les Mills International is the hub of a global revolution – a vibrant destination where the world's top fitness talent create new ways to get fit, combining music with movement, and then taking it to the world.

We are excited to announce that this fall, Les Mills group exercise programming will be added to the JCC's already diverse and popular group exercise classes. Members can look forward to the addition of Les Mills Bodypump, Bodycombat, and Sprint to our schedule. Mixing the hottest music with cutting-edge exercise science, motivation, and the energy of many, these group fitness classes offer our instructors the tools to make you fall in love with fitness all over again.

Restorative Stretch

JCC Personal Training has recently introduced restorative stretch to their menu of services with the goal of taking clients' recovery days to the next level. Research suggests that stretching after a workout or on a rest day can improve joint mobility and range of motion, which ultimately lets you move more comfortably in everyday life and improves your ability to perform exercises correctly.

The JCC's professional trainers will coach you through recovery exercises, assisted and manual stretching, foam rolling, and Hyperice massage technology during your training session. The pricing structure is the same as the standard personal training sessions which can be found on page 30 in this Journal. Prevent injuries, recover more efficiently, and reach your goals faster through restorative stretch!

Burn

Our group interval training, formerly known as Afterburner, has gotten another face lift! With the launch of Burn, two signature class structures have been revamped to provide clients with personal training results in a small group setting.

Burn - 60 minute class that alternates 40 seconds of exercise with 20 seconds rest per interval.

Burn Extreme - 60 minute class that alternates 50 seconds exercise with 10 seconds of rest per interval and features a Burnout with no breaks in the final round.

Burn will focus on increasing strength while mixing in high-intensity interval training (HIIT) to provide defined results. Burn Extreme is all about making you sweat by utilizing the rowers and cardio moves throughout the workout. We are also offering a Burn Express class that condenses a standard Burn class into 30 minutes. Burn classes utilize the TRX Suspension Trainer, TRX Rip Trainer, Kettlebells, and much more to ensure you're getting the best workout possible!

Try BURN for FREE during Kickoff Weekend on Saturday, October 5, at 9:30AM in the Marcus Gym and/or Sunday, October 6, at 8:05AM in Studio B. See details on page 32.

Mat Pilates

If you are ready to explore the world of Pilates, you couldn't have picked a better time! This fall we are lowering the price of our mat and barre classes for JCC members. Mat Pilates is a staple for building core strength, increasing flexibility, and de-stressing. A great addition to any fitness plan, Pilates can also help you with lower back pain, joint mobility, and enhanced sports performance. Instructors are able to offer variations to challenge different levels of participants and provide modifications for any injuries and limitations. See page 35 for more details on Mat Pilates at the JCC.

We look forward to working with you this fall to meet your wellness goals and help you find a fitness community that motivates and inspires you. With the myriad of offerings available to our members – including training, aquatics, recreation, yoga, indoor cycling, Pilates, cardio, strength, and so much more – there has never been a better place to find your center!