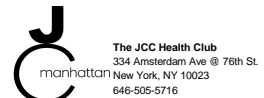


	SUN	MON	TUE	WED	THU	FRI	SAT
8:00-11:00	JACKRABBIT Indoor Triathlon 12/6	6:30-7:15 3M Spin Stefani Jackenthal	7:00-8:00 4FL Pilates Mat Marci Schlissel	6:15-7:00 3M Spin Lisa Raphael	7:15-8:30 4FL Flow Yoga Jon Keller	6:30-7:15 3M Spin Jonathan Wood	8:00-9:15 4FL Anusara Inspired Yoga Kelly Bragger
9:00-9:45	3M Spin Randi Klein	6:30-7:30 Pool ▲ Coed Water Exercise For Pool & Fitness Members Only	7:30-8:30 Makom ■ Meditation (Free) Linda Choi	7:05-7:35 4FL Abs Only Lisa Raphael	7:30-8:30 Makom ■ Meditation (Free) Bernice Todres	6:30-7:30 Pool ▲ Coed Water Exercise For Pool & Fitness Members Only	9:15-10:15 4FL Cardio Intervals Lisa Raphael
9:00-10:00	4FL Zumba Nao Namata <i>Begins 11/1</i>	7:15-8:15 5FL Yogilates Whitney Chapman	8:00-9:00 Pool ▲ Coed Water Exercise Pool & Fitness Members Only	6:30-7:30 Pool ▲ Coed Water Exercise For Pool & Fitness Members Only	8:00-9:00 Pool ▲ Coed Water Exercise For Pool & Fitness Members Only	7:00-8:00 4FL Pilates Mat Liz Santoro	10:30-11:15 3M Spin Maura Teitelbaum
9:00-10:00	5 FL Pilates Mat Kathleen Smith <i>Moves to 5FL 1/1</i>	7:30-8:30 Makom ■ Meditation (Free) Jonathan Slater	8:30-9:30 4FL Nia Caroline Kohles	7:15-8:30 4FL Yoga Basics Diana Rilov	8:30-9:30 4FL Nia Caroline Kohles	7:30-8:30 Makom ■ Meditation (Free) Michael Strassfeld	10:30-11:30 4FL Nia Serena Puckett
10:00-11:30	5FL Flow Yoga Netta Yerushalmi <i>Begins 11/1</i>	8:15-9:00 4FL M.E.L.T.™ Dan Marks	8:30-9:30 5FL Kettlebell Academy Lorna K. <i>10/20-11/19, 11/24-12/17</i>	7:30-8:30 Makom ■ Meditation (Free) Rachel Cowan	8:30-9:30 5FL Kettlebell Academy Lorna K. <i>10/20-11/19</i>	7:30-8:30 Jonathan Wood Sculpt & Tone	11:30-12:30 5FL Pilates Mat Robin Powell
10:00-11:00	3M Power Hour Spin Randi Klein	9:00-10:00 Pool Fitness Plus Sara Berg	9:00-10:00 Pool Water Exercise for Parkinson's Salina Foster <i>10/6-12/8</i>	8:15-9:00 4FL M.E.L.T.™ Edya Kalev/ Sue Hitzmann	9:30-10:30 4FL Simply Sculpt & Abs Jonathan Wood	8:00-9:00 4FL NY Gypsy Dance Workout Julia Kulakova	12:30-1:30 Intermediate M.E.L.T.™ on Weights
10:00-11:00	4FL Fluidity Alexandra Andrade	9:15-10:00 3M Rhythm Ride™ Sue Hitzmann	9:30-10:30 4FL Cardio Intervals Sara Haley	9:00-10:00 4FL Fitness Plus Sara Berg	9:30-10:30 Pool ▲ Water Ex for Women For Pool & Fitness Members Only	9:00-10:00 4FL Fitness Plus Sara Berg	2:15-3:30 4FL NY Gypsy Dance Workout Julia Kulakova
10:00-11:30	Makom Rasa Yoga Rama Nina Patel	9:15-10:15 5FL Cardio Jazz Dance Ryan Beck	9:30-10:30 Pool ▲ Coed Water Exercise For Pool & Fitness Members Only	9:15-10:00 3M Spin Joanna Paterson/Sue Hitzmann	9:30-10:30 Pool ▼ Renewal Water Exercise Teri Dupuy <i>(ex 11/26, 12/24 & 31)</i>	9:00-10:00 5FL Just Dancel Sara Haley/Julienne	3:30-4:45 4FL Chi Gung Yoga Vaishali Labosky
10:30-2:30	7FL The Parkinson's Wellness Sunday Series 12/6	10:15-11:15 4FL M.E.L.T.™ Strength Sue Hitzmann	9:30-10:30 Pool Pilates Mat (Intermediate) Robin Powell	9:15-10:15 4FL Salsa Dance Manuel Rojas	9:30-10:30 5FL Pilates 101 Karin <i>10/29-12/10 (ex 11/26)</i>	9:15-10:00 3M Spin Joanna Paterson	5:15-6:15 4FL Cardio Basics Anthony Truly
11:00-12:00	4FL Total Body Core Liz Barkan	10:15-11:15 5FL Basic Fitness Sara Berg	10:30-11:30 5FL Pilates Mat (Intermediate) Robin Powell	9:30-10:30 Makom Feldenkrais® Anastasi Siotas <i>10/28-12/9 (ex 11/25)</i>	10:30-11:45 4FL Anusara Inspired Yoga Adele Munisteri	9:30-11:00 8 weeks ▲ Therapeutic Yoga For People w/ Chronic Illness	6:15-7:15 4FL Nia Jayne Mielo / Rachel Duvall
12:00-1:00	4FL A.I. Stretch / M.E.L.T.™ Liz Barkan	11:00-12:00 Pool Prenatal Water Class 11/16-1/11 <i>(ex 12/21, 12/28)</i>	10:00-11:30 4FL Triathlon Training for Women Only Maria Mason <i>10/27-12/1</i>	10:15-11:15 4FL M.E.L.T.™ Strength Edya Kalev / Sue Hitzmann	10:30-11:30 Pool 4Water Ex for Women For Pool & Fitness Members Only	10:00-11:00 4FL Balance & Bones Linda R. Iennaco <i>1/15-12/17 (ex 12/26)</i>	6:15-7:15 4FL Free: Nia Jam Jayne Mielo <i>11/7, 12/5</i>
2:30-3:45	4FL Iyengar Inspired Yoga Rama Nina Patel	11:00-12:00 Pool Postnatal Water Exercise: Moms and Babies 6-9 Months 9/14-1/11 <i>(ex 10/12, 12/22, 12/29)</i>	10:30-11:45 4FL Anusara Inspired Yoga (Intermediate) Adele Munisteri	10:15-11:15 5FL Basic Fitness Sara Berg	10:30-11:30 5FL Balance & Bones Linda R. Iennaco <i>1/15-12/17 (ex 12/26)</i>	10:00-11:00 4FL Basic Fitness Sara Berg	6:20pm-1 am Auditorium Swing Remix Dance Party & Workshops 11/21
1:30-2:45	4FL Low-Flying Trapeze Julie Ludwick <i>10/18-1/10</i>	11:15-12:00 4FL M.E.L.T.™ Length Sue Hitzmann	10:30-11:30 Pool Water Exercise for Women For Pool & Fitness Members Only	11:15-12:15 5FL Zumba Gold Nao Namato	11:30-12:30 5FL Gentle Yoga for Seniors Katherine Brewster <i>1/14-12/16</i>	11:00-12:00 4FL M.E.L.T.™ Mini Self Treatments Liz Barkan <i>12/4, 12/11, 12/18</i>	7:15-8:15 4FL Free: Take A Chance see back for monthly offering schedule
4:15-5:45	5FL Prenatal Yoga-Pregnancy + Childbirth Mary Barnes <i>10/18-11/22</i>	11:15-12:15 5FL P.A.C.E. (for Arthritis) John David	11:30-12:30 5FL Balance & Bones Linda R. Iennaco <i>1/15-12/15 (ex 11/24)</i>	11:15-12:15 5FL Gentle Yoga for Seniors Katherine Brewster <i>1/14-12/16</i>	11:50-12:50 4FL Total Body Core Liz Barkan	11:00-12:15 4FL M.E.L.T.™ 8 Week Series Dan Marks <i>10/2-11/20</i>	
5:15-6:15	4FL Boxercise Aubrey/ Toure	12:00-1:00 4FL Pilates Mat Frances Taylor Brown	10:30-11:45 Makom Tai Chi for Seniors Beg Aiki Karen Kelly <i>9/15-12/15</i>	11:30-12:30 4FL ▼ Movin' On Aerobics Martha Eddy <i>10/14- ongoing</i>	12:30-1:30 7FL Mtg. Room Eye-Hand Coordination John David <i>12/10</i>	11:00-12:15 Makom Alexander Technique Kim Clay <i>10/16-11/20</i>	
5:30-6:15	3M Spin Jonathan Wood	12:15-1:45 5FL Iyengar Inspired Yoga Leslie Journet	11:50-1:20 4FL Tai Chi for Seniors Adv. Aiki Karen Kelly <i>9/15-12/15</i>	12:00-1:00 6FL Pool ▲ Arthritis Water Exercise 9/17-1/28 <i>(ex 12/23 & 30)</i>	12:45-1:45 4FL The Pilates Makeover Karin Fantus <i>10/29-12/10</i>	11:00-12:00 5FL Exercise with Ease Linda R. Iennaco <i>1/18-12/18 (ex 11/27)</i>	
6:00-7:00	Pool Aqua Yoga for Women For Pool & Fitness Members Only	1:00-2:00 4FL Fall Stop...Move Strong™ Intermediate	1:20-2:35 4FL Tai Chi for Seniors Int. Aiki Karen Kelly <i>9/15-12/15</i>	12:15-1:15 4FL Pilates Mat Randi Stone	12:50-1:50 4FL A.I. Stretch / M.E.L.T.™ Liz Barkan	12:00-1:00 Pool ▲ Arthritis Water Exercise David <i>9/25-1/22 (ex 11/27, 12/25, 1/1)</i>	
6:30-7:30	4FL Sculpt & Tone Jonathan Wood	2:00-3:00 4FL Fall Stop...Move Strong™ Intro	12:15-1:00 3M Spin Joanna Paterson <i>Begins 11/3</i>	12:15-1:45 5FL Iyengar Inspired Yoga Leslie Journet	1:15-2:30 Makom Yoga for Men with Cancer Roberta <i>(ex 11/26, 12/24 & 31)</i>	12:15-1:15 4FL Nia 101 for Seniors Yvonne Puckett <i>11/6-12/18 (ex 11/27)</i>	
7:30-8:30	4FL Swing Dancing 101 Spencer <i>10/18 - 11/22, 12/6 - 1/17</i>	2:00-3:00 5FL Julie & Celeste 9/14-12/14 <i>(ex 10/12)</i>	1:05-1:20 5FL Abs Only Joanna Paterson <i>Begins 11/3</i>	1:15-2:00 4FL Mother and Baby Pilates Randi Stone <i>9/16-10/21, 10/28-12/9</i>	1:45-2:45 4FL Nia for Parkinson Caroline <i>10/8-12/17 (ex 11/26)</i>	12:30-1:45 5FL Iyengar Flow Yoga Diana Rilov	
		2:00-3:00 Makom Alexander Technique for Parkinson's Bill Conington <i>11/16</i>	2:30-3:30 4FL Tai Chi for Parkinson's Lewis Paleias <i>10/6-12/8</i>	2:30-3:30 4FL Get Moving: 5Rhythms Practice for Seniors Peter Fodera <i>9/16-12/9 (ex 11/25)</i>	5:15-6:00 4FL Teen Kickboxing Louisa <i>9/1-1/21 (ex 11/26, 12/24, 12/31)</i>	1:00-2:00 Pool ▲ Arthritis Water Exercise David <i>9/25-1/22 (ex 11/27, 12/25, 1/1)</i>	
		3:30-4:30 4FL Pilates for Parkinson Halee & Whitney <i>10/5-12/14 (ex 10/12)</i>	2:45-3:45 4FL Exploring the Walking Cane for Self-Defense, Exercise and Fun Dr. Robert Ante <i>11/3-12/15</i>	5:45-7:00 4FL Anusara Yoga Vanessa Spina	5:30-6:30 Mezz Teen Karate Soko Nemeroff <i>9/17-1/21 (ex 11/28, 12/24, 12/31)</i>	1:15-2:15 4FL Pilates for Buff Bones™ Rebekah <i>Starts 1/6</i>	
		5:00-5:45 4FL Teen Pilates Kristin <i>9/14 - 1/11 (ex 10/12, 12/21, 12/28)</i>	4:00-5:15 4FL ▼ Yoga Moves for Women with Cancer Fran <i>(ex 12/22, 12/29)</i>	5:45-6:45 Makom ■ Meditation (Free) Anna Christensen	5:45-6:45 Makom ■ Meditation (Free) Bernice Todres	2:00-3:00 Makom Parkinson's Care Partners Support & Exercise Group 10/9-12/18 <i>(ex 11/27)</i>	
		5:45-6:45 Makom Meditation (Free) Jonathan Slater	4:00-5:15 Makom DJ Teen Spin Steve Feinberg <i>9/15 - 1/19 (ex 12/22, 12/29)</i>	6:10-7:10 Pool ▲ Coed Water Exercise For Pool & Fitness Members Only	5:45-7:00 5FL Meditative Yoga Richard Allon	5:45-7:00 Makom Chair Exercise: Balance and Flexibility for Parkinson's Linda Iennaco <i>10/9-12/18 (ex 11/27)</i>	
		6:00-7:00 4FL Fluidity (Sculpt) Michelle Austin / Claudia Rassalski	5:00-5:45 3M ■ Meditation (Free) Jonathan Slater	6:15-7:15 4FL Nia Caroline Kohles	6:00-7:00 4FL ▲ Coed Water Exercise For Pool & Fitness Members Only	5FL Broadway Groove for Teens Rosie <i>11/6-1/22 (ex 11/27, 12/25, 1/1)</i>	
		6:10-7:10 Pool ▲ Coed Water Exercise For Pool & Fitness Members Only	5:45-6:45 Makom ■ Meditation (Free) Richard Allon	6:15-7:15 4FL Nia Caroline Kohles	6:10-7:10 Pool ▲ Coed Water Exercise For Pool & Fitness Members Only	3FL-4:15 4FL Yoga for Parkinson Whitney & Maria <i>10/9-12/18 (ex 11/27)</i>	
		6:15-7:30 5FL Yoga Basics Diana Rilov	5:45-7:00 5FL Meditative Yoga Richard Allon	6:30-8:00 Mezz Baby Boomer Yoga™ & Beyond Rama Nina <i>10/14-12/16 (ex 10/28, 11/4, 11/25)</i>	7:00-7:45 3M Spin Jonathan Wood	6:30-7:45 4FL Unnata Aerobic Yoga Michelle Dortgina <i>Begins 11/6</i>	
		6:45-8:00 Mezz ▼ Healing Yoga for Women w/ Cancer Roberta <i>(ex 12/21, 12/28, 1/18)</i>	6:10-7:10 Pool ▲ Coed Water Exercise For Pool & Fitness Members Only	7:00-8:00 3M Hip Hop Spin Randi Klein	7:00-8:00 4FL Pilates Mat Stephanie Lapis <i>moves to the 5 FL</i>		
		7:00-8:00 3M Power Hour Spin Randi Klein	6:30-7:30 4FL The Masala Bhanga Workout Mickela Mazzoli	7:15-8:15 4FL Fluidity (Sculpt) Winter Gabriel	7:00-8:30 4FL Am I Addicted to Alcohol? Dr. Paul Rinaldi <i>11/19</i>		
		7:00-8:00 4FL Nia Caroline Kohles	6:45-7:30 3M Spin Lou Jacob	7:00-8:15 5FL Prenatal Yoga Rachel Lynch-John / Whitney Chapman	7:00-8:30 7FL Surviving the Holiday Season Susan Palmgren, PhD <i>12/10</i>		
		7:00-8:00 TBA Triathlon Training: Workout Paul Frediani <i>9/21-11/30</i>	7:00-9:00 Mezz Classic Tai Chi Ch'uan Dr. Robert Ante <i>10/6-10/20, 10/27-1/12</i>	7:30-8:30 Pool Adult Beg/Adv Swim Class Russel A. <i>9/16-1/20 (ex 12/23 & 30)</i>	7:10-8:10 Pool ▲ Coed Water Exercise For Pool & Fitness Members Only		
		7:10-8:10 Pool Water Exercise II For Pool & Fitness Members Only	7:00-8:15 5FL Chi Gung Yoga Vaishali Labosky	8:15-9:30 4FL Intro to Ballroom Dance Manuel Rojas <i>11/4 or 11/11</i>	8:00-9:00 4FL Sculpt & Tone Jonathan Wood		
		7:30-8:30 L1 Classroom M.E.L.T.™ Hand & Foot Intensive Dan Marks <i>10/19-11/9</i>	7:10-8:10 Pool ▲ Coed Water Exercise For Pool & Fitness Members Only	8:15-9:45 5FL Vigorous Vinyasa Michael McArdle	8:00-9:30 Pool Master Swim Workout Beatrix & Miguel <i>9/15-1/21 (ex 11/26, 12/22, 24, 29, 31)</i>		
		7:45-9:15 5FL Flow Yoga Michael McArdle	7:30-8:45 4FL Boxercise Aubrey / Toure	7:00-8:15 5FL Prenatal Yoga Rachel Lynch-John / Whitney Chapman	9:00-10:00 4FL Karate Soko Nemeroff		
		8:00-10:00 3FL GYM Aiki-Jujutsu Soko Nemeroff <i>8/17-11/2 (ex 10/12)</i>	8:00-9:30 Pool Master Swim Workout Beatrix & Miguel <i>9/15-1/21 (ex 11/26, 12/22, 24, 29, 31)</i>	7:30-8:30 Pool Adult Beg/Adv Swim Class Russel A. <i>9/16-1/20 (ex 12/23 & 30)</i>	4FL Karate Soko Nemeroff <i>9/24-11/19, 12/3-1/11 (ex 12/24, 12/31)</i>		
		8:15-9:15 Mezz Classic Chi Kung Dr. Robert Ante <i>10/19-12/14</i>	8:00-10:00 3FL GYM Samurai Sword Soko Nemeroff <i>8/25-10/20, 10/27-1/5</i>	8:00-9:00 4FL Intro to Ballroom Dance Manuel Rojas <i>11/4 or 11/11</i>			
			9:15-10:15 4FL Ongoing Krav Maga James Sherman <i>9/15-11/17, 11/24-2/9</i>				



- KEY**
- ★ New Class, new instructor or new class time
 - ◆ Fitness & Pool members only, class passes do not apply
 - Free to nonmembers
 - ▼ For women with breast & ovarian cancer
 - ▲ For people with cancer & chronic illness
 - Registered Programs

FITNESS CENTER INFORMATION

HOURS*

Mon-Thu 5:30am - 11:00pm
 Fri 5:30am - 10:00pm
 Sat 7:00am - 10:00pm
 Sun 7:00am - 10:00pm

*All areas, including Locker Rooms. Please plan your workouts and locker room usage accordingly.

STUDIO LOCATION KEY

Mezz: Mezzanine Level
 2FL: 2nd Floor, Nursery School
 3FL: 3rd floor Mezzanine, Spin Studio
 3FL Gym: Gymnasium
 4FL: 4th Floor Fitness Studio
 5FL: 5th Floor Fitness Studio
 Center Studio: Mezzanine Level
 Makom: 7th Floor Meditation Oval
 7FL: 7th Floor Rooms - Conference, Meeting Room, Beit Midrash

Fitness Director: Caroline Kohles
 Email: ckohles@jccnyc.org
 Phone: 646-505-4406

For Information: On Drop In Fitness classes, Registered Fitness Courses or the "Take a Chance on Fitness" series please call 646.505.5716.

NOTE:
 In order to bring you the most up-to-date programming, dates and times are subject to change.

JCC Drop In Fitness Classes are FREE to JCC Health club Members
 To take a tour or inquire about Membership, call 646-505-5700

Class Pass Price List

Single Class Pass: \$18/\$25 (expires in 1 week)
 10-Class Pass: \$150/\$195 (expires in 3 months)
 20-Class Pass: \$265/\$315 (expires in 6 months)

A 10% discount on JCC Memberships & JCC Drop In Fitness Class Passes for Seniors (62 years young).
 Pool, community & non-members must purchase a class pass to attend Drop-in Fitness Classes.