

JCC Neulander Family Sports & Fitness Center Hours

Mon-Thurs 5:30 AM - 9:00 PM, Fri 5:30 AM - 6:00 PM, Sat 8:00 AM - 4:00 PM, Sun 7:00 AM - 6:00 PM

GROUP EXERCISE SCHEDULE

EXERCISE

	SUN	MON	TUES	WED	THU	FRI	SAT
6 AM		6:00 - 6:45 AM Muscle Sculpt Marie	6:00 - 6:45 AM X-Biking Marie	6:00 - 6:45 AM Muscle Sculpt Marie	6:00 - 6:45 AM X-Biking Karen B.	6:00 - 6:45 AM Muscle Sculpting Marie	
				8:45 - 10:15 AM Total Body Conditioning with Step Vanessa	7:00 - 7:45 AM Yoga Shauna		
		8:15 - 9:00 AM Stretch & Tone	8:00 - 8:55 AM Yoga* Christine	9:00 - 9:50 AM Power Yoga* Michele	8:45 - 9:30 AM X-Biking Marie	9:00 - 9:50 AM Chair Class Aaron	
		9:00 - 10:00 AM Chair Class Joe		9:00 - 9:50 AM Chair Class Aaron	9:35 - 10:30 AM Yoga* Kay	8:30 - 9:25 AM Muscle Sculpting Elsa	9:00 - 10:00 AM Zumba Linda
	9:00 - 9:55 AM X-Biking Rotation	9:00 - 10:30 AM Total Body Conditioning with Cardio Intervals	9:00 - 9:55 AM X-Biking Aaron	10:15 - 11:00 AM Zumba Kellie	10:00 - 11:00 AM Pilates* Karen	9:30 - 10:30 AM Total Body Conditioning with Step Vanessa	10:00 - 10:30 Stretch & Tone Linda
	10:00 - 10:55 AM Muscle Sculpting Rotation		10:00 - 11:00 AM Pilates* Sue				
	12:00 - 1:00 PM Family Gym Aaron	11:00 - 11:50 AM** Senior Strength & Balance Combo Donna	11:05 - 12:00 PM Chair Pilates Sue	11:00 - 11:50 AM** Senior Strength & Balance Combo Robin	11:00 - 11:50 AM Exercise Chairs Joe	11:00 - 11:50 AM** Senior Strength & Balance Combo Elsa	10:35 - 11:30 AM NIA* Team
	12:00 - 1:00 PM Teen Plyo. Michael		11:05 - 12:00 AM NIA* Marci		11:35 - 12:30 AM NIA* Elaine		
		4:30 - 5:30 PM Pilates* Paula	4:00 - 4:50 PM Tween Training Aaron		4:00 - 4:50 PM Tween Training Aaron	Basic fitness classes are included in Full Fitness Memberships. Non-Fitness Members pay \$60/session or \$12 drop-in. "Mind/Body class (NIA, Yoga, Pilates) are offered at an additional charge to participants. These classes run in ongoing 6 week sessions. Members: \$36/session or \$8 drop-in fee **The Senior Class on Mondays at 11:00 AM is free to all seniors. Senior Classes Wednesday at 11:00 AM & Friday at 11:00 AM carry a fee for Non-members and Non-Fitness Members unless they are being sponsored by a grant from the Onondaga Department of Aging and Youth. Please check-in at the Fitness Center desk for more details. Schedule is subject to change at management's discretion. Classes can be cancelled when enrollment levels do not meet requirements.	
			4:30 - 5:30 PM Pilates* Linda		5:45 - 6:30 PM Zumba Linda		
		5:35 - 6:30 AM Zumba Paula		6:00 - 6:55 PM Muscle Sculpting Team	6:35 - 7:35 AP Yoga Lates Paula		
	6:00 - 6:55 PM Interval Training Alicia						
1 PM							
8 PM							

Tuesdays!
7 - 8 pm
Beginner Tap
8 - 9 pm
Intermediate Tap
9 - 10 pm
Advanced Tap
Barry Shulman

(315) 234-4522 Fitness Desk

The JCC Neulander Family
Sports & Fitness Center
at the JCC of Syracuse