

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:15 3M JCC Indoor Ride Alex Breaux	6:30-7:30 Pool Co-Ed Water Exercise For Pool & Fitness Members Only	7:00-8:00 5FL Pilates Mat Ilaria Cavagna <i>New instructor!</i>	8:00-8:45 3M JCC Indoor Ride Lisa Raphael	7:15-8:30 5FL Iyengar Yoga Cheryl Malter / Michelle Hill	6:00-6:45 3M JCC Indoor Ride Lisa Raphael	8:00-9:15 5FL Iyengar Yoga Cheryl Malter
9:00-10:00 4FL Zumba Nao Yamada	7:15-8:15 5FL Yogilates Whitney Chapman	7:30-8:30 Makom Meditation (Free) Linda Thai	6:50-7:35 4FL Hard Core...Abs & More Lisa Raphael	7:30-8:30 Makom Meditation (Free) Bernice Todres	6:30-7:30 Pool Coed Water Exercise For Pool & Fitness Members Only	9:00-10:00 4FL Cardio Intervals Lisa Raphael
9:00-10:00 5 FL Pilates Mat Kathleen Smith	7:30-8:30 Makom Meditation (Free) Sheila Lewis	8:00-9:00 Pool Coed Water Exercise Pool & Fitness Members Only	6:30-7:30 Pool Coed Water Exercise Pool & Fitness Members Only	8:00-9:00 Pool Coed Water Exercise Pool & Fitness Members Only	7:15-7:30 4FL Abs Only Jonathan Wood	10:00-10:25 5FL Hard Core...Abs & More! Maura Teitelbaum
10:00-11:00 4FL Fluidity (#1 Barre Workout) Cariann Chan	8:15-9:00 4FL MELT™ Length Dan Marks	8:30-9:30 4FL Nia Caroline Kohles	7:15-8:30 5FL Yoga Basics Diana Rilov	8:30-9:30 4FL Nia Caroline Kohles	7:30-8:15 4FL Sculpt & Tone Jonathan Wood	10:30-11:30 3M JCC Indoor Ride Maura Teitelbaum
10:00-11:30 5FL Iyengar Inspired Yoga Netta Yerushalmy	9:00-10:00 4FL Fitness Plus Sara Berg	9:30-10:30 4FL R.E.P.(Reach Each Peak) Workout Lisa Raphael	7:30-8:30 Makom Meditation (Free) Rachel Cowan	10:30-10:30 4FL Simply Sculpt & Abs Jonathan Wood	7:00-8:00 5FL Pilates Mat Ilaria Cavagna	10:30-11:30 4FL Nia Serena Puckett
11:00-12:00 4FL Total Body Core Liz Barkan	9:00-10:00 5FL Cardio Jazz Dance Ryan Beck	9:30-10:30 Pool Coed Water Exercise For Pool & Fitness Members Only	8:00-9:00 4FL MELT™ Length NEW TIME! Sue Hitzmann	9:30-10:30 Pool Water Ex for Women Only For Pool & Fitness Members Only	7:30-8:30 Makom Meditation (Free) Sheila Lewis	11:30-12:30 4FL Pilates Mat Robin Powell
11:30-12:30 5FL Nia Serena Pucket	9:15-10:00 3M Indoor Cycling Steve Feinberg	9:30-10:30 5FL Pilates Mat (Intermediate) Robin Powell	9:00-10:00 4FL Fitness Plus Sara Berg	10:30-11:45 4FL Anusara Inspired Yoga Adele Munisteri	8:15-9:00 4FL MELT™ Length Whitney Chapman	12:30-1:30 4FL MELT™ on Weights Liz Barkan (Intermediate)
12:00-1:00 4FL A.I. Stretch / MELT™ Liz Barkan	10:15-11:15 4FL MELT™ Strength Edva Kalev	10:30-11:30 5FL Pilates Mat (Intermediate) Edva Kalev	9:15-10:00 3M Rhythm Ride™ Sue Hitzmann	10:30-11:30 Pool Water Ex for Women Only For Pool & Fitness Members Only	8:30-9:15 3M JCC Indoor Ride Randi Klein	1:30-2:15 4FL Beamfit: Balance Core & More! Whitney Chapman
2:30-3:45 5FL Anusara Yoga Rama Nina Patella	10:15-11:15 5FL Basic Fitness Sara Berg	10:30-11:45 4FL Yogablossom Mikelle Terson (all levels)	9:00-10:00 5FL Power Dance Joamer Gonzalez <i>Last Class 1/5</i>	11:30-12:30 5FL P.A.C.E. (for Arthritis) John David	9:00-10:00 4FL Fitness Plus Sara Berg	2:15-3:30 4FL NY Gypsy Dance Workout Julia Kulakova
5:15-6:15 4FL Athletic Boxing Brittany Brumfield	11:15-12:00 4FL MELT™ Length Edva Kalev	10:30-11:30 Pool Water Ex. for Women Only For Pool & Fitness Members Only	9:00-10:00 5FL Broadway Jazz Dance NEW! Lorin Latorro <i>Class Starts 1/12</i>	12:00-12:15 4FL MELT™ Strength Sue Hitzmann	9:00-10:00 5FL Just Dance! Winter Gabriel	6:15-7:15 4FL Free: Nia Jam Kevin VerEecke & Caroline Kohles
5:30-6:15 3M JCC Indoor Ride Jonathan Wood	11:15-12:15 5FL P.A.C.E. (for Arthritis) John David	12:00-12:15 3M Bike Fit Avery Washington	10:15-11:15 4FL MELT™ Strength Sue Hitzmann	12:00-12:15 3M Bike Fit Louisa Chang	10:00-11:00 4FL Fluidity (#1 Barre Workout) Molly Perch	7:15-8:15 4FL Free: Take A Chance January: Gyrokensis (ex 1/14, 1/22) Chantal & Jeni February: Yin Yoga with Megan March: Silk Moves w/ Julia April: Core Movement Conditioning w/Stacey May: Ballet 101 w/ Susan
6:00-7:00 Training Poc 6:00-7:15 5FL 6:30-7:30 4FL	12:15-1:15 4FL Pilates Mat Frances Taylor Brown	12:15-1:00 3M JCC Indoor Ride Avery Washington	10:15-11:15 5FL Basic Fitness Sara Berg	12:15-1:00 4FL Pilates Mat Randi Stone	10:00-11:00 5FL Basic Fitness Sara Berg	
6:00-7:15 5FL 6:30-7:30 4FL	12:15-1:45 5FL Iyengar Inspired Yoga Leslie Journet	5:45-6:45 Makom Meditation (Free) Shalom Gorewitz	11:15-12:15 4FL Zumba Gold Nao Yamada	11:15-12:15 4FL Zumba Gold Nao Yamada	12:30-1:45 5FL Iyengar Flow Yoga Diana Rilov	
6:30-7:30 4FL	5:45-6:45 Makom Sculpt & Tone Jonathan Wood	5:30-6:30 5FL Fitness Plus New Class! Sara Berg	12:15-1:00 4FL Pilates Mat Randi Stone	5:45-6:45 Makom Meditation (Free) Bernice Todres	1:15-2:15 4FL Pilates Hallee Altman / Stephanie Torbik	
	6:00-7:00 4FL Fluidity (#1 Barre Workout) Molly Perch <i>NEW Instructor!</i>	6:10-7:10 Training Pool Coed Water Exercise For Pool & Fitness Members Only	12:15-1:45 5FL Iyengar Inspired Yoga Leslie Journet	5:45-7:00 5FL Meditative Yoga Richard Allon		
	6:05-7:05 Training Pool Coed Water Exercise Pool & Fitness Members Only	6:15-6:30 4FL Abs Only Brittany Brumfield	5:45-6:45 Makom Meditation (Free) Jon Aaron	6:05-7:05 Training Pool Coed Water Exercise For Pool & Fitness Members Only		
	6:15-7:30 5FL Yoga (Mixed Levels) Diana Rilov	6:30-7:15 4FL Cardio Sculpt Brittany Brumfield	6:10-7:10 Training Pool Coed Water Exercise For Pool & Fitness Members Only	6:15-7:15 4FL Nia Kevin VerEecke		
	7:00-8:00 4FL Nia Caroline Kohles	6:30-7:30 5FL NY Gypsy Dance Workout Julia Kulakova	6:15-7:15 4FL Nia Caroline Kohles	7:15-8:15 4FL Sculpt & Tone Jonathan Wood		
	7:10-8:10 Training Pool Water Exercise II For Pool & Fitness Members Only	7:10-7:40 Training Pool Aqua Pilates For Pool & Fitness Members Only	6:15-7:30 5FL Yoga Basics Vanessa Spina	7:00-8:00 5FL Pilates Mat Paolina Weber		
	7:30-8:30 3M JCC Power Hour Ride Louisa Cheng	7:30-8:15 3M JCC Indoor Ride Maura Teitelbaum	7:15-8:15 4FL Fluidity (#1 Barre Workout) Barbara Piermont	7:10-8:10 Training Pool Coed Water Exercise For Pool & Fitness Members Only		
	7:30-8:45 5FL Flow Yoga Seth Lieberman	7:30-8:30 5FL Chi Gung Lewis Palieas	7:30-8:15 5FL MELT™ Length Liz Barkan/Jeanene Garro	8:20-9:35 4FL Boxercise Samir Hefny		
		7:30-8:45 4FL Boxercise Aubrey Sibanyoni	7:30-8:30 3M JCC Ride Matt Wilpers			



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
■	Registered Programs

Classes must maintain an average of 8 participants to remain on the schedule.

The Marti Ann Meyerson Center for Health and Wellness at The JCC in Manhattan

It is with great pride and enthusiasm that we introduce the Marti Ann Meyerson Center for Health and Wellness, where every individual can move, nourish, connect and restore.

In addition to the group fitness schedule with over 120 offerings, please pick up our Health and Wellness schedule for a complete listing of additional offerings integrating our culinary, aquatics, fitness & mindfulness programs. For more info about the Meyerson Center please visit jccmanhattan.org/healthwellness

FITNESS CENTER INFORMATION

HOURS*

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

*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

Fit Desk Supervisor: Whitney Chapman
Email: wchapman@jccmanhattan.org
Phone: 646.505.4385

jccmanhattan.org/healthclub
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.

Class Pass participants may attend classes on a space available basis.