

JCC NEULANDER FAMILY SPORTS & FITNESS CENTER 2008 GROUP EXERCISE SCHEDULE / FALL

EXERCISE

	SUN	MON	TUE	WED	THUR	FRI	SAT
6AM		6:00-6:55am Muscle Sculpting Kristie	6:00-6:45am X-Biking Team	6:00-6:55am Muscle Sculpting Linda	6:00-6:45am X-Biking Patti		
7AM							
8AM							
9AM		8:30-9:30am Muscle Sculpting Joanne	8:45-9:30am X-Biking Joanne		8:45-9:30am X-Biking Joanne	8:30-9:30am Muscle Sculpting Shannon	
10AM	9:00-9:40am X-Biking Joanne	9:35-10:30am Step Vanessa	9:30-10:30am Yoga* Hannah	9:00-10:15am Boot Camp Joanne	9:30-10:30am Yoga* Hannah	9:35-10:30am Sports Drills Vanessa	9:00-10:30am Boot Camp Linda
30	9:50-10:45am Muscle Sculpting Joanne		10:30-11:30am Pilates* Joanne	10:15-11:00am Zumba Tammy	10:30-11:30am Pilates* Karen		10:30-11:30am NIA* Marianne/Marci
12PM		11:00-11:50am** Senior Strength Training Donna		11:00-12:00am** Senior Keeping Your Balance Tami	11:35-12:35pm NIA* Marianne	11:00-11:50am** Senior Strength & Balance Combo Elsa	
1PM		12:00-1:00pm NIA* Marianne					

JCC Neulander Family Sports & Fitness Center Hours

Mon.-Thurs 5:30am - 9:00pm, Fri 5:30am - 6:00pm, Sat 8:00am - 4:00pm, Sun 7:00am - 6:00pm
Child Care Hours: Monday - Friday: 8:00-11:00am Sunday: 8:30-11:45 am Or by Appointment.

3PM							
4PM		3:30-4:20pm GeoMat Ages 12 and Up		3:30-4:20pm GeoMat Ages 12 and Up			
5PM		4:30-5:30pm Pilates* Joanne		4:30-5:20pm GeoMat Ages 6-11			
6PM		6:15-6:30pm Total Abs Linda	5:45-6:30pm Zumba Team	5:45-7:00pm Muscle Sculpting Team	6:00-6:50pm Body Blitz Linda		
7PM		6:30-7:25pm Body Blitz Linda		7:00pm-8:00pm Yoga Kay	7:00pm-8:00pm Pilates* Karen		
8PM		7:40-8:40pm Belly Dancing* Hannah	Adult Tap* Barry Shulman \$5 per class Beginner - 7pm Intermediate - 8pm Advanced - 9pm				

Basic fitness classes are included in Full Fitness Memberships. Non-Fitness members and Non-Members pay the guest pass fee of \$10 per class.

*Mind Body classes (NIA, Yoga, Pilate's & Belly Dancing) are offered at an additional charge to participants. These classes run in ongoing 6 week sessions. Members: \$36/session or \$8 drop-in fee; Non-Members: \$60/session or \$12 drop-in fee.

** The Senior Class on Mondays at 11:00am is free to all seniors. Senior Classes Wednesday at 10:35 & Friday at 11:00am 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 don't meet minimum requirements.

The JCC Neulander
Family

Sports & Fitness Center
at the JCC of Syracuse

(315) 234-4522 Fitness Desk