

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:15 3M Indoor Cycling Lisa Raphael	6:30-7:30 Pool ♣ Coed Water Exercise For Pool & Fitness Members Only	7:00-8:00 4FL Pilates Mat Elaine Luttrell	6:15-7:00 4FL Indoor Cycling Lisa Raphael	7:15-8:30 4FL Flow Yoga Jon Keller LAST CLASS 8/5	6:30-7:15 3M Indoor Cycling Jonathan Wood	8:00-9:15 4FL Anusara Inspired Yoga Kali Bragger
9:00-10:00 4FL Cardio Dance/Zumba TBA	7:15-8:15 5FL Yogilates Whitney Chapman	7:30-8:30 Makom ■ Meditation (Free) Linda Thai	7:30-7:35 4FL Abs Only Lisa Raphael	8:00-9:00 Makom ♣ Coed Water Exercise For Pool & Fitness Members Only	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 5FL Pilates Mat Kathleen Smith	7:30-8:30 Makom ■ Meditation (Free) Jonathan Slater	8:00-9:00 Pool Nia Caroline Kohles	6:30-7:30 Pool Coed Water Exercise For Pool & Fitness Members Only	8:30-9:30 Pool ♣ Coed Water Exercise For Pool & Fitness Members Only	7:30-8:30 Makom ■ Meditation (Free) Michael Strassfeld	10:30-11:15 3M Indoor Cycling Maura Teitelbaum
10:00-11:30 4FL Flow Yoga Netta Yerushalmy	8:15-9:00 4FL MELT™ Dan Marks	8:30-9:30 4FL Kettlebell Academy Lorna K. 8/10-8/24	7:30-8:30 5FL ■ Meditation (Free) Rachel Cowan	8:30-9:30 4FL Kettlebell Academy Lorna K. 8/10-8/24	8:30-9:30 4FL MELT Whitney Chapman	10:30-11:30 4FL Nia Serena Puckett
10:00-11:00 4FL Fluidity Cariann Chan	9:00-10:00 4FL Fitness Plus Sara Berg	9:30-10:30 4FL Cardio Intervals Lisa Raphael	8:15-9:00 4FL MELT™ Whitney Chapman	9:30-10:30 4FL Simply Sculpt & Abs Jonathan Wood	8:15-9:00 4FL MELT Whitney Chapman	11:30-12:30 4FL Pilates Mat Robin Powell
11:00-12:00 4FL Total Body Core Liz Barkan	9:15-10:00 3M Rhythm Ride™ Sue Hitzmann	9:30-10:30 Pool ♣ Coed Water Exercise For Pool & Fitness Members Only	9:00-10:00 4FL Fitness Plus Sara Berg	9:30-10:30 Pool ♣ Water Ex for Women For Pool & Fitness Members Only	9:30-9:15 3M Indoor Cycling Randi Klein	12:30-1:30 Intermediate MELT™ on Weights
12:00-1:00 4FL A.I. Stretch / MELT™ Liz Barkan	9:15-10:15 5FL Cardio Jazz Dance Ryan Beck / Denise Miller	9:30-10:30 Pool Pilates Mat (Intermediate) Robin Powell	9:15-10:00 4FL Indoor Cycling Joanna Paterson	9:30-10:30 Pool ▼ Renewal Water Exercise Teri Dupuy Except 9/9, 9/23 & 9/30	9:00-10:00 4FL Fitness Plus Sara Berg	2:15-3:30 4FL NY Gypsy Dance Workout Julia Kulakova
2:30-3:45 5FL Iyengar Inspired Yoga Rama Nina Patella	10:15-11:15 4FL MELT™ Strength Sue Hitzmann	9:30-10:30 4FL Anusara Inspired Yoga Intermediate Kelly Bragger	9:15-10:15 5FL Salsa Dance Manuel Rojas	10:30-11:45 4FL Anusara Inspired Yoga Kelly Bragger	8:00-10:00 4FL Just Dance! Winter Gabriel	3:30-4:45 5FL Chi Gung Yoga Vaishali Labosky
5:15-6:15 4FL Boxercise Aubrey Sibanyoni	10:15-11:15 5FL Basic Fitness Sara Berg	10:30-11:45 4FL Water Exercise for Women For Pool & Fitness Members Only	10:15-11:15 4FL MELT™ Strength Edya Kalev	10:30-11:30 Pool ♣ Water Ex for Women For Pool & Fitness Members Only	10:00-11:00 4FL Fluidity (Sculpt) Tanya Bagdley	6:15-7:15 4FL Nia Kevin VerEecke LAST CLASS 8/7
5:30-6:15 3M Indoor Cycling Jonathan Wood	11:15-12:00 4FL MELT™ Length Sue Hitzmann	10:30-11:30 Pool Tai Chi for Seniors Beg Aiki Karen Kelly 5/11-8/10	10:15-11:15 5FL Basic Fitness Sara Berg	11:30-12:30 Pool P.A.C.E. (for Arthritis) John David	10:00-11:00 5FL Basic Fitness Sara Berg	6:15-7:15 4FL Free: Nia Jam Kristin DeGroat 8/14
6:00-7:00 Pool Aqua Yoga for Women For Pool & Fitness Members Only	11:15-12:15 5FL P.A.C.E. (for Arthritis) John David	10:30-11:45 Makom Tai Chi for Seniors Adv. Aiki Karen Kelly 5/11-8/10	10:15-11:15 5FL Arthritis Water Exercise 6/23-8/18	11:30-12:30 5FL Total Body Core Liz Barkan	11:00-12:00 Pool Arthritis Water Exercise David H. 6/25-8/20	7:15-8:15 4FL Free: Take A Chance July / Aug: Modern African Caribbean Dance to Live Drums with Tony Howell ex. 8/28
6:30-7:30 4FL Sculpt & Tone Jonathan Wood	12:00-1:00 4FL Pilates Mat Frances Taylor Brown	11:50-12:00 4FL Tai Chi for Seniors Int. Aiki Karen Kelly 5/11-8/10	11:15-12:15 4FL Zumba Gold Nao Yamada / Edmee Cherdieu	12:00-12:15 4FL Bike Fit Joanna Paterson	12:15-1:15 4FL Nia 101 for Seniors Yvonne Puckett 7/9-8/20	
	5:45-6:45 Makom Fluidity (Sculpt) Barbara Piermont	12:00-12:15 4FL Bike Fit Joanna Paterson	11:15-12:15 5FL Gentle Yoga for Seniors Katherine 7/7-8/11	12:15-1:00 3M Indoor Cycling Joanna Paterson	12:30-1:45 5FL Iyengar Flow Yoga Diana Rilov	
	6:00-7:00 4FL Coed Water Exercise For Pool & Fitness Members Only	12:15-1:00 3M Indoor Cycling Joanna Paterson	11:45-12:35 Makom ▼ Movin' On Aerobics Martha/Sherry Except 8/25 & 9/1	12:50-1:50 4FL A.I. Stretch / MELT™ Liz Barkan	1:00-2:00 Pool ♣ Arthritis Water Exercise David H. 6/25-8/20	
	6:10-7:10 Pool Yoga Basics Diana Rilov	1:05 - 1:20 5FL Abs Only Joanna Paterson	12:15-1:00 4FL Pilates Mat Randi Stone - LAST CLASS 8/4	1:15-2:45 Makom Yoga for Men with Cancer Roberta NEW TIME start 9/16	1:15-2:15 4FL Pilates Hallee Altman / Stephanie Torbik	
	6:15-7:30 5FL ▼ Healing Yoga for Women w/ Cancer Ongoing except 9/6 & 10/11	4:00-5:15 Makom ▼ Yoga Moves for Women with Cancer Martha Eddy	12:15-1:45 5FL Iyengar Inspired Yoga Leslie Journet	3:4-3:30 Makom Yoga for Men with Cancer Roberta ends 9/2 except 9/9		
	6:45-8:00 3M Power Ride Maura Teitelbaum	5:00-6:00 4FL Teen Boot Camp Tito & Daryl 7/6-8/10	5:15-6:15 5FL Kettlebell Academy Lorna Kleidman 8/11-8/25	5:00-5:45 3M DJ Teen Ride Steve Feinberg 7/8-8/12		
	7:00-8:00 4FL Nia Caroline Kohles	5:45-6:45 Makom ■ Meditation (Free) Jonathan Slater	5:45-6:45 Makom ■ Meditation (Free) Anna Christensen	5:45-6:45 Makom ■ Meditation (Free) Bernice Todres		
	7:10-8:10 Pool Water Exercise II For Pool & Fitness Members Only	5:45-7:00 5FL Meditative Yoga Lorin Brill Last Class 8/3	6:10-7:10 Pool ♣ Coed Water Exercise For Pool & Fitness Members Only	5:45-7:00 5FL Meditative Yoga Loren Brill		
	7:30-9:15 5FL Flow Yoga - NEW TIME! Michael McArdle	6:10-7:10 Pool ♣ Coed Water Exercise For Pool & Fitness Members Only	6:15-7:15 4FL Nia Caroline Kohles	6:00-7:00 4FL Nia Kevin VerEecke		
	8:00-10:00 3FL GYM Aiki-Jujutsu Soke Nemeroff 7/19-9/27 (ex 9/6)	6:30-7:30 4FL NY Gypsy Dance Workout Julia Kulakova	6:15-7:30 5FL Yoga Basics Vanessa Spina	6:10-7:10 Pool ♣ Coed Water Exercise For Pool & Fitness Members Only		
	8:00-9:30 4FL Red Hot Special! Ballroom Dance Manuel Rojas 8/9, 8/16, 8/23 & 8/30	7:00-7:45 3M Indoor Cycling Lou Jacob	7:00-8:00 3M Hip Hop Ride Randi Klein	7:00-8:00 5FL Pilates Mat Stephanie Lapis		
		7:00-9:00 Mezz Classic Tai Chi Ch'uan Dr. Robert Ante 6/29-8/31	7:15-8:15 4FL Fluidity (Sculpt) Winter Gabriel	7:00-8:00 4FL Boxercise Aubrey LAST CLASS 8/5		
		7:30-8:45 5FL Chi Gung Yoga - NEW TIME Vaishali Labosky	7:30-8:15 5FL MELT™ Whitney Chapman	7:10-8:10 Pool ♣ Coed Water Exercise For Pool & Fitness Members Only		
		7:10 - 7:40 Pool ♣ Aqua Pilates For Pool & Fitness Members Only	7:30-8:30 Pool Adult Beg/Adv Swim Class Russel 6/23-8/18	8:00-9:00 4FL Sculpt & Tone Jonathan Wood		
		7:30-8:45 4FL Boxercise Aubrey Sibanyoni	8:15-9:45 5FL Flow Yoga Michael M. LAST CLASS 8/4	8:00-9:30 Pool Master Swim Workout 6/22-8/17		
		8:00-10:00 3FL GYM Samurai Sword Soke Nemeroff 8/10-10/5		9:00-10:00 4FL Karate Soke Nemeroff 7/15-9/16 (ex 9/9)		
		8:00-9:30 Pool Master Swim Workout 6/22-8/17				
		9:00-10:00 3FL GYM 'Kata' Forms Training Soke Nemeroff 7/13-9/7				

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

Our indoor cycling offerings just got better!

JCC Fitness members can choose from our weekly schedule of indoor cycling classes for FREE or get a discount when purchasing a single ride with our partner Flywheel in our newly renovated studio on 3M. www.flywheelsports.com

FITNESS CENTER INFORMATION

HOURS*

Mon-Thur 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
3M: 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.

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.

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



The JCC Health Club
334 Amsterdam Ave @ 76th St
New York, NY 10023
646-505-5716

CLASS DESCRIPTIONS

AEROBIC CONDITIONING

BASIC FITNESS: Haven't been to the gym in a while or not sure where to start? Get back to basics to learn how to workout, not wear out your body. Alignment, execution and technique is emphasized in this challenging workout.

CARDIO INTERVALS: Challenge your body in this riveting class designed to challenge the body by building strength and endurance through interval training. Workout experience recommended. All levels welcome.

CARDIO SCULPT: Mix it up with Liz Barkan. This classic workout begins with a fun warm-up using the step platform then moves through a great fat burning segment and ends with a challenging sculpt and tone sequence.

FITNESS PLUS: This challenging class will inspire you to more than you thought possible, by blending the best of cardio and sculpting to take you and your workout to the next level. A great way to start your day!

AQUA AEROBICS

COED / WOMEN'S ONLY WATER EXERCISE: Our drop-in water exercise classes are designed to improve strength, range of motion, and endurance by using the water's natural resistance and buoyancy. Held in both pools. Limited spaces available; please arrive on time!

Aqua Yoga

Aqua Yoga is a therapeutic and challenging class in which traditional yoga poses are performed in 3-4 feet of warm water. The water acts as a support for some poses and a challenge for others. It's safe for all levels and a great way to practice for individuals with injuries.

Aqua Pilates

Aqua Pilates uses movements in the water that focus on connecting to your powerhouse: the muscles of the abdominals, lower back, hips and buttocks. Working in the water, you will strengthen and tone your body as well as improve your balance. These are gentle movements for all fitness levels.

DANCE

CARDIO JAZZ DANCE: Whether you are a beginning or advanced student, get in shape with this sassy jazz-based workout. Dance your way through sequences that will lengthen your muscles & keep you feeling fine!

JUST DANCE! Fun and user friendly choreography, exploring different styles of dance each week. Open to all levels. A great way to stay in shape!

NIA: Kick off your shoes and rock your body & soul into shape the easy way. Cross train with movements from martial arts, yoga & dance. Heal your body or work towards your potential as you learn to move from the ground to standing. Awaken to the inner power that you have to heal your body, your heart and your life!

NY URBAN GYPSY WORKOUT: This middle eastern fusion dance class is a workout worth shaking about. Move your hips, shake your shoulders and develop your core in this amazingly challenging and fun workout.

SALSA DANCE: Let the Latin grooves move you as you take to the floor. Swing those hips, move those feet and let yourself be swept away as you learn the latest Latin and Salsa Dance steps. All Levels welcome

ZUMBA / ZUMBA GOLD: Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

BOXING

BOXERCISE: Expect a rigorous, fun aerobic workout with former boxer Aubrey Sibanyoni. Release the tension of the day by hitting punching bags, Thai pads, and jumping rope. All levels and experience welcome.

MELT™

MELT™ Myofascial Energetic Length Technique: Rehydrate your connective tissue & rebalance your reflexive & rooted core in this unique group exercise class. This one-of-a-kind technique improves posture, reduces the risk of injury, and assists in keeping you active and pain-free for a lifetime. All levels welcome.

MELT™ LENGTH: The MELT Method is a ground-breaking, group exercise technique that improves posture, joint range, muscle hydration, and even reduces the signs of cellulite.

MELT STRENGTH: This technique improves core strength, alignment, and balance by reintegrating hip and shoulder stability. Learn how to rebalance common issues in the pelvis and shoulder girdle while improving joint range of motion and muscular timing. All levels welcome.

PILATES

PILATES MAT: Developed by Joseph Pilates, this innovative system teaches body awareness by learning how to access your "power house" (core) to improve your posture, strengthen your core and ultimately change the shape of your body by bringing it into better alignment.

INDOOR CYCLING

POWER HOUR RIDE: Get into the groove as you spin an extra 15 minutes in this class to build endurance and increase stamina.

RHYTHM RIDE: Strengthen your cardiovascular capacity, reduce body fat, and burn maximum calories without "burning out" with this fun, rhythm-based ride. Learn how to use your heart rate as a guide for getting an honest workout. Heart Rate monitors are strongly recommended for this class. All levels welcome.

INDOOR CYCLING: Take a ride on the wild side with the best indoor cycling instructors NYC has to offer.

SUSPENSION TRAINING

UNNATA™ AERIAL YOGA: Using suspended silks and yoga postures, this workout combines yoga with movements done on Aerial apparatus. All levels welcome.

WEIGHT CONDITIONING & STRETCHING

ACTIVE-ISOLATED (A.I.) STRETCH: Learn a better way to stretch. A.I. Stretch uses a strap or rope to assist with range of motion and helps increase flexibility in all muscle groups. Stretching correctly prevents injury and helps the body recover from a workout more quickly.

FLUIDITY: Achieve the trim look of a dancer's body by using the patented, freestanding Fluidity Bar and your own body- weight. Combining the best of ballet, yoga and therapeutic movement, Fluidity will tighten & tone your whole body.

P.A.C.E. (People With Arthritis Can Exercise): A great class for those just beginning to exercise. This class will improve your circulation and teach you how to adapt your workout and protect your joints. Chairs and light weights will be provided. Learn safe exercises to increase range of motion and strength.

SCULPT & TONE: This classic workout is always a favorite. Perfect if you want a fun, straight forward workout that targets all the major muscle groups.

SIMPLY SCULPT & ABS: Just what it says- a simple but intense total body sculpting class to create lean, strong muscles and tone with a strong abdominal sequence. All levels welcome.

TOTAL BODY CORE: Designed by Liz Barkan, this class uses a variety of equipment from weights and bands to sculpt the body and foam rollers to increase motor function and coordination of the core.

CARDIO BASICS: Full body conditioning designed to promote long, lean muscle tone. This class, complete with fitness tips, celebrity gossip and Cosmo Quizzes, is strong enough for a man, but designed for a woman! Men & Women welcome of all levels welcome!

YOGA

ANUSARA /ANUSARA INSPIRED YOGA: Inspired by the principles of John Friend, this class combines breath and movement in fluid sequences. Flow with grace & allow yourself to be energized by this safe, heart-oriented yoga practice.

Chi Gung Yoga: Created by Vaishali Vickie Labosky in 1993. Combines two Eastern healing practices: Chinese Chi Gung and Yoga. Breathe new life into your immune system. Improves flexibility, circulation, postural alignment and is very calming and nurturing. Helps relieve pain, stress, arthritis, insomnia and more. Good for all levels of experience.

IYENGAR / IYENGAR FLOW YOGA: Find your true alignment. Move with simplicity and power through the poses. Learn exactly how your bones are designed to support you.

MEDITATIVE YOGA: Gently flow through postures to cultivate mindfulness of breath and movement. Learn how slowing down and observing your breath can relax and revitalize you.

VIGOROUS VINYASA: This class combines a vigorous Hatha yoga practice with an equally strong foundation in spiritual teachings. Teachers use hands-on assists to gently guide you into true alignment. Pranayama & spiritual reading enhance this rigorous class. Previous yoga experience strongly recommended.

VINYASA / FLOW YOGA: Sequenced, dynamic yoga postures with a specific focus on breath. Flow through the postures to bring peace, awareness and power to your practice. Prior experience recommended.

YOGA BASICS: Suitable for beginners or anyone desiring to become familiar with different styles of yoga.

YOGILATES: Blending the core stability and strengthening of Pilates with Vinyasa yoga creates a dynamic practice of centering, breathing, stretching and strengthening from these two complimentary traditions. Experience with yoga or pilates is helpful but not required. All levels welcome.

TAKE A CHANCE FREE CLASSES SATURDAYS 7:15 - 8:15 PM

TAKE A CHANCE CLASSES are FREE for the community, members and nonmembers alike!

**JUNE - Floorbarre
JULY & AUGUST - Modern African Caribbean Dance to Live Drums**

ON GOING MEDITATION CLASSES

Learn to meditate for FREE at the JCC.

Complement your physical conditioning by learning how to meditate. Join gifted meditation teachers from a variety of disciplines. All sessions held in Makom's Meditation Oval on the 7th floor. No registration necessary. Members and nonmembers are invited to attend the Meditation Classes for FREE!

Monday - Friday 7:30 - 8:30 AM & Monday - Thursday 5:45 - 6:45 PM

JCC Drop In Fitness Classes are FREE to JCC Health club Members and available to pool, community and non members for an additional fee

To take a tour or inquire about Membership, call 646-505-5700

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