

NEULANDER FAMILY SPORTS & FITNESS CENTER

FITNESS STAFF



David Willard
Director of
Sports & Fitness/HPER



Joanne Landy
Group Exercise
Coordinator



Joe Yager
Head Personal Trainer



Michael S. Knapp
Personal Trainer



Aaron Gross
Personal Trainer/
Rock Climbing



Elisa Clark
Front Desk
Coordinator

Geomats Wednesdays 3:30 – 4:30 PM Tweens and Teens!



Our Mission

To provide fitness and health education, training and programming to individuals of all ages in order to help promote permanent, healthy lifestyle patterns and enhance overall physical and emotional well-being.

BABYSITTING / CHILDCARE

Day and Time: Monday - Friday
from 8:00 AM – 11:00 AM
Sundays from 8:30 AM – 11:45 AM

Cost: Free to Members
\$4 per day for Guests and
Non-Members

OPEN GYM

Please see monthly schedule located at our reception desk.

BASKETBALL

Competitive Basketball League starts Monday night February 8. This 12 week league, which includes playoffs, will be on Monday nights. Games start at 6, 7, and 8 PM. Fees are \$350.00 per team; \$74.00 forfeit fee is refundable, \$37 per night for refs and scorekeeper. Call for more details.

Members' Pickup Basketball (18 and older)

Days & Times: Thursdays from 7:00 – 9:00 PM
Sundays from 9:00 – 11:00 AM

Cost: Free to Full-Fitness Members
\$5 Daily Drop-in Rate
Non-fitness members
\$75 one day per week
\$110 two day per week

FITNESS CLASSES FOR TWEENS AND TEENS!

Plyometrics & Core Strengthening Class

Ages: 9 – 19
Days: Sundays
Times: 12:00 – 1:00 PM
Cost: Free for JCC Members
\$5 for Non-Members

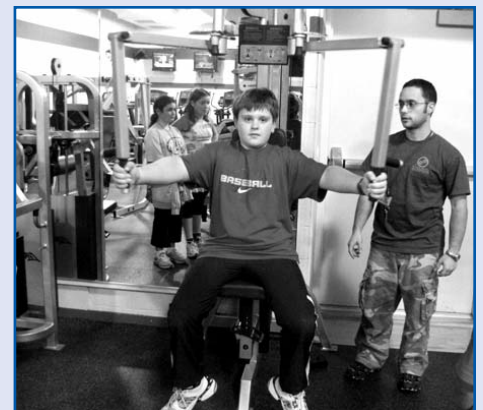
Calling all young athletes! New this fall the JCC will offer a class that will teach young athletes the importance of core strength and dynamics of plyometrics. This program will help teach young athletes how to build core strength as well as the biomechanics or teaching kids how to move their bodies in a fluid manner. The result from implementing this type of training is an exponential increase in speed, power and increase in the fluidity of motion.



Tween Fitness Program

Ages: 9 – 12
Days: Tuesday and Thursday
Times: 4:00 – 5:00 PM
Cost: Free for JCC Members
\$5 for Non-Members

New this fall, Tween fitness is for kids that are not quite old enough for our teen fitness program but are interested in learning about living active and healthy lifestyle so they can remain fit throughout their entire lifetime. This program is geared toward kids from 9-12 years of age and will incorporate all facets of fitness such as rock climbing, track activities, organized sporting games as well as time in the fitness center and aerobics room. A great way to build a foundation for a lifetime of health and wellness!



NEULANDER FAMILY SPORTS & FITNESS CENTER

GROUP EXERCISE CLASSES

Our group exercise schedule is available in the Fitness Center Lobby. We offer numerous classes that fulfill fitness needs for people of all ages. Check often for updates!

Basic (Free) vs Mind Body Classes (Fee Based)

Our group exercise classes fall into two categories: Basic and Mind Body. Mind Body classes are denoted with an asterisk on the group exercise schedule. All other classes are considered basic.

Basic Classes are free for full-fitness members and have a fee associated with them for non-fitness members and /or non-members.

Mind Body Classes are fee based. They are more specialized and require an additional level of certification for our instructors who teach classes focusing on the Mind and Body experience.

CLASSES

Ball Blast Course Level: Basic

This exciting muscle conditioning class sculpts your body with stability, bosu, and medicine balls. There is some use of light to moderate weights as well. Great for balance! All levels welcome.

Belly Dancing Course Level: Mind/Body

Try out one of the newest fitness rages here at the JCC! Belly dancing is a great exercise to strengthen your shoulders, back and abdominal region.

Body Blitz Course Level: Basic

An exciting muscle conditioning class performed to motivating music! Have fun while you sculpt your muscles with light to moderate weights and high repetitions. Come early to set up your STEP as a bench and gather your various props, including free weights, tubing and physio balls. Get results fast!

Boot Camp Course Level: Basic

A high energy calorie blasting work out combining stability and cardiovascular conditioning. The first 45 minutes will focus on core and full body conditioning with the use of stability, medicine and bosu balls. The second 45 minutes will include step plus a few surprises! Don't miss out.



Cardio Training Course Level: Basic

Get all the cardio and conditioning you need in one class. Powerful cardio segments followed by high intensity conditioning intervals challenge your cardiovascular and muscular strength. It is the best of both workouts in one class.

Geomats Course Level: Basic

A new fitness craze designed for teens and pre-teens. Mats are used with brightly textured numerical and directional symbols. Geomats allows kids to get fit in a safe, effective and fun environment. Kids also experience personal success and peer participation. Exercise helps kids avoid feeling of failure and poor self-esteem.

Muscle Sculpting Course Level: Basic

Instructors will use barbells, free weights, bands, and balls to create the ultimate total body shaping class. All levels are welcome.

NIA Course Level: Mind/Body (Neuromuscular Integrative Action)

You asked for it, so we got it! We welcome this exciting new addition to the group fitness schedule. NIA is a blend of concepts, cultures, theories, and movement from the east and west. It is a barefoot technique offering a fusion of movement styles. Experience the expressiveness of dance, the power of martial arts and the wisdom of the healing arts. All fitness levels welcome.

Pilates, All Levels Course Level: Mind/Body

Once you feel comfortable in Essential Pilates challenge yourself in a faster paced course that incorporates the Pilates circle and bands. We will also use large therapy balls to tone abdominals, upper body, hips and thighs while improving coordination and balance.

Sports Drills Course Level: Basic

This is an intermediate to advanced cardio workout using moderate to intense floor and step aerobics, and kickboxing drills. A fun and stimulating fat-burning class.

Step Course Level: Basic

A solid 50-minutes of step aerobics with some low impact aerobics mixed in. Easy to follow patterns and continuous movement for a great cardio workout. All fitness levels are welcome.

Tap With Barry Course Level: Mind/Body

Back by popular demand, Barry Shulman will again be leading tap class at the J! All classes are designed for adults and children over the age of 12. Classes will be run on the New York City System.



X-Biking Course Level: Basic

The JCC is the premier sports club in the area to offer this cutting-edge cycling program. Designed by an Olympic mountain biking coach, the X-Bike uniquely and safely delivers a full-body workout to group cycling enthusiasts by bringing the mountain biking experience indoors. Unlike other traditional cycling classes which just work the legs, this class works the whole body. All fitness levels are welcome.

Yoga Course Level: Mind/Body

A hybrid style of yoga that brings physical benefits by integrating body and mind performance. This class draws from Vinyasa, Lyengar and Viniyoga. Bring towel, water, and we recommend you bring your own Yoga mat. All fitness levels welcome.

Yoga Lates Course Level: Basic

A challenging mind, body workout for all fitness levels, combining Pilates, Yoga, strength and flexibility exercises.

Zumba Course Level: Basic

A fusion of Latin and international music creates an effective low impact workout to get your blood pumping. A variety of fast and slow rhythms help tone and sculpt the body, while you learn easy to follow dance steps. Great cardiovascular workout. Good for all ages.

YOGA LATES

NEW!

Day:	Thursdays
Time:	6:45 PM – 7:45 PM
Cost:	FREE for Members \$10 for Non-members

A challenging mind, body workout for all fitness levels, combining Pilates, Yoga, strength and flexibility exercises.

Instructor Paula Pacini has taught everything cardio high impact aerobics, cardio funk, spinning, yoga, yoga lates, step, slide and toning classes over the past 26 years. She is certified by the Exer Safety Association, FiTour and Yoga Fit and taken various training classes over the years. Paula also has a dance background (ballet, tap, jazz, belly dancing, salsa and ballroom).

NEULANDER FAMILY SPORTS & FITNESS CENTER

Indoor Soccer



Back By Popular Demand!

The weather is moving us indoors, so we're moving indoors...

The weather is moving us indoors, so we're moving indoors...

This beginner-to-advanced class is for Children ages 6 – 13. Don't miss the opportunity to be taught by the best:



Ages: 6 – 13
Day: Sunday
Time: 4:00 PM – 5:00 PM
Dates: December 13 – January 17

AFTER SCHOOL YOGA **NEW!**

Day: Mondays
 Starting November 23
Time: 3:45 PM – 4:30 PM
Cost: FREE for Members
 \$8 for Non-members

This class is specifically designed for children serving their Bodies, Minds and Souls!

Yoga will help your child will deepen their understanding of strength, balance and breath. They will distress from a long day of school and come home relaxed and ready to face their next challenge!

But the most important thing they will have it FUN!



PERSONAL TRAINING

Please look for some new and exciting workout specials and programs at the Fitness Center Front Desk. These programs will get you back to indoor fitness after the long summer of outdoor fun.

One-on-One Personal Training

One-on-One training can cost as little as \$30 per half-hour. Stop by the Sports and Fitness desk to set up a time and to get a list of specials.

Two-on-One Personal Training

More fun for everyone!

ONE-ON-ONE PERSONAL TRAINING

50 minutes	
1 session	\$55
5 session	\$260
10 sessions	\$495
20 sessions	\$935
50 sessions	\$2200

30 minutes	
1 session	\$30
5 sessions	\$140
10 sessions	\$270 (\$27 per)
20 sessions	\$510 (\$25.50 per)
50 sessions	\$1200 (\$24 per)

Fitness Assessments

Are you making improvements? Find out by having a Fitness Assessment.

Fitness Assessments include:

1. Height measurement
2. Weight check
3. Heart rate recording (resting, warm-up and training)
4. Blood pressure reading
5. Body fat percentage calculation
6. Body mass index calculation
7. Cardio respiratory fitness evaluation
8. Flexibility check
9. Muscle strength and endurance analysis (upper body and core)
10. Girth measurements

Cost: \$55 for 45 minutes

TWO-ON-ONE PERSONAL TRAINING

1 Session	\$70
5 Sessions	\$340
10 Sessions	\$595
20 Sessions	\$1120



Boys Teen Training

Ages: Teens
Days: Tuesdays and Thursdays
Times: 3:00 – 3:50 PM
Cost: Free for JCC Members
 \$5 for Non-Members

Working with the JCC's Head Personal Trainer, Joe Yager, teens will focus on strength and conditioning techniques designed specifically for young people's bodies. Each session will focus on stretching, plyometrics, feet drills, core conditioning and age appropriate weight training.

Girls Teen Training

Ages: Teens
Days: Tuesday and Thursday
Times: 3:30 – 4:30 PM
Cost: Free for JCC Members
 \$5 for Non-Members

Working with a JCC Personal Trainer, teens will focus on strength and conditioning techniques designed specifically for their bodies. Sessions will focus on stretching and flexibility as well.

If you are unsure about which class would be good for your fitness level, ask our Fitness Professionals on staff. They are always available to assist you.

MASSAGE

Jasmine Osborne, LMT (licensed massage therapist) offers a unique blend of massage modalities to fit every client's needs.

Jasmine offers:

Swedish Massage	Trigger Point Therapy Massage
Medical Massage	Pediatric Massage
Sports Massage	Prenatal Massage
Connective Tissue Massage	Deep Tissue Massage

NEULANDER FAMILY SPORTS & FITNESS CENTER

SENIOR CLASSES

Designed for the mature adult, these classes are low-impact, and focus primarily on cardiovascular fitness for overall health and well being. Occasionally, we receive grants from the Onondaga Department of Aging and Youth, which makes Wednesday and Friday classes free for seniors. When these grants run out, there will be a fee for non- fitness members to attend these classes. Please check with the fitness center front desk for times.

Neurological Movement Therapy

Day: Mondays, Wednesdays and Fridays
Time: 12:30 – 1:30 PM
Fee: \$50 per month, \$6.00 per session

The JCC's certified Strength and Conditioning Specialist developed this 60-minute program to help enhance the quality of life for individuals coping with the aftereffects of neurological disorders including strokes, Parkinson's Disease, Multiple Sclerosis and Muscular Dystrophy. Participants work with the instructor to execute various strength, balance and resistance exercises.

Senior Fit

Course Level: Basic

Day: Mondays
Fee: Free

The Onondaga Department of Aging and Youth offers this class. It provides a low impact workout that will help improve participant's strength and balance. The course is open to all senior citizens in the community.

Senior Fit

Course Level: Basic

Endurance and Strength

Fee: Full Fitness Members – Free
 Non Fitness Members – \$5
 Non-Members – \$10

This class is designed to get senior adults moving. Set to big band and oldies music, participants will dance and execute chair exercises that are less strenuous on the body.

**From January 6 through March 31 this class is FREE for both members and non-members thanks to a grant from the Onondaga Department of Aging and Youth.*

Senior Fit

Course Level: Basic

Balance and Flexibility

Day: Fridays
Fee: Full Fitness Members – Free
 Non Fitness Members – \$5
 Non-Members – \$10

This class focuses on daily living skills for seniors including developing functional strength, balance and flexibility. These skills provide for a more rewarding lifestyle.

**From January 6 through March 31 this class is FREE for both members and non-members thanks to a grant from the Onondaga Department of Aging and Youth.*

CARDIO INTERVAL WALKING

NEW!

Dates: January 5 – March 30
Time: 11:00 AM – 11:50 AM
Days: Tuesdays and Thursdays
Cost: This class is FREE for both members and non-members.
Thanks to a grant from the Onondaga Department of Aging and Youth.

The program will begin with 3-5 minutes of low intensity movement to get the blood flowing and incorporate a few minutes of warm-up moves such as ankle circles, leg swings, arm circles and calf, shin, and thigh stretching. The walking portion will be offered at varying speeds and durations to allow each participant the opportunity to individualize the program at the same time, the benefits of exercising "with a friend" can be attained in this friendly and warm group fitness atmosphere. The program ends with 5-10 minutes of cooling down that will encourage increased flexibility and balance.

Some tips to improve walking:

Stand tall: Don't slouch your shoulders, lean forward from the waist and keep your eyes on the horizon.

Focus on quicker not longer steps: Your stride will lengthen naturally as you step up your speed.

Bend your arms: Your arms should trace an arc alongside the waist on the back swing to no higher than chest height in the front.

Push off from your toes: Feel like your showing someone behind you the bottom of your shoe on every stride.

Facts: We lose 20 to 40 percent of our muscle tissue as we age. This is called sarcopenia. This term also refers to the decreased quality of muscle tissue often seen in older adults.



MASSAGE

Jasmine Osborne, LMT (Licensed Massage Therapist)
 offers a unique blend of massage modalities to fit every client's needs.

Connective Tissue Massage	Prenatal Massage
Deep Tissue Massage	Sports Massage
Medical Massage	Swedish Massage
Pediatric Massage	Trigger Point Therapy Massage

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

ASK AT THE FITNESS DESK FOR MORE INFORMATION OR CALL 234-4522

YOUR GYM for a Lifetime of Fitness



Fitness for all YOUR stages of life including:

- Kids Yoga, Tween and Teen Training
- Basketball, Rock Climbing and Spinning
- Zumba, Pilates, Yoga, Boot Camp and Tap Dancing
- Neurological Movement Therapy, Senior Fit and Walking programs
- Post Rehab Workouts

Full Fitness Center, Outdoor heated pool, indoor running track & much more!

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

5655 Thompson Rd. DeWitt
 315-445-2360 ■ www.jccsyr.org

NEULANDER FAMILY SPORTS & FITNESS CENTER

NUTRITIONAL COUNSELING

Registered Dietitian Alicia Frisbie

Alicia received an AAS degree in Culinary Arts from Johnson & Wales University, followed by BS degree in Nutrition and Hospitality/Foodservice Management from Syracuse University. Alicia is a Registered Dietitian and a member of the American Dietitian Association, who is available for consult by appointment. Call the Sports and Fitness Center front desk at 234-4JCC to set up an appointment.

NUTRITIONAL COUNSELING

One-on-One 50 Minutes 30 Minutes

1 session	\$45.....	\$25
5 session	\$215.....	\$120
10 sessions	\$400.....	\$230
20 sessions	\$775.....	\$775
50 sessions	\$1850.....	\$1850

Small Group 2 Persons - 50 Minutes Only

1 session	\$65
5 sessions	\$300
10 sessions	\$550
20 sessions	\$1000

ROCK CLIMBING

The JCC's indoor rock wall measures 20 feet wide by 19 feet high, creating a 358 square foot wall that contains five different routes, a bouldering section and 186 different rock shapes. A mostly individual sport, rock climbing is highly technical and challenging activity that requires unique strength, endurance, flexibility and mental focus.

Indoor Rock Wall - Open Climb

Days: Mondays, Wednesdays and Thursdays

Time: 5:30 – 8:00 PM

Cost: Free to Full Fitness Members

Non-Fitness Members -
\$8 per day Drop-In Rate

Adult Unlimited Climb -
\$30 per Month for Non-Members or
Non-Fitness members

Dependent Student (13 and up)
Unlimited Climb - \$25 per Month
for Non-Members or Non-Fitness Members



Safety Belay Certification

This one hour mandatory session is designed for veteran climbers to become familiar with the JCC's rock wall, equipment and procedure. Climbers who have completed the Climbing Basic Certification class do not need to complete this course. Call the Fitness Desk to set up a one-on-one appointment to become certified!

Cost: Full Fitness Members \$20
Non-Fitness Members \$35

After School Lock Ins: The JCC's After School Rock Climbing Lock-Ins are designed to let climbers enjoy the wall through various rock climbing games and challenges. Once climbing begins, the doors are locked and no climbers may leave or enter the room as they participate in an intense workout. Climbers will encounter different climbing routes, individual contests, and team competitions. Registration forms are available at the Fitness Center front desk.

Ages: 6 – 13

Days: Monday, Wednesday, Friday

December

Session 1: 2, 4, 7

Session 2: 9, 11, 14

Session 3: 16, 18, 21

January

Session 1: 11, 13, 15

Session 2: 18, 20, 22

Session 3: 25, 27, 29

February

Session 1: 1, 3, 5

Session 2: 8, 10, 12

Session 3: 15, 17, 19

Session 4: 22, 24, 26

Times offered are 3:15 – 4:00 PM, 4:00 – 4:45 PM, and 4:45 – 5:30 PM. Climbers can only join one time session per day.

Cost: Free to all Full Fitness Members

Participants in the JCC'S After School Programs:

\$33 for 3 sessions

\$45 for 4 Sessions

\$12 per Session

\$6 Drop-In Rate

Non-Members and Non-Fitness Members

\$42 for 3 sessions

\$53 for 4 Sessions

\$14 per Session

\$7 Drop In

Climbing 101

Climbing 101 is designed for climbers aged 6 – 13 with little or no rock climbing experience. Climbers will learn the fundamentals of the rock wall and equipment safety, as well as climbing and belay techniques. Participants will earn their Climbing Basic Certification with the completion of this course.

Ages: 6 – 13

Days: Tuesday & Thursday
December 2 – 18
January 13 – 29
February 3 – 26
(no classes on 17 & 19)

Time: 3:15 – 4:00 PM

Cost: \$65 JCC Full-Fitness Members
\$75 JCC Non-Fitness Members
\$90 Non-Members

Climbing 201

Climbing 201 is designed for experienced climbers who have received their Basic Climbing Certifications. Participants will learn and refine hand and foot techniques, balance and movement skills, and personal climbing dexterity. Take your climbing performance to the next level!

Ages: 6 and up

Days: Tuesday & Thursday
December 2 – 18
January 13 – 29
February 3 – 26
(no class on 17th & 19th)

Time: 4:15-5:00 PM

Cost: \$65 JCC Full-Facility Members
\$75 JCC Non-Fitness Members
\$90 Non-Members

INFORMATION

JCC Snow Policy

The JCC will make every effort to remain open during a snow emergency. Closings will be announced on TV channels 3, 5, 9 and 10 and on radio stations 620AM, 570AM and 94.5FM. Please call the Center to find out if a class or program is taking place.

In the event of school closings, the JCC will make every effort to remain open for childcare. Please call ahead. This service is open to members and active program participants only.

JCC Kashrut Policy

The JCC kitchen is under the supervision of the Syracuse Va'ad Ha Ir. The kashrut policy requires strict adherence to the list of approved foods that may be brought into the kitchen. This list is available through program staff members.