

# WINTER 2019-20 GROUP EXERCISE CLASS SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
6 AM		5:45–6:30 AM <b>Muscle Sculpting</b> Bev	5:45–6:30 AM <b>Group Cycle</b> Bev	5:45–6:30 AM <b>TRX</b> Bev	5:45–6:30 AM <b>Group Cycle</b> Bev	5:45–6:30 AM <b>Muscle Sculpting</b> Bev	
7 AM					6:45–7:30 AM <b>Yoga</b> Linda R.-S.		
8 AM		8:15–9 AM <b>Body Sculpting</b> Dianne		8:15–8:55 AM <b>Body Sculpting</b> Dianne		8–8:50 AM <b>50/50 (Muscle Sculpting/TRX)</b> Peg	8:30–9:15 AM <b>50/50 (Cycle/TRX)</b> Karen B./Madge
9 AM	9–9:45 AM <b>Group Cycle</b> Team	9–9:45 AM <b>Exercise Chair*</b> – Joe 9–9:55 AM <b>Line Dancing</b> – Tom	9–9:45 AM <b>Group Cycle</b> Dianne 9–9:50 AM <b>WERQ</b> Kellie	9 AM <b>Step &amp; Sculpt</b> Vanessa	9 AM <b>Yoga*</b> Cynthia	9 AM <b>Step &amp; Sculpt</b> Vanessa	9 AM <b>Yoga*</b> Cynthia
10 AM	9:50–10:35 AM <b>Muscle Sculpting</b> Team	10–10:55 AM <b>Group Cycle</b> – Dianne 10–10:45 AM <b>TaijiFit &amp; Bone Density</b> – Paula	10–11 AM <b>Pilates</b> Sue L.	10–10:55 AM <b>Group Cycle</b> Karen B. 10–10:50 AM <b>Line Dancing</b> – Tom	9:30–10:30 AM <b>Hatha Yoga</b> Kay	10–10:50 AM <b>WERQ Dance Fit</b> – Paula 10–10:55 AM <b>Group Cycle</b> – Monika 10:30–11:30 AM <b>Tai Chi Arthritis*</b> - Genoa	10:30–11:30 AM <b>NIA</b> Team
11 AM		11–11:50 AM <b>Senior Strength &amp; Balance**</b> Paula	11–11:45 AM <b>TRX</b> – Paula 11:05–11:50 AM <b>Chair &amp; Balance*</b> –Sue L. 11:05 AM–12 PM <b>NIA</b> – Maria 12–12:45 PM <b>Restorative Yoga*</b> –Paula	11–11:50 AM <b>Chair Yoga Fusion</b> Paula	11–11:45 AM <b>Exercise Chair*</b> – Joe 11:30 AM–12 PM <b>Express TRX</b> – Paula 11:35 AM–12:30 PM <b>NIA</b> – Elaine	11–11:50 AM <b>Senior Strength &amp; Balance</b> Paula	11:30 AM – 12:20 PM <b>Cardio Yoga</b> Eileen
12 PM	11:30 AM–12:30 PM <b>Family Gym</b> Team						

\*Class Meets Upstairs

4 PM	<b>LINE DANCING WEDNESDAYS</b> 6:15–6:30 pm Basic Steps in Auditorium 6:30–7:25 pm Beginner in Dance Studio 7:30–8:30 pm Improver <sup>A</sup> in Dance Studio <sup>A</sup> Between Beginner and Intermediate. Tap Dance Tuesdays Ballroom Dance Thursdays See back for details.					**Free class open to all seniors (membership not required). Questions? Call or stop by the Fitness desk.  All classes are free for Fitness members except Tap Dance and Ballroom Dance. Fee for non-Fitness members is \$10/drop-in.  <b>TRX Classes</b> <ul style="list-style-type: none"> <li>Registration required.</li> <li>Call or stop by the Fitness desk.</li> <li>Fee: \$15 for non-Fitness members.</li> </ul> Schedule is subject to change. Classes may be cancelled if minimum enrollment levels are not met.	
5 PM					5–5:50 PM <b>50/50 (TRX/Cycle)</b> Eileen		
6 PM		5:45–6:30 PM <b>WERQ Dance Fitness</b> Paula	5:30–6:30 PM <b>Line Dancing – Intermediate</b> – Tom	5:45–6:30 PM <b>TRX</b> Bev	5:45–6:30 PM <b>Muscle Sculpting</b> Lee/Will/Maria	5:45–6:30 PM <b>Step/Cardio Dance</b> Bev/Team	
7 PM		5:45–6:30 PM <b>TRX</b> Bev	5:30–6:30 PM <b>Pilates*</b> – Sue 5:45–6:30 PM <b>Group Cycle</b> – Maria		Line Dancing – Tom 6:15 PM Basic Steps, 6:30 PM Beg., 7:30 PM Imp. See details at left. 6:35–7:30 PM <b>Pilates/Barre Combo*</b> Sue L.	Line Dancing in Auditorium – Tom 6:30 PM Beginner 7:15 PM Intermediate	

The JCC Neulander Family  
**Sports & Fitness Center**  
at the JCC of Syracuse

# Group Exercise Classes

- All classes are free for Fitness members (except Tap Dance and Ballroom Dance).
- \$10 per class for non-Fitness members.
- TRX: \$15/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.

### Cardio Yoga

This barefoot (optional) class will challenge your strength, balance and flexibility with 30 minutes of cardio consisting of squats and lunges and 20 minutes of flexibility training.

### Chair Yoga Fusion

Seated and standing gentle stretching. Includes light weights for bone density. Concludes with 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.

### TaijiFit

TaijiFit is not just an exercise—it's an experience! It's about making fitness more graceful and holistic through great music and great energy by combining the best elements of fitness, meditation and the ancient martial art of Taiji (Tai Chi). TaijiFit is mindfulness in motion.

### 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. **Hatha Yoga** focuses your mind on relaxation through meditation, strengthening and stretching exercises. **Restorative Yoga** helps you to deeply relax your muscles and mind by slowing down and opening your body through passive stretching and long holds.

### Yogalates

This class is a fusion of Yoga and Pilates.

## BALLROOM DANCE

No experience necessary. The class is held on Thursday evenings from 6:30-7:30 pm. It is mainly geared toward beginners and usually focuses on a particular type of ballroom dance each month. The cost is \$5 per class. Check-in at the Fitness desk. Dance shoes or shoes with smooth soles are recommended.

## 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

Get a total-body workout while sitting in a chair with a built-in push-pull pulley system! Helps increase strength, flexibility, balance and endurance. The easy-to-use chair is great for those with very limited mobility and anyone looking to tone and strengthen their upper body.

## FAMILY GYM

Ages: 3 and up  
Day: Sundays 11:30 am – 12:30 pm  
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!

## ALL FITNESS LEVELS

### Balance & Bone Density

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

### Body Sculpting

Use external weight, resistance or one's own body weight to tone muscles; increase strength, stability and metabolism; and strengthen bones and joints.

### Cardio Dance

A combination of various dance styles set to Latin and Pop music.

### Dancing Boomers

This "flashback" to a bygone era features low-impact dancing to show tunes and pop music.

### Group Cycle

Our Keiser M3 Plus bikes bring 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.

### 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.

### 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 targeting strength, endurance, flexibility, coordination, balance, power and core stability. **Express TRX** is a more modifiable version for all abilities.

### 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."

### 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.

## SENIORS CLASS

### Senior Strength & Balance

Day: Mondays  
Fee: Free – open to all seniors in the community  
Day: Fridays  
Fee: Free for Fitness members  
\$5 non-fitness members, \$10 non-members

Get moving and exercise both your mind and body with this low-impact workout geared toward improving strength, balance and cognitive performance. Set to big band and oldies music, participants will exercise their brains, dance and execute chair exercises that are less strenuous on the body.

## TAP DANCE

Look for adult tap dance classes with Barry to return on Tuesday evenings starting March 3, 2020! 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](http://www.jccsyr.org). JCC membership is not required to take group exercise classes.

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