

CENTER HOURS

MON-THU, 5:30 AM-11 PM
FRI, 5:30 AM-10 PM
SAT-SUN, 7 AM-10 PM

SUNDAY

8:30-9:15 AM 3M	JCC Ride Lisa Raphael
9-9:55 AM 4FL	Zumba Alet Taylor
9-9:55 AM 5FL	Pilates Mat Cindy Thrall
10-10:55 AM 4FL	Fluidity® Barre Cariann Chan/ Olivia Westergaard
10-11:25 AM 5FL	Aligned Flow Yoga Jorge Sevillano
11:05 AM-12:05 PM 4FL	Total Body Core Liz Barkan
12:05-1:05 PM 4FL	MELT®/A.I. Stretch Liz Barkan
1:30-2:45 PM 5FL	Basic Yoga Susan Genis
5:15-6:15 PM 4FL	Boxing Krudner Fiote, Jr., "JR"
5:30-6:15 PM 3M	JCC Ride Jonathan Wood
6-7:15 PM 5FL	Restorative Yoga Jayne Mielo
6:30-7:30 PM 4FL	Sculpt + Tone Jonathan Wood

GET THE JCC APP
 Download the new **JCC Manhattan app** in the App Store and have the group exercise schedule sent straight to your phone.

MONDAY

7:15-8:15 AM MAIN POOL	Coed Water Exercise ♠ Will Madera
7:30-8:30 AM MAKOM	Meditation FREE Michele Sapanaro
8-8:55 AM 4FL	MELT® Length Claudia Brown/Liz Barkan
8-8:55 AM 5FL	Basic Fitness ♦ Sara Berg
9-10 AM 4FL	Fitness Plus ♦ Sara Berg
9-10 AM 5FL	Just Dance Diina Tamm
9:15-10 AM 3M	JCC Ride Louisa Plous
10:15-11:10 AM 4FL	MELT® Strength Edya Kalev
10:10-11:10 AM 5FL	Basic Fitness ♦ Sara Berg
11:15 AM-NOON 4FL	MELT® Length Edya Kalev
11:15 AM-12:15 PM 5FL	Sit 'N Fit: Exercise for Arthritis + More Brian Hurley
12:15-1:15 PM 4FL	Pilates Mat Frances Taylor Brown
12:15-1:45 PM 5FL	Hatha Yoga ♦ Jackie Prete
5:45-6:45 PM MAKOM	Meditation FREE Jonathan Slater
6-6:55 PM 4FL	Fluidity® Barre Myra Thibault
6:05-7:05 PM TRAINING POOL	Coed Water Exercise ♠ Will Madera
6:15-7:30 PM 5FL	Yoga Diana Rilov
6:30-7:15 PM 3M	Party Ride Brett Gordon
6:15-6:45 PM 4FL MAT	Fitness + Wellness Concierge Jessica Gumora/ Caroline Kohles
7-8 PM 4FL	Nia Dance Caroline Kohles

TUESDAY

7-8 AM 4FL	Pilates Mat Luis Villabon/ Olivia Westergaard
7:30-8:30 AM MAKOM	Meditation FREE Linda Thal
8-9 AM POOL	Coed Water Exercise ♠ Chris LaCour
8:30-9:25 AM 4FL	Nia Dance Caroline Kohles
9:30-10:25 AM 4FL	"Try Club" Lisa Raphael
9:30-10:30 AM MAIN POOL	Coed Water Exercise ♠ Jennilynn Patterson ♥
9:30-10:25 AM 5FL	Pilates Mat (Int.) Robin Powell
10:30-11:25 AM 5FL	Pilates Intermediate Flow Robin Powell
10:30-11:30 AM MAIN POOL	Water Ex for Women Only ♠ Jennilynn Patterson ♥
10:30-11:45 AM 4FL	Embodied Breath Yoga Roxlyn Moret
NOON-12:15 PM 3M	Bike Orientation Louisa Plous
12:15-1 PM 3M	JCC Ride Louisa Plous
5:45-6:45 PM MAKOM	Meditation FREE Meditation Staff
5:30-6:25 PM 5FL	Fitness Plus Sara Berg
6-6:30 PM 4FL	Back Relief NEW Jessica Gumora
6:05-7:05 PM TRAINING POOL	Aqua Zumba ♠ Leo Tiburcio
6:40-7:25 PM 4FL	TRX Diesel NEW Yury Rockit
6:45-7:15 PM 3M	Interval Express Ride NEW Jessica Gumora
6:30-7:25 PM 5FL	Floor Barre® (Stretch) Jodi Moccia
7:30-8:30 PM 4FL	Boxing Blast Krudner Fiote, Jr., "JR"

WEDNESDAY

6-6:45 AM 3M	JCC Ride Lisa Raphael
7-8 AM MAIN POOL	Coed Water Exercise ♠ Jacob Sum
7:15-8:30 AM 5FL	Yoga Diana Rilov
7:30-8:30 AM MAKOM	Meditation FREE Peter Silverman ♥
8-8:55 AM 4FL	MELT® Length Sue Hitzmann
9-10 AM 4FL	Fitness Plus ♦ Sara Berg
9-10 AM 5FL	Let's Dance Tori Pence
9:15-10 AM 3M	JCC Ride Sue Hitzmann
10:10-11:05 AM 5FL	Basic Fitness ♦ Sara Berg
10:15-11:10 AM 4FL	MELT® Strength ♦ Sue Hitzmann
11:15 AM-12:10 PM 4FL	Zumba Don Philpott
12:15-1:10 PM 4FL	Pilates Mat Luis Villabon
12:15-1:45 PM 5FL	Hatha Yoga ♦ Jackie Prete
5:45-6:45 PM MAKOM	Meditation FREE Igal Harmelin
6-6:25 PM 5FL	CORE Power Jessica Gumora
6:05-7:05 PM TRAINING POOL	Aquability ♠ Robin Mandel
6:15-7:10 PM 4FL	Nia Dance Caroline Kohles
6:15-7 PM 3M	Rhythm Ride NEW Yury Rockit
6:30-7:45 PM 5FL	Vinyasa Flow Yoga Jessica Gumora
7:15-8 PM 4FL	SWEATCamp Yury Rockit

♥ Orit Spanier's classes are now taught in loving memory by Jennilynn Patterson.

♥ Rachel Cowan's class is now taught in loving memory by Peter Silverman.

THURSDAY

7:30-8:30 AM MAKOM	Meditation FREE Sheila Lewis
8-9 AM MAIN POOL	Coed Water Exercise ♠ Chris LaCour
8:30-9:25 AM 4FL	Nia Dance Caroline Kohles
9:30-10:25 AM 4FL	Intense Conditioning Jonathan Wood
9:30-10:30 AM MAIN POOL	Water Ex for Women Only ♠ Jennilynn Patterson ♥
10:30-11:30 AM MAIN POOL	Water Ex for Women Only ♠ Jennilynn Patterson ♥
10:30-11:45 AM 4FL	Aligned Flow Yoga Adele Munisteri
11:30 AM-12:30 PM 5FL	Chi Gong Julia Kulakova
11:50 AM-12:45 PM 4FL	Body Conditioning Liz Barkan
12:50-1:50 PM 4FL	MELT®/A.I. Stretch (Intermediate) Liz Barkan
5:45-6:45 PM MAKOM	Meditation FREE Sheldon Lewis
6-6:30 PM 4FL	HIIT Circuit NEW Brett Gordon
6:05-7:05 PM TRAINING POOL	Aqua Aerobics ♠ Will Madera
6:15-7:25 PM 5FL	Gentle Yoga Seth Lieberman
6:35-7:30 PM 4FL	TRX Jonathan Wood
7:35-8:20 PM 4FL	Cardio and Core NEW Jonathan Wood
7:30-8:15 PM 5FL	MELT® Length Liz Barkan/Jeanene Garro

FRIDAY

6-6:45 AM 3M	JCC Indoor Ride Lisa Raphael
7-8 AM 5FL	Pilates Mat Kathleen Smith
7:15-8:15 AM MAIN POOL	Coed Water Exercise ♠ DeJuan Lewis
7:30-8:30 AM MAKOM	Meditation FREE Sheila Lewis
8-8:55 AM 4FL	MELT® Length Whitney Chapman
9-9:55 AM 4FL	Fitness Plus ♦ Sara Berg
9-9:55 AM 5FL	Modern Jazz TBA
9:15-10 AM 3M	JCC Ride Danielle Landau
10-10:55 AM 4FL	Fluidity® Barre Myra Thibault
10-11 AM 5FL	Basic Fitness ♦ Sara Berg
11:10 AM-12:10 PM 4FL	Zumba Don Philpott
12:15-1:10 PM 4FL	Feldenkrais® Pilates Sonja Johansson
12:15-1:30 PM 5FL	Yoga Diana Rilov

SATURDAY

8-9:15 AM 5FL	Iyengar Yoga Kavi Patel
8:30-9:15 AM 4FL	Cardio Intervals Lisa Raphael
9:15-10:15 AM 3M	JCC Power Hour Ride John Mudd
9:30-10:25 AM 5FL	Stretch. Release. Align. NEW Claudia Brown
9:30-10:30 AM 4FL	Dance Fit Flow NEW Florian Fructuoso
10:30-11:25 AM 4FL	Nia Dance Roger/Kari/Caroline
11:30 AM-12:25 PM 4FL	Pilates Mat Robin Powell
12:30-1:30 PM 4FL	MELT® + Weights (Int.) Liz Barkan
12:30-1:15 PM 5FL	ELDOA: Stretch Your Spine Brandi Ong
1:45-2:45 PM 4FL	Tai Chi Robert Woodbine
4-5 PM 5FL	Gentle Yoga Whitney Chapman/ Jeanene Garro
6-7:15 PM	Nia Jam FREE 1/11, 2/8, 3/14, 4/4 Caroline, Jayne + Guests

PLEASE NOTE:
 ♠ Fitness and Pool members only; class passes do not apply.
 ♦ You must sign in at the Fitness desk to obtain a number to attend this class. Priority is given to Fitness Center Members, then class passes and guests.
 Classes marked **FREE** are free for everyone.
 Classes, instructors, and times are subject to change.
 Class pass participants may attend classes on a space available basis.
 For safety reasons, please do not enter a class 10 minutes or more after class start time.

AEROBIC / CARDIO CLASSES

BASIC FITNESS A challenging full body cardio/strength workout designed to work out, not wear out your body.

BODY CONDITIONING Using weights, body bars, and bands, sculpt your body while challenging your cardiovascular endurance. Keep moving as you lift to burn more calories, improve muscle tone, and challenge your balance.

BOXING BLAST A rigorous, fun workout taught by professional boxers. A great, powerful workout.

CARDIO AND CORE 45 minutes of cardio intervals mixed with core-focused exercises. This class will keep you moving while you build your six-pack!

CARDIO INTERVALS Challenge your body with intervals of cardio work and strength training to increase stamina, endurance, and improve structural strength.

HIIT CIRCUIT Get ready for 30 minutes of HIGH INTENSITY movement. Class start with ab exercises, move into a HIIT bodyweight and free weight circuit, and end with a fast and furious finisher. From squats to burpees, agility ladders, ropes, and more, nothing is off limits.

FITNESS PLUS Blending the best of cardio and sculpting to take you and your workout to the next level. A great way to start your day!

INTENSE CONDITIONING High intensity interval training with upper body, lower body, and core training for a complete workout.

SWEATCamp/ BODY Bootcamp Cardio sports and exercise drills combined with strength training and exercises for functional fitness. A workout that can change your mind and your body.

AQUATIC EXERCISE

AQUABILITY FLEX A combination of movements designed to increase flexibility and mobility, develop and improve balance, and enhance muscular and cardiovascular endurance in a safe and fluid environment.

AQUA ZUMBA A hypnotic fusion of Latin rhythms and various dance styles...in the water. A fun dance workout for all levels.

COED / WOMEN'S ONLY WATER EXERCISE Designed to improve strength, range of motion, and endurance using the water's natural resistance and buoyancy. Held in both pools. Limited spaces available; please arrive on time.

BALANCE / BARRE

FLOOR BARRE® Working on the floor enables your body to correct its alignment, and elongates and strengthens muscles to support the spine. This method includes exercises to prevent knee injuries and enables healing and strengthening of stabilizing muscles for those with injuries. Socks recommended.

FLUIDITY® BARRE Achieve the trim look of a dancer's body by using the freestanding Fluidity® Barre and your own body weight. Combining the best of ballet, yoga, and therapeutic movement, Fluidity will tighten and tone your whole body.

DANCE

DANCE FIT FLOW Want to move and groove? This class mixes choreography with variety of musical styles, including pop, rock, disco, and Motown. It begins with a body flow warm-up and continues into a series of theatrical dance moves. It's a dance party that you want to join!

JUST DANCE Fun and user-friendly choreography, exploring different styles of dance each week.

LET'S DANCE Jazz, Modern, Broadway...this class has it all. Build dance skills while having fun in this flowing, energizing dance experience.

MODERN JAZZ DANCE Explore the various styles of modern jazz dance with this easy to follow yet challenging class.

NIA DANCE/ NIA JAM Kick off your shoes and rock your body and soul into shape the easy way. Crosstrain with movements from martial arts, yoga, and dance. Heal your body or work toward your potential.

ZUMBA® A hypnotic fusion of Latin rhythms and easy-to-follow moves with one goal in mind—to make working out fun! Combines various dance moves to great music for an hour of calorie burning fun.

JCC RIDE—INDOOR CYCLING

HEART RATE MONITORS + CYCLING SHOES RECOMMENDED; WATER BOTTLE REQUIRED

BIKE ORIENTATION Designed to get you safely fitted on a bike and to go over the mechanics of indoor cycling. Perfect for new riders and a great refresher for experienced riders. Learn the correct settings for a safe ride.

INTERVAL EXPRESS RIDE Efficient and effective, this 30-minute interval ride will boost your metabolism and give you a heart-healthy workout. Participants will leave feeling full of energy, strength, and confidence.

JCC RIDE/ POWER HOUR RIDE Take your ride inside as you develop endurance, power, and cardiovascular strength. Indoor Ride classes are 45 minutes. Power Hour Ride classes are 1 hour.

MELT®

MELT® LENGTH FOR BEGINNERS This class is perfect for those new to the MELT® Method; our regular MELT® Length class but taught with more detail to help new participants learn.

MELT® LENGTH Rehydrate your connective tissue and rebalance your reflexive and 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.

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.

MELT®/AI (ACTIVE-ISOLATED) STRETCH / MELT® rehydrates the connective tissue to increase hydration and neurological function. Together, these two modalities work to help you feel great. A.I. Stretch uses a strap or rope to assist with range of motion and helps increase flexibility in all muscle groups.

MELT® + WEIGHTS (INTERMEDIATE) Combine the best of MELT® Length and Strength moves with light weights. *Prior MELT experience strongly recommended.*

MEDITATION + MIND / BODY

CHI GONG Learn different styles of Chi Gong to cultivate energy and increase vitality. This gentle healing practice supports the integrity of the body, mind, and spirit, and helps alleviate discomfort from ailments.

MEDITATION 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.

TAI CHI Enjoy the benefits of practicing Tai Chi (Taijiquan): improved gait and balance, enhanced mental clarity and focus, increased stamina, and greater flexibility. Following the Classical Yang Family Style, participants will learn the initial 22 movements of the solo form, the Taiji Qigong sequences, coiling, and partner drills.

PILATES

PILATES INTERMEDIATE FLOW Pilates Mat experience required in this Mat class that flows from one exercise to the next.

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.

STRENGTH + STRETCH

BACK RELIEF Have lower back pain or discomfort? This 30-minute class will help release tightness in the lower back and improve glute strength. Glutes play a pivotal role in fitness training and the long term health of the spine. Through a series of activation and stretching exercise, you will learn how to attain and maintain a healthy lower back—with the added bonus of a firm backside!

CORE POWER Fun and functional training to strengthen the core and improve balance. This open-level fitness class combines standing and floor abdominal exercises in a quick 30 minutes.

ELDOA STRETCH YOUR SPINE Challenge your body as you use postural exercises to strengthen and lengthen your back and neck. This active workout creates a decompressed, relaxed spine and full body benefits of improved muscle tone and blood flow.

FELDENKRAIS® PILATES This movement-based program weaves in cognitive challenges that will help keep both your brain and body youthful. Experimenting with novel, unusual, and functional movement generates new brain cells connections to develop agility, strength, and vitality as you age.

SIT 'N FIT Improve circulation and learn how to work out while protecting your joints. Chairs, resistance bands, and light weights are used to increase range of motion, build strength, and improve cardiovascular fitness. A great class for those just beginning to exercise and those needing to minimize joint stress.

SCULPT + TONE Develop muscular strength and tone using weights, body bars, and bands.

STRETCH. RELEASE. ALIGN. Experience freedom of movement and realign your body by learning correct techniques for deep stretching.

TRX DIESEL A combination of the TRX suspension straps, body weight exercises, and dumbbells meant to build core strength, challenge balance, and improve overall mobility. This class will sculpt and tone the entire body in just 45 minutes!

YOGA

ALIGNED FLOW YOGA A blend of anatomical instruction and movement in a sequence of asanas (yoga postures) intended to bring the practitioner to a deep, joyful, aligned state where prana (energy) flows freely.

EMBODIED BREATH YOGA Open awareness to the contents of our bodies: muscles, bones, ligaments, organs, and fluids. As we listen to our different body systems, we can discover all of the support we have to enhance the quality, expression, and cohesiveness of our asana.

GENTLE YOGA A synthesis of breath (Pranayama) and basic yoga techniques (asana) designed to liberate the body and calm the mind. Learn the foundations of yoga while moving through a slower practice. Perfect for beginners and those returning to their mats and/or recovering from an injury.

HATHA YOGA A blend of flowing asanas with the intention towards healing. Incorporating gentle yoga, active asanas, and therapeutic yogic practices to create opening, strength, flexibility, and calm. All levels.

RESTORATIVE YOGA Using props for support, this gentle, calming practice will release tension, calm your nervous system, and create a strong sense of restoration and relaxation.

VINYASA FLOW YOGA Vinyasa Flow Yoga focuses on the body-breath connection. Music is paired with creative sequencing to encourage your body to energetically flow through poses. Release physical tension, stretch, improve mobility, and strengthen your body.

YOGA These alignment based classes will assist you in learning the postures and deepening your yoga practice.

INFO

FITNESS + WELLNESS CONCIERGE Would you like to learn more about the JCC's Health and Wellness programs? Or are you not sure what group fitness class to take? Here is an opportunity to ask the directors. Stop by the 4th Floor Fitness Desk and let us help you!

JCC DROP-IN FITNESS CLASSES ARE FREE FOR JCC HEALTH CLUB MEMBERS

TO TAKE A TOUR OR INQUIRE ABOUT MEMBERSHIP, CALL 646.505.5700.

Pool, community, and members of the public must purchase a class pass to attend Drop-in Fitness classes.

CLASS PASS PRICE LIST:

Single Class Pass: \$20/\$27 (expires in 1 week)

10-Class Pass: \$170/\$222 (expires in 3 months)

20-Class Pass: \$285/342 (expires in 6 months)

A 10% discount on JCC Memberships and JCC Drop-in Fitness Class Passes available to seniors (62).

Participants utilizing class passes may enter Drop-in Fitness classes on a space available basis.