

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

SPRING 2018 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 AM Muscle Sculpting Kim		8:15–8:55 AM Cardio Conditioning Dianne		8–8:50 AM 50/50 (Muscle Sculpting/TRX) Peg	8:15–9 AM 50/50 (Cycle/TRX) Bev
9 AM	9–9:45 AM Group Cycle Team	9–9:45 AM Exercise Chair* – Joe 9–9:55 AM Line Dancing – Tom	9–9:45 AM WERQ & Core – Paula 9–9:55 AM Group Cycle – Linda S.	9 AM Step & Sculpt Vanessa	9 AM Yoga* Kelly	9 AM Step & Sculpt Vanessa	9–9:50 AM Zumba 1st, 3rd, 5th Sat. Step 2nd, 4th Sat.
10 AM	9:50 – 10:35 AM Muscle Sculpting Team	10–10:55 AM Group Cycle – Kim 10–10:45 AM Balance & Bone Density – Paula	10–11 AM Pilates Sue L.	10–10:55 AM Group Cycle – Kim 10–10:50 AM Line Dancing – Tom	9:30–10:30 AM Yoga Kay	10–10:50 AM Zumba Gold – Paula 10–10:55 AM Group Cycle – Kim 10:30–11:30 AM Tai Chi Arthritis* - Genoa	9:05–9:50 AM Muscle Sculpt –Dianne 10–10:45 AM TRX – Joe
11 AM		11–11:50 AM Senior Strength & Balance** Paula	11:05 AM Chair & Balance Class* Sue L.	11:05 AM NIA June	11–11:50 AM Chair Yoga Fusion Paula	11 AM Exercise Chair* Joe	10:30–11:30 AM NIA Team
12 PM	11:30 AM–12:30 PM Family Gym Team				10:30 AM Pilates Karen 11:35 AM NIA Elaine		

*Class Meets Upstairs

4 PM	LINE DANCING WEDNESDAY EVENINGS! In the JCC Auditorium 6:30–7:25 pm Line Dancing 7:30–8:30 pm Intermediate Line Dancing Stop by the Fitness desk for details.					All classes except TRX for Golf, Tap and Ballroom Dance are free for Fitness members. 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		4–5 PM Yoga – Kelly			4–5 PM Yoga – Paula	
6 PM		5:45–6:30 PM WERQ Dance Fitness – Paula	5:30–6:30 PM Intermediate Line Dancing – Tom	5:45–6:30 PM TRX Bev	5:45–6:30 PM 50/50 (Cycle/TRX) – Bev	
7 PM		5:45–6:30 PM TRX Bev	5:30–6:30 PM Pilates* Sue	5:45–6:30 PM Muscle Sculpting Team	5:45–6:30 PM Zumba Sandy J.	
		6:35–7:30 PM Yogalates/Pilates Paula/Karen M.	5:45–6:30 PM Group Cycle Bev	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, Tap and Ballroom Dance).
- \$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.

Chair Yoga Fusion

A blend of both seated and standing gentle stretching. Includes light weights for bone density. Each class concludes with some quiet, reflective meditation time and breathing exercises.

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.

BALLROOM DANCE

Ballroom Dance with Maria is held on Thursday evenings at 6:45 p.m. The class is mainly geared toward beginners. The cost is \$5. Stop by the Fitness desk or call 315-234-4522 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
(not 3/18/18)

Fee: Free for all JCC members
Non-members – \$5 per child, \$10/family max.

Come enjoy some 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

Adult tap dance class with Barry on Tuesday evenings returns Feb. 27 and runs through may 22. Ages 12 and older are welcome and no prior dance experience is needed. The cost is \$5 per evening; RSVP not required. For further details, call 315-234-4522 or stop by the Fitness desk.



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

JCC membership is not required to take group exercise classes.

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

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

An integrated balance training and bone density building class. Also helps address fall reduction and prevention as well as 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 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.

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 blood-pumping cardiovascular workout for all ages set to a fusion of Latin and international music. 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.