

# JCC NEULANDER FAMILY SPORTS & FITNESS CENTER 2009-10 GROUP EXERCISE SCHEDULE / WINTER

# EXERCISE

	SUN	MON	TUE	WED	THUR	FRI	SAT
6AM		6:00 – 6:55 AM <b>Muscle Sculpting</b> Kristie	6:00 – 6:45 AM <b>X-Biking</b> Team		6:00 – 6:45 AM <b>X-Biking</b> Patti		
7AM							
8AM		8:15 – 9:00 AM <b>Stretch &amp; Tone</b> Karen	8:00 – 8:55 AM <b>Yoga*</b> Christine				9:00 – 10:00 AM <b>Zumba</b> Linda
9AM	9:00 – 9:45 AM <b>X-Biking</b> Team	9:00 – 10:15 AM <b>Interval Training</b> Joanne	9:00 – 9:55 AM <b>X-Biking</b> Joanne	8:45 – 10:15 AM <b>Step with Weights</b> Vanessa	8:45 – 9:30 AM <b>X-Biking</b> Peg	8:30 – 9:30 AM <b>Muscle Sculpting</b> Elsa	10:00 – 10:30 AM <b>Stretch &amp; Tone</b> Linda
10AM	9:50 – 10:45 AM <b>Muscle Sculpting</b> Team		10:00 – 11:00 AM <b>Pilates*</b> Joanne	10:15 – 11:00 AM <b>Zumba</b> Tammy	9:35 – 10:30 AM <b>Yoga*</b> Kay	9:35 – 10:30 AM <b>Sports Drills</b> Vanessa	
11AM		11:00 – 11:50 AM** <b>Senior Strength Training</b> Donna	11:05 – 12:00 PM <b>NIA*</b> Team	11:00 – 11:50 PM** <b>Senior Keeping Your Balance</b> Tami	10:35 – 11:30 AM <b>Pilates*</b> Karen	11:00 – 11:50 AM** <b>Senior Strength &amp; Balance Combo</b> Elsa	10:35 – 11:30 AM <b>NIA*</b> Team
12PM					11:35 AM – 12:30 PM <b>NIA*</b> Team		
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.

3PM							
4PM				3:30 – 4:30 PM <b>GeoMat</b> Team			
5PM		4:30 – 5:30 PM <b>Pilates*</b> Joanne					
6PM			5:45 – 6:30 PM <b>Zumba</b> Team	6:00 – 6:55 PM <b>Muscle Sculpting</b> Team	5:45 – 6:30 PM <b>Zumba</b> Linda		
7PM		6:30 – 7:25 PM <b>Body Blitz</b> Alicia			6:35 – 7:35 PM <b>Yoga Lates</b> Paula		
8PM			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