

Wednesday, Sept 28	Thursday, Sept 29	Friday, Sept 30
6:00-6:45 3M JCC Indoor Ride Lisa Raphael		
6:50-7:35 4FL Hard Core...Abs & More Lisa Raphael		
6:30-7:30 Pool ▲ Coed Water Exercise For Pool & Fitness Members Only		
7:15-8:30 5FL Yoga Basics Diana Rilov		
7:30-8:30 Makom ■ Meditation (Free) Rachel Cowan		
8:15-9:00 4FL MELT™ Length Sue Hitzmann <i>New Instructor!</i>		
9:00-10:00 4FL Fitness Plus Sara Berg		
9:15-10:00 3M Rhythm Ride™ Sue Hitzmann <i>New Instructor!</i>		
9:00-10:00 5FL Power Dance Joamer Gonzalez		
9:30-10:30 Makom The Feldenkrais Method Anastasi or Sonja 9/14-11/2		
10:15-11:15 4FL MELT™ Strength Sue Hitzmann <i>New Instructor!</i>		
10:15-11:15 5FL Basic Fitness Sara Berg		
11:00-12:00 Central Park Movin' Mama's - Outside Class Randi Stone 9/14-10/5		
11:10-12:10 L1 Classroom Movin' Mama's - Inside Randi Stone 10/12-11/6		
11:00-12:00 4FL Fit Ctr. Circuit Smart Workout Travis Brown 9/19-10/19 (ex 9/28, 10/10)		
11:15-12:15 4FL Zumba Gold Nao Yamada		
11:15-12:15 5FL Gentle Yoga for Seniors Katherine 9/21-11/9, 11/16-1/11 (ex 12/21, 28)		
11:30-12:30 Training Pool ▲ Arthritis Water Exercise 9/14-1/25 (ex 12/21 & 28)		
12:00-1:00 Makom ▼ Moving For Life Martha & Sherry (ongoing ex. 12/21, 12/28)		
12:15-1:00 4FL Pilates Mat Randi Stone		
12:15-1:45 5FL Iyengar Inspired Yoga Leslie Journet		
1:15-2:15 4FL Fall Stop...Move Strong™ Adv Celeste 9/14-1/11 (ex 12/21, 12/28)		
2:00-3:00 5FL 5 Rhythms@ Movement Jilsarah 9/14-11/2		
2:15-3:15 4FL Fall Stop...Move Strong™ Intmd. Celeste 9/14-1/11 (ex 10/10, 12/19, 12/26)		

Rosh Hashanah

JCC Closed

Happy New Year!

Saturday, Oct 1	Sunday, Oct 2
8:00-9:15 5FL Iyengar Yoga <i>New Location!</i> Cheryl Malter	8:30-9:15 3M JCC Indoor Ride Alex Breaux <i>New instructor!</i>
9:15-10:15 4FL Cardio Intervals Lisa Raphael	9:00-10:00 4FL Zumba Nao Yamada
10:00-10:25 5FL Hard Core...Abs & More! Maura Teitelbaum	9:00-10:00 5 FL Pilates Mat Kathleen Smith
10:30-11:30 3M JCC Indoor Ride Maura Teitelbaum	9:00-10:00 Mezz JackRabbit: Beginning Running Level I Robin Flynn 9/14-11/20
10:30-11:30 4FL Nia Serena Puckett	at JR Stone JackRabbit: Beginning Running Level II Alexi Abel 9/14-11/20
11:30-12:30 4FL Pilates Mat Robin Powell	10:00-11:00 4FL Fluidity Carriann Chan
12:30-1:30 4FL MELT™ on Weights Liz Barkan (Intermediate)	10:00-11:30 5FL Iyengar Inspired Yoga Netta Yerushalmy
1:30-2:15 4FL Beamfit: Balance Core & More! Whitney Chapman	11:00-12:00 4FL Total Body Core Liz Barkan
2:15-3:30 4FL NY Gypsy Dance Workout Julia Kulakova	11:30-12:30 5FL Nia Serena Puckett
5:00-6:00 4FL Fluidity <i>New Class!</i> Tanya Badgley	12:00-1:00 4FL A.I. Stretch / MELT™ Liz Barkan
7:15-8:15 4FL Free: Take A Chance October: Naam Yoga (ex Oct 8) November: Aerial Fitness Flow (ex Nov 26) December: Zumba (ex Dec 24 & 31)	1:15-3:45 Mezz Nia PLAYshop Caroline Kohles/Lori Lynn Meader Nia Routine Birth 11/6
	2:30-3:45 5FL Anusara Yoga Rama Nina Patella
	3:45-5:00 4FL FLOAT™ Aerial Fitness Flow Fran/Brenda 9/18-12/11 (ex 10/9, 11/27) 9/18 Free to all who attend Open House
	4:15-5:45 5FL Prenatal Yoga: Pregnancy & Childbirth Many Barnes 9/11-10/23 (ex 10/9)
	5:15-6:15 4FL Athletic Boxing Brittany Brumfield
	5:30-6:15 3M JCC Indoor Ride Jonathan Wood
	6:00-7:00 Training Pool Aqua Exercise for Women Only Maggie Converse
	6:00-7:15 5FL Restorative Yoga <i>New Class!</i> Jayne Meilo
	6:30-7:30 4FL Sculpt & Tone Jonathan Wood
	7:30-8:30 4FL Swing Dance101(Beginner) Spencer W. 9/11-10/23 (exp 10/9)
	8:30-9:30 4FL Swing Dance103(Lindy-Hop) Spencer W. 9/11-10/23 (exp 10/9)



Our Fall Group Exercise Schedule is in effect

Monday, October 3 through Thursday, October 6

Please pick up a Yellow schedule for these dates.

Monday, Oct 3 - Thursday, Oct 6	Friday, Oct 7
6:00-6:45 3M JCC Indoor Ride Lisa Raphael	6:00-6:45 3M JCC Indoor Ride Lisa Raphael
6:30-7:30 Pool ▲ Coed Water Exercise For Pool & Fitness Members Only	6:30-7:30 4FL ▲ Coed Water Exercise For Pool & Fitness Members Only
7:15-7:30 4FL Abs Only Jonathan Wood	7:15-7:30 4FL Abs Only Jonathan Wood
7:30-8:15 4FL Sculpt & Tone Jonathan Wood	7:30-8:15 4FL Sculpt & Tone Jonathan Wood
7:00-8:00 5FL Pilates Mat Iliana Cavaqna <i>New Instructor!</i>	7:00-8:00 5FL Pilates Mat Iliana Cavaqna <i>New Instructor!</i>
7:30-8:30 Makom ■ Meditation (Free) Sheila Lewis	7:30-8:30 Makom ■ Meditation (Free) Sheila Lewis
8:15-9:00 4FL MELT™ Length Whitney Chapman	8:15-9:00 4FL MELT™ Length Whitney Chapman
8:30-9:15 3M JCC Indoor Ride Randi Klein	8:30-9:15 3M JCC Indoor Ride Randi Klein
9:00-10:00 4FL Fitness Plus Sara Berg	9:00-10:00 4FL Fitness Plus Sara Berg
9:00-10:00 5FL Just Dance! <i>New Instructor!</i> Winter Gabriel	9:00-10:00 5FL Just Dance! <i>New Instructor!</i> Winter Gabriel
9:30-10:30 Makom Alexander Technique- Int. Kim Clay 9/16-12/16 (exp 10/14, 10/21, 11/25)	9:30-10:30 Makom Alexander Technique- Int. Kim Clay 9/16-12/16 (exp 10/14, 10/21, 11/25)
10:00-11:00 4FL Fluidity (Sculpt) Molly Perch	10:00-11:00 4FL Fluidity (Sculpt) Molly Perch
10:00-11:00 5FL Basic Fitness Sara Berg	10:00-11:00 5FL Basic Fitness Sara Berg
10:30-11:30 Makom Alexander Technique- Intro Kim Clay 9/16-12/16 (exp 10/14, 10/21, 11/25)	10:30-11:30 Makom Alexander Technique- Intro Kim Clay 9/16-12/16 (exp 10/14, 10/21, 11/25)
11:00-12:00 4FL MELT for Back Pain Dan Marks	11:00-12:00 4FL MELT for Back Pain Dan Marks
11:00-12:00 5FL Exercise with Ease Linda Iennaco 9/16-11/11 (ex 10/14, 10/21)	11:00-12:00 5FL Exercise with Ease Linda Iennaco 9/16-11/11 (ex 10/14, 10/21)
11:00-12:00 Central Park Movin' Mama's Outside 9/9-10/7 by Bethesda Fountain	11:00-12:00 Central Park Movin' Mama's Outside 9/9-10/7 by Bethesda Fountain
11:00-12:00 L1 classroom Movin' Mama's Inside Randi Stone 10/28-12/9 (ex 11/25)	11:00-12:00 L1 classroom Movin' Mama's Inside Randi Stone 10/28-12/9 (ex 11/25)
11:30-12:30 Training Pool ▲ Arthritis Water Exercise 9/16-1/27 (ex 10/14 10/21)	11:30-12:30 Training Pool ▲ Arthritis Water Exercise 9/16-1/27 (ex 10/14 10/21)
12:15-1:00 Central Park Mother and Baby Pilates 9/9-10/7 In Central Park 10/28-12/9 Indoors at JCC	12:15-1:00 Central Park Mother and Baby Pilates 9/9-10/7 In Central Park 10/28-12/9 Indoors at JCC
12:15-1:15 4FL Nia 101 for Seniors Yvonne 9/16-11/11 (ex 10/14, 10/21)	12:15-1:15 4FL Nia 101 for Seniors Yvonne 9/16-11/11 (ex 10/14, 10/21)
12:30-1:45 5FL Iyengar Flow Yoga Diana Rilov	12:30-1:45 5FL Iyengar Flow Yoga Diana Rilov
12:30-1:30 Training Pool ▲ Arthritis Water Exercise 9/16-1/27 (ex 10/14 10/21)	12:30-1:30 Training Pool ▲ Arthritis Water Exercise 9/16-1/27 (ex 10/14 10/21)
1:15-2:15 4FL Pilates Hallee Altman / Stephanie Torvik	1:15-2:15 4FL Pilates Hallee Altman / Stephanie Torvik
2:15-3:15 4FL Fall Stop...Move Strong™ Adv Celeste 9/16-1/13 (ex 10/14 & 21)	2:15-3:15 4FL Fall Stop...Move Strong™ Adv Celeste 9/16-1/13 (ex 10/14 & 21)
3:15-4:15 4FL Fall Stop... Move Strong™ Introductory 9/16-1/13 Julie Kardachi Celeste Carlucci (ex 10/14, 10/21, 11/25, 12/23, 12/30)	3:15-4:15 4FL Fall Stop... Move Strong™ Introductory 9/16-1/13 Julie Kardachi Celeste Carlucci (ex 10/14, 10/21, 11/25, 12/23, 12/30)

Yom Kippur

JCC Closed

Saturday, Oct 8	Sunday, Oct 9
8:30-9:15 3M JCC Indoor Ride Alex Breaux <i>New instructor!</i>	8:30-9:15 3M JCC Indoor Ride Alex Breaux <i>New instructor!</i>
9:00-10:00 4FL Zumba Nao Yamada	9:00-10:00 4FL Zumba Nao Yamada
9:00-10:00 5 FL Pilates Mat Kathleen Smith	9:00-10:00 5 FL Pilates Mat Kathleen Smith
9:00-10:00 Mezz JackRabbit: Beginning Running Level I Robin Flynn 9/14-11/20	9:00-10:00 Mezz JackRabbit: Beginning Running Level I Robin Flynn 9/14-11/20
at JR Stone JackRabbit: Beginning Running Level II Alexi Abel 9/14-11/20	at JR Stone JackRabbit: Beginning Running Level II Alexi Abel 9/14-11/20
10:00-11:00 4FL Fluidity Carriann Chan	10:00-11:00 4FL Fluidity Carriann Chan
10:00-11:30 5FL Iyengar Inspired Yoga Netta Yerushalmy	10:00-11:30 5FL Iyengar Inspired Yoga Netta Yerushalmy
11:00-12:00 4FL Total Body Core Liz Barkan	11:00-12:00 4FL Total Body Core Liz Barkan
11:30-12:30 5FL Nia Serena Puckett	11:30-12:30 5FL Nia Serena Puckett
12:00-1:00 4FL A.I. Stretch / MELT™ Liz Barkan	12:00-1:00 4FL A.I. Stretch / MELT™ Liz Barkan
1:15-3:45 Mezz Nia PLAYshop Caroline Kohles/Lori Lynn Meader Nia Routine Birth 11/6	1:15-3:45 Mezz Nia PLAYshop Caroline Kohles/Lori Lynn Meader Nia Routine Birth 11/6
2:30-3:45 5FL Anusara Yoga Rama Nina Patella	2:30-3:45 5FL Anusara Yoga Rama Nina Patella
5:15-6:15 4FL Athletic Boxing Brittany Brumfield	5:15-6:15 4FL Athletic Boxing Brittany Brumfield
5:30-6:15 3M JCC Indoor Ride Jonathan Wood	5:30-6:15 3M JCC Indoor Ride Jonathan Wood
6:00-7:00 Training Pool Aqua Exercise for Women Only Maggie Converse	6:00-7:00 Training Pool Aqua Exercise for Women Only Maggie Converse
6:00-7:15 5FL Restorative Yoga <i>New Class!</i> Jayne Meilo	6:00-7:15 5FL Restorative Yoga <i>New Class!</i> Jayne Meilo
6:30-7:30 4FL Sculpt & Tone Jonathan Wood	6:30-7:30 4FL Sculpt & Tone Jonathan Wood

FITNESS CENTER INFORMATION
REGULAR BUSINESS HOURS*

Mon-Thu 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.

Erev Rosh Hashanah

JCC Hours

7 am - 4 pm

Erev Yom Kippur

JCC Hours

7 am - 4 pm

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

- 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.

Holiday Schedule Changes

Sept 28 - Oct 9, 2011

Rosh Hashanah & Yom Kippur Holidays