

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

# EXERCISE

	SUN	MON	TUE	WED	THUR	FRI	SAT
6AM		6:00-6:55am <b>Muscle Sculpting</b> Kristie	6:00-6:45am <b>X-Biking</b> Team	6:00-6:55am <b>Muscle Sculpting</b> Linda	6:00-6:45am <b>X-Biking</b> Patti		
7AM							
8AM							
9AM		8:30-9:30am <b>Muscle Sculpting</b> Joanne	8:45-9:30am <b>X-Biking</b> Joanne		8:45-9:30am <b>X-Biking</b> Joanne	8:30-9:30am <b>Muscle Sculpting</b> Shannon	
10AM	9:00-9:40am <b>X-Biking</b> Joanne	9:35-10:30am <b>Step</b> Vanessa	9:30-10:30am <b>Yoga*</b> Hannah	9:00-10:15am <b>Boot Camp</b> Joanne	9:30-10:30am <b>Yoga*</b> Hannah	9:35-10:30am <b>Sports Drills</b> Vanessa	9:00-10:30am <b>Boot Camp</b> Linda
11AM	9:50-10:45am <b>Muscle Sculpting</b> Joanne		10:30-11:30am <b>Pilates*</b> Joanne	10:15-11:00am <b>Zumba</b> Tammy	10:30-11:30am <b>Pilates*</b> Karen		10:30-11:30am <b>NIA*</b> Marianne/Marci
12PM		11:00-11:50am** <b>Senior Strength Training</b> Donna		11:00-12:00am** <b>Senior Keeping Your Balance</b> Tami	11:35-12:35pm <b>NIA*</b> Marianne	11:00-11:50am** <b>Senior Strength &amp; Balance Combo</b> Elsa	
1PM		12:00-1:00pm <b>NIA*</b> 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 <b>GeoMat</b> Ages 12 and Up		3:30-4:20pm <b>GeoMat</b> Ages 12 and Up			
5PM		4:30-5:30pm <b>Pilates*</b> Joanne		4:30-5:20pm <b>GeoMat</b> Ages 6-11			
6PM		6:15-6:30pm <b>Total Abs</b> Linda	5:45-6:30pm <b>Zumba</b> Team	5:45-7:00pm <b>Muscle Sculpting</b> Team	6:00-6:50pm <b>Body Blitz</b> Linda		
7PM		6:30-7:25pm <b>Body Blitz</b> Linda		7:00pm-8:00pm <b>Yoga</b> Kay	7:00pm-8:00pm <b>Pilates*</b> Karen		
8PM		7:40-8:40pm <b>Belly Dancing*</b> Hannah	<b>Adult Tap*</b> 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