

OJC Fitness Center

Class Description Fall 2018-19

SilverSneakers® Classic w/T'Neil Magdaleno

Tues & Thurs 8am-9am in Fitness Center Aerobic Room 102

This class offers improved muscular strength, increased range of movement and flexibility, a variety of support positions with a chair designed to improve overall functional conditioning, and safe, fun and effective movements with hand held weights, elastic tubing, and silversneakers ball.

PED 120 Aerobics w/Janet Carrillo

Mon, Wed, & Thurs 12pm-12:50pm in Fitness Center Aerobic Room 102

Cardio and Toning Class that works total body training. This class utilizes an interval workout designed to burn calories along with kicking and punching combos, strength training and cardio burst training.

PED 122 Step Aerobics-Step/Body Bar w/Lisa Bamber

Mon & Wed 5:30pm-6:30pm in Fitness Center Aerobic Room 102

Body Bar & Step classes offer improved muscular strength, enhanced muscle tone, improved cardio endurance, and increased flexibility. This class allows you to vary your ability from low impact to high impact.

The Body Bar® – a one piece weighted fitness bar encased in high quality easy grip rubber for a secure and comfortable grip. User friendly, versatile, The Body Bar® is an excellent addition to a variety of workouts including strength & conditioning, circuit & interval classes, kick boxing, balance & alignment, and toning.

PED 129 Zumba w/Holly Huerta

Tues & Thurs 6pm-7pm & Sat 9am-10am in McDivitt Center Gym

Come and exercise the fun way in a wonderful dance class. Learn Salsa, Meringue, Cumbia, Belly Dancing, Flamenco, Tango, Samba, and Hip Hop.

PED 163 Martial Arts w/Ron Striegel

Mon & Wed 6:00pm-7:15pm in McDivitt Gym Aerobics Room

Introduction basic martial arts technique and forms designed to improve the physical and mental capacity of an individual. Enables the student to gain an understanding of the basic philosophies and concepts around the martial arts and the approach to ethics. Provides a clear-cut guide for developing a powerful sense of character and will.

Beginning Ballet 1 w/Jennifer Jackson

Tues 4:30pm-5:15PM in McDivitt Gym Aerobics Room

Beginning ballet class focusing on the basics of ballet. Geared toward the absolute beginner in grades 1 & 2. Basic movement with emphasis on correct body placement and vocabulary.

Beginning Ballet 2 w/Jennifer Jackson

Tues 5:15pm-6:15pm in McDivitt Gym Aerobics Room

Expanding on the skills learned in Beginning Ballet 1, dancers in grades 2 & 3 will continue to build their skill set and vocabulary in this level

Pointé w/Jennifer Jackson

Mon 6:45pm-7:45pm in McDivitt Gym Aerobics Room

Ballet technique class focusing on pointé work.

Chaos Weightlifting Club w/T'Neil Magdaleno

Tues & Thurs 6:00pm-7:30pm in Fitness Center

Chaos Weightlifting Club provides instruction in performing the Olympic style lifts of the snatch and clean & jerk. These lifts help to train total body strength and power, balance, and coordination. Training with a level 2 USA Weightlifting coach and competitive weightlifter himself, each program will be specifically designed for each individual that participates. Rates for the club are \$65 per month for 2 sessions a week and \$45 for 1 session a week. Additional training times and cost can be discussed. Participation is on a month to month basis and new members are welcome to join at any time.

Gym Equipment Orientations- Open to all fitness center members and OJC faculty and Staff and happens every Monday between 11am and 1pm. Learn how to use all the gym equipment (selectorized machines, cardio equipment, modular system, etc...). Learn of new classes and events happening at the fitness center and take time to talk with certified professionals T'Neil Magdaleno or Stacey Holewinski on ways to improve your fitness plan.

Classes are subject to change. Please feel free to contact us for any questions, concerns, or suggestions-
T'Neil Magdaleno at 719-384.6919