

JCC NEULANDER FAMILY SPORTS & FITNESS CENTER 2009 GROUP EXERCISE SCHEDULE / SUMMER

EXERCISE

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

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
Child Care Hours: Monday – Friday: 8:00 – 11:00 AM Sunday: 8:30 – 11:45 AM or by appointment.

| | SUN | MON | TUE | WED | THUR | FRI | SAT |
|-----|-----|---|---|---|---|-----|-----|
| 3PM | | | | | | | |
| 4PM | | | | | | | |
| 5PM | | 4:30 – 5:30 PM Pilates* Joanne | | | | | |
| 6PM | | | 5:45 – 6:30 PM Zumba Linda | 6:00 – 6:55 PM Muscle Sculpting Team | 6:00 – 6:50 PM Zumba Linda | | |
| 7PM | | 6:30 – 7:25 PM Body Blitz Alicia | | | | | |
| 8PM | | 7:40 – 8:40 PM Belly Dancing* Chelle | Adult Tap* Barry Shulman \$5 per class Beginner - 7 PM Intermediate - 8 PM Advanced - 9 PM | | | | |

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, Pilates & 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 11:00 AM is free to all seniors. Senior Classes Wednesday at 10:35 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 don't meet minimum requirements.

The JCC Neulander
Family

Sports & Fitness Center

at the JCC of Syracuse

(315) 234-4522 Fitness Desk