

Saturday, Sept 11	Sunday, Sept 12	Monday, Sept 13	Tuesday, Sept 14	Wednesday, Sept 15	Thursday, Sept 16	Friday, Sept 17
8:00-9:15 4FL Anusara Inspired Yoga Kelly Bragger	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	6:00-6:45 3M Indoor Cycling <i>NEW TIME</i> Lisa Raphael <i>Starts Sept 15</i>	7:30-8:30 Makom Meditation (Free) Bernice Todres	6:00-6:45 3M Indoor Cycling <i>NEW TIME</i> Jonathan Wood <i>Starts Sept 17</i>
9:15-10:15 4FL Cardio Intervals Lisa Raphael	9:00-10:00 4FL Zumba Nao Yamada	7:15-8:15 5FL Yodilates Whitney Chapman	7:30-8:30 Makom Meditation (Free) Linda Thai	6:50-7:20 4FL Abs Only <i>NEW TIME</i> Lisa Raphael <i>Starts Sept 15</i>	8:00-9:00 Pool Coed Water Exercise For Pool & Fitness Members Only	6:30-7:30 Pool Coed Water Exercise For Pool & Fitness Members Only
10:30-11:15 3M Indoor Cycling Maura Tettelbaum	9:00-10:00 5FL Pilates Mat Kathleen Smith	7:30-8:30 Makom Meditation (Free) Sheila Lewis	8:00-9:00 Pool Coed Water Exercise For Pool & Fitness Members Only	6:30-7:30 Pool Coed Water Exercise For Pool & Fitness Members Only	8:30-9:30 4FL Nia Caroline Kohles	7:30-8:30 Makom Meditation (Free) Sheila Lewis
10:30-11:30 4FL Nia Serena Puckett	10:00-11:00 5FL Flow Yoga Netta Yerushalmy	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	9:00-10:00 Lobby/Park Walk & Stroll Michelle Hill 9/13-10/18 (ex 10/11)	7:00-8:00 4FL Sculpt & Tone <i>NEW TIME</i> Jonathan Wood <i>Starts Sept 17</i>
11:30-12:30 4FL Pilates Mat Robin Powell	10:00-11:00 4FL Fluidity Corinn Chan	9:00-10:00** 4FL Walk & Stroll <i>Meet at 8:45 before each class, first class meet in JCC lobby</i>	8:30-9:30 5FL Kettlebell Academy Loma K. 9/7-9/28, 10/5-11/4	7:30-8:30 Makom Meditation (Free) Rachel Cowan	9:30-10:30 4FL Simply Sculpt & Abs Jonathan Woods	8:15-9:00 4FL MELT™ Length Whitney Chapman
12:30-1:30 4FL MELT™ on Weights Intermediate Liz Barkan	11:00-12:00 4FL Total Body Core Liz Barkan	9:00-10:00 4FL Fitness Plus Sara Berg	9:30-10:30 4FL Cardio Intervals Lisa Raphael	8:15-9:00 4FL MELT™ Length Whitney Chapman	9:00-10:30 Pool Water Ex for Women For Pool & Fitness Members Only	9:00-9:15 3M Randi Klein
2:15-3:30 4FL NY Gypsy Dance Workout Julia Kulakova	11:45-12:30 5FL Kegel Session Randi Stone 9/26	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 Pool Fitness Plus Sara Berg	9:00-10:30 Pool Renewal Water Exercise Teri Dupuy (except 9/9, 11/25, 12/23, 12/30)	9:00-10:00 4FL Fitness Plus Sara Berg
3:30-4:45 5FL Chi Gung Yoga Vaishali Labosky	12:30-1:15 5FL Tupler Session Randi Stone 9/26	9:15-10:15 5FL Cardio Jazz Dance Brandon Grimm <i>New Instructor</i>	9:30-10:30 5FL Pilates Mat (Intermediate) Robin Powell	9:15-10:00 3M Indoor Cycling Joanna Paterson	10:30-11:45 4FL Anusara Inspired Yoga Kelly Bragger/Adele Munisteri	9:00-10:00 5FL Just Dance! Winter Gabriel
6:15-7:15 4FL Free: Nia Jam Kevin VerEecke 9/11, 10/18, 11/13, 12/11	12:00-1:00 4FL A.I. Stretch / MELT™ Liz Barkan	10:15-11:15 4FL MELT™ Strength Sue Hitzmann	10:30-11:45 4FL Anusara Inspired Yoga Intermediate Kelly Bragger/Adele Munisteri	9:15-10:15 5FL Salsa Dance Manuel Rojas	10:30-11:30 4FL Balance and Bones Linda Rose Iennaco 9/16-11/4 (ex 9/23, 9/30)	10:00-11:00 4FL Molly Perch
	1:30-2:45 4FL Low-Flying Trapeze Julie L. 9/26-12/19 (ex 10/10, 11/28)	10:15-11:15 4FL Basic Fitness Sara Berg	10:30-11:30 Pool Water Exercise for Women For Pool & Fitness Members Only	9:15-10:15 5FL MELT on Yoga™ Whitney & Edya 9/15-10/20	10:30-11:30 Pool Water Ex for Women For Pool & Fitness Members Only	10:00-11:00 5FL Basic Fitness Sara Berg
	2:30-3:45 5FL Anusara Yoga Rama Nina Patella	11:15-12:00 5FL MELT™ Length Sue Hitzmann	10:30-11:45 Makom Tai Chi for Seniors Beg Aiki Karen Kelly 9/21-1/11 (ex 12/21, 12/28)	10:15-11:15 4FL MELT™ Length Edya Kalev	11:30-12:30 5FL P.A.C.E. (for Arthritis) John David	11:00-12:00 5FL Arthritis Water Exercise 9/17-1/28 (ex 9/24, 10/11, 11/26, 12/24, 12/31)
	4:15-5:45 5FL Yoga for Pregnancy & Childbirth Mary Barnes 9/18-10/31 (ex 10/10)	11:15-12:15 5FL P.A.C.E. (for Arthritis) John David	11:30-12:30 5FL Balance & Bones™ Linda Rose Iennaco 9/14-10/26	10:15-11:15 5FL Basic Fitness Sara Berg	11:50-12:50 4FL Total Body Core Liz Barkan	11:00-12:00 5FL Exercise with Ease Linda Rose Iennaco 9/17-1/15 (ex 9/24, 10/11)
	5:15-6:15 4FL Boxercise Aubrey Sibanyoni	12:00-1:00 4FL Pilates Mat Frances Taylor Brown	11:50-1:20 4FL Tai Chi for Seniors Adv Aiki Karen Kelly 9/21-1/11 (ex 12/21, 12/28)	10:30-12:00 <i>Meet near the</i> 5FL desk Mini-Triathlon Training Women Only 10/6-12/15 (ex 11/24)	12:00-12:15 3M Bike Fit Joanna Paterson	12:00-1:00 4FL Arthritis Water Exercise 9/17-1/28 (ex 10/11, 11/26, 12/24, 12/31)
	5:30-6:15 3M Indoor Cycling Jonathan Wood	12:15-1:45 5FL Iyengar Inspired Yoga Leslie Journet	12:00-2:00 4FL No Pain, Just Gain: The Potential of Taiji (Tai Chi) & Qigong for Healing Master Yang Yang PhD 9/14	10:30-12:30 7 Conference Joint Movement for Seniors Katherine Brewster 9/15	12:15-1:00 3M Indoor Cycling Joanna Paterson	12:15-1:15 4FL Nia 101 for Seniors Yvonne 9/17-11/5 (ex 1/24, 10/11)
	6:00-7:00 Training Pool Aqua Yoga for Women Only Paula Atkinson	11:00-12:00 Pool Prenatal Water Class Orit Spanier 9/13-11/8 (ex 10/11)	12:00-12:15 3M Bike Fit Joanna Paterson	11:15-12:15 Training Pool Arthritis Water Exercise 9/15-1/26 (ex 12/22, 12/29)	12:50-1:50 4FL A.I. Stretch/MELT™ Liz Barkan	12:30-1:45 5FL Iyengar Flow Yoga Diana Rilov
	6:30-7:30 4FL Sculpt & Tone Jonathan Wood	11:00-12:00 Training Pool Post Natal Water Exercise 9/13-1/24 (ex 10/11, 12/20, 12/27, 1/17)	11:50-1:00 3M Indoor Cycling Joanna Paterson	11:15-12:15 4FL Zumba Gold Nao Yamada	1:15-2:45 Makom Yoga for Men Surviving Cancer Roberta Schine (except 11/25, 12/23, 12/30)	1:15-2:15 4FL Halle Altman / Stephanie Torvik
	7:30-8:30 4FL Learn to Swing: Swing Dance 101 Beginners to Adv. Beginners Spencer W. 9/19-10/31 (ex 10/10)	12:00-1:00 4 Fitness Cntr Circuit Training for Seniors Travis Brown 9/13-10/6, 10/18-11/10	1:05-1:20 5FL Abs Only Joanna Paterson	11:15-12:15 5FL Gentle Yoga for Seniors Katherine Brewster 9/22-11/3	5:30-6:30 Mezz Teen Karate 9/16-1/27 (ex 9/23, 9/30, 11/25, 12/23, 12/30)	

FITNESS CENTER INFORMATION

HOURS*

Mon-Thur 5:30am - 11:00pm
 Fri 5:30am - 4:00pm
 Sat 7:00am - 10:00pm
 Sat 9/18 CLOSED
 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@jccny.org
 Phone: 646-505-4406



The JCC Health Club
 334 Amsterdam Ave @ 76th St.
 New York, NY 10023
 646-505-5716
 A beneficiary of UJA Federation

Holiday Schedule Changes

Sept 11-18, 2010

Yom Kippur Holiday

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

NOTE:

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

Erev Yom Kippur
JCC Holiday Hours
5:30 am - 4 pm

Saturday, Sept 18

Yom Kippur
JCC CLOSED

Sunday, Sept 19
JCC OPEN HOUSE
 Join us for a FREE day of classes and special events
 10 am - 5 pm

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

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).