

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

FALL 2017 GROUP EXERCISE CLASS SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
6 AM		5:45 – 6:30 AM Muscle Sculpting Bev	5:45 – 6:30 AM Group Cycle Ron	5:45 – 6:30 AM TRX Bev	5:45 – 6:30 AM Group Cycle Cindy/Marie	5:45 – 6:30 AM Muscle Sculpting Bev	
7 AM					6:45 – 7:30 AM Yoga Linda R.-S.		
8 AM		8:15 – 9:00 AM Muscle Sculpting Kim	NEW! STARTS 10/3/17 9:00 – 9:45 AM WERQ & Core – Paula	8:15 – 8:55 AM Cardio Conditioning Mary Beth	8:45 – 9:30 Group Cycle Dianne	8:00 – 8:50 AM 50/50 (Muscle Sculpting/TRX) Peg	8:15 – 9:00 AM 50/50 (Cycle/TRX) Bev
9 AM	9:00 – 9:45 AM Group Cycle Team	9:00 – 9:45 AM Exercise Chair* – Joe	9:00 – 9:55 AM Group Cycle – Linda S.	9:00 AM Step & Sculpt Vanessa	9:00 AM Yoga* Kelly	9:00 AM Step & Sculpt Vanessa	9:00 – 9:50 AM Zumba 1st, 3rd, 4th, 5th Sat. 20/20/20 2nd Sat.
10 AM	9:50 – 10:35 AM Muscle Sculpting Team	9:00 – 9:55 AM Line Dancing – Tom	10:00 – 11:00 AM Pilates Sue L.	10:00 – 10:55 AM Group Cycle – Kim	9:30 – 10:30 AM Yoga Kay	10:00 – 10:50 AM Zumba Gold – Sandy	9:05 – 9:50 AM Muscle Sculpt – Dianne
		10:00 – 10:45 AM Balance & Bone Density – Paula		10:15 – 11:00 AM Zumba Sandy	10:30 AM Pilates Karen	10:00 – 10:55 AM Group Cycle – Kim	10:00 – 10:45 AM TRX – Joe
11 AM		11:00 – 11:50 AM Senior Strength & Balance** Donna	11:05 AM Chair & Balance Class* Sue L.	11:05 AM NIA June	11:00 – 11:50 AM Senior Strength & Bal Paula	10:00 – 10:55 AM Tai Chi Arthritis* - Genoa	10:30 – 11:30 AM NIA Team
12 PM	STARTS 10/1/17 11:30 AM – 12:30 PM Family Gym Team				11:35 AM NIA Elaine	11:00 AM Exercise Chair* Joe	

*Class Meets Upstairs

4 PM	Fall Tap Dance classes with Barry run 9/12 – 12/12/17 6:30–7 pm Remedial (Sneaking Ahead) 7–8 pm Beginner Tap 8–9 pm Intermediate Tap 9–10 pm Advanced Tap Stop by the Fitness desk for details.					All group exercise classes, except TRX for Golf, are included in Fitness memberships. Fee for non-Fitness members is \$10/drop-in. **Free class open to all seniors (membership not required). Questions? Call or stop by the Fitness desk. TRX Classes – Registration required. Call or stop by the Fitness desk. ***TRX for Golf class fee: \$15 for Fitness members, \$25 for non-members. Schedule is subject to change. Classes may be cancelled if minimum enrollment levels are not met. The JCC Neulander Family Sports & Fitness Center at the JCC of Syracuse
5 PM		NEW! STARTS 10/2/17 4:00 – 5:00 PM Yoga – Kelly			4:00 – 5:00 PM Yoga – Paula	
		5:45 – 6:30 PM WERQ Dance Fitness – Paula	5:30 – 6:30 PM Intermediate Line Dancing – Tom	NEW DAY! STARTS 10/3/17	5:45 – 6:30 PM 50/50 (Cycle/TRX) – Bev	
6 PM		5:45 – 6:30 PM TRX Bev	5:45 – 6:30 PM Group Cycle Bev	5:45 – 6:30 PM Muscle Sculpting Team	5:45 – 6:30 PM Zumba Sandy J.	
7 PM		6:35 – 7:30 PM Yogalates/Pilates Paula/Karen M.		6:35 – 7:30 PM Pilates/Barre Combo Sue L.	6:30 – 7:15 PM TRX for Golf*** Team	

For more information, contact the Fitness desk at 315-234-4522.



Group Exercise Classes

- All classes are free for fitness members (except TRX for Golf).
- \$10 per class for non-Fitness members.

- TRX for Golf: \$15/class for Fitness members; \$25/class for non-Fitness members.

MIND AND BODY

Barre

A combination of ballet techniques with Pilates movements and principles offers an energizing workout that strengthens, stretches and tones the body.

NIA (Neuromuscular Integrative Action)

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.

Pilates

Based on the principles of Joseph Pilates, this class' multiple levels of participation uses bands, magic circles, stability balls and BOSUs. Mostly done on a mat, but some standing work is incorporated as well.

Tai Chi for Arthritis

Tai Chi is an ancient practice proven to improve mental and physical well being. Tai Chi for Arthritis uses gentle Sun-style Tai Chi movements to help reduce stress, improve breathing and develop balance, mobility and body awareness. All ability levels are welcome and you don't need to be diagnosed with arthritis to participate.

Yoga

A hybrid style drawing from Vinyasa, Lyengar and Viniyoga that brings physical benefits by integrating body and mind performance. Bring a towel, water and we recommend that you bring your own Yoga mat.

Yogalates

This class is a fusion of Yoga and Pilates. See each description above for further details.



BALLROOM DANCE

Ballroom Dance with Maria has returned on Thursday evenings this fall! The beginner class is at 6:30 p.m. and the advanced class is at 7:30 p.m. The cost is \$5 per person each evening. Stop by the Fitness desk for details.

BASIC

Chair & Balance Class

Exercises designed for a chair for those individuals who have difficulty getting down to the floor for mat work. Also some standing work for balance training.

Exercise Chair

Working on a push-pull pulley system, the exercise chair offers a total body workout while sitting. It is easy to use and helps increase flexibility, balance, endurance and strength. The chair can accommodate those with very limited mobility to those who can get around and are looking to tone and increase their upper body.

FAMILY GYM

Ages: 3 and up

Day: Sundays 11:30 am – 12:30 pm (Starts Oct. 1)

Fee: Free for Fitness members

Non-members – \$5 per child, \$10/family max.

Structured and unstructured play with your little one!

SENIORS CLASS

Senior Strength & Balance

Day: Mondays

Fee: Free – open to all seniors in the community

Day: Wednesdays, Fridays

Fee: Free for Fitness members

\$5 non-fitness members, \$10 non-members

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. It provides a low impact workout that will help improve participant's strength and balance.

TAP DANCE

Fall Tap Dance classes with Barry on Tuesday nights run Sept. 12 - Dec. 12! Stop by the Fitness desk for details.

ALL FITNESS LEVELS

20/20/20

For those looking for some variety... 20 minutes of cardio, 20 minutes of muscle sculpting and 20 minutes of stretching. Wow!

Balance & Bone Density

This integrated balance training and bone density building class is designed to address fall reduction and prevention as well as build bone density and postural stability.

Cardio Conditioning

This high-energy class offers all the benefits of a muscle sculpting class combined with different cardio techniques such as steps, BOSU ball and glides. Format will differ from class to class to offer the best fat- and calorie-burning workout in town.

Group Cycle

Designed by an Olympic mountain-biking coach, the Keiser M3 Plus bike brings the mountain-biking experience indoors to safely deliver a full-body workout. Unlike other cycling classes which just work the legs, this cutting-edge cycling class works the whole body.

Line Dancing

Get moving with line dancing—a fun way to exercise! Line dance to all varieties of music using a series of basic steps and patterns of all dance styles. Challenge yourself as the dances change direction and move around the room. Class is designed for beginners, those who want moderate exercise, and also for those who want a more intense workout.

Muscle Sculpting

Instructors use barbells, free weights, bands and balls to create the ultimate total body shaping class.

Step & Sculpt

A dynamic blend of step and cardiovascular activities along with intervals of strength movements help increase muscle tone and the body's metabolism. An overall power packed workout!

TRX Suspension Training

Free; \$15 for non-Fitness members

• *Registration required—call/stop by the Fitness desk*

TRX (total body resistance exercise) utilizes a band (two-handled nylon strap) to harness the power of gravity and movement for body weight exercises. The result is a mix of support and mobility to train strength, endurance, flexibility, coordination, balance, power and core stability across a wide range of resistance.

TRX for Golf

Fee: \$15 for Fitness members, \$25 non-members

• *Registration required—call/stop by the Fitness desk*

TRX (total body resistance exercise) training specifically designed to help golfers with off-season conditioning. Helps build stability in the lower spine while working to optimize mobility and power in the hips and upper spine, making the golfer's swing unyielding and smooth.

NEW WERQ Dance Fitness

This wildly addictive cardio dance workout is based on the hottest dance music and can be modified for all levels. WERQ (pronounced work) is a dance term that means "own it." WERQ routines are a great blend of athletic moves and different styles of dance which invoke an attitude of confidence and empowerment.

Zumba

A fusion of Latin and international music provides the backdrop for a blood pumping, effective cardiovascular workout for all ages. A variety of fast and slow rhythms help tone and sculpt the body while you learn easy-to-follow dance steps. **Zumba Gold** is the low-impact version for all levels.



For the latest class schedule updates visit www.jccsy.org.

JCC membership is not required to take group exercise classes.

For more information, call the Fitness desk at 315-234-4522.