

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 Muscle Sculpting Kristie	6:00 – 6:45 AM X-Biking Team		6:00 – 6:45 AM X-Biking Patti		
7AM							
8AM		8:15 – 9:00 AM Stretch & Tone Karen	8:00 – 8:55 AM Yoga* Christine				9:00 – 10:00 AM Zumba Linda
9AM	9:00 – 9:45 AM X-Biking Team	9:00 – 10:15 AM Interval Training Joanne	9:00 – 9:55 AM X-Biking Joanne	8:45 – 10:15 AM Step with Weights Vanessa	8:45 – 9:30 AM X-Biking Peg	8:30 – 9:30 AM Muscle Sculpting Elsa	10:00 – 10:30 AM Stretch & Tone Linda
10AM	9:50 – 10:45 AM Muscle Sculpting Team		10:00 – 11:00 AM Pilates* Joanne	10:15 – 11:00 AM Zumba Tammy	9:35 – 10:30 AM Yoga* Kay	9:35 – 10:30 AM Sports Drills Vanessa	
11AM		11:00 – 11:50 AM** Senior Strength Training Donna	11:05 – 12:00 PM NIA* Team	11:00 – 11:50 PM** Senior Keeping Your Balance Tami	10:35 – 11:30 AM Pilates* Karen	11:00 – 11:50 AM** Senior Strength & Balance Combo Elsa	10:35 – 11:30 AM NIA* Team
12PM					11:35 AM – 12:30 PM NIA* 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 GeoMat Team			
5PM		4:30 – 5:30 PM Pilates* Joanne					
6PM			5:45 – 6:30 PM Zumba Team	6:00 – 6:55 PM Muscle Sculpting Team	5:45 – 6:30 PM Zumba Linda		
7PM		6:30 – 7:25 PM Body Blitz Alicia			6:35 – 7:35 PM Yoga Lates 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