


For more information about  
The JCC Health Club  
visit **jccmanhattan.org/  
healthclub**

To register or for a complete  
listing of JCC programs  
visit **jccmanhattan.org**  
or call **646.505.5708**

the **jcc** in manhattan  
the samuel priest rose building  
334 amsterdam ave at 76th st  
new york, ny 10023  
a beneficiary of UJA-Federation

#### CONTACT US

For more info, to take a tour, or find the  
membership option that's right for you, call:  
**The JCC Membership Office** 646.505.5700  
**JCC Health Club Welcome Desk** 646.505.5716  
**Program Registration** 646.505.5708

 Find us on Facebook  
[facebook.com/jcchealthclub](https://www.facebook.com/jcchealthclub)

#### thankyouthankyouthankyou

Fitness classes and personal training take place in  
The Koppelman Family Fitness Center.

Additional classes take place in The Garson-Rappaport  
Studio, The Sayde Tisch Busch Dance Studio, and  
The Alan B. Slifka Cycling Studio.

Photo, Pool, Cover: Antonio Mari



health + wellness

the marti ann meyersson center for

## 10 YEARS *and Counting!*

*It's The JCC in Manhattan's 10th Anniversary on 76th  
and Amsterdam! The JCC is proud to be a home to  
families and individuals of all walks of life—fostering an  
inclusive, engaged community rooted in Jewish values.*

*Come celebrate with us!*



**10 YEARS**  
*building community*



move

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.

The Marti Ann Meyerson Center for Health and Wellness offers a holistic approach to stimulating your mind, strengthening your body, engaging your heart, and connecting you to a caring community.

By integrating our culinary, aquatics, fitness, and mindfulness programs under one roof, you now have everything you need to fulfill your personal goals.



nourish



connect

*"I am so proud of my daughter Marti, and all that she has helped to build at the JCC. She has devoted so much of her time and resources to this building, especially in the area of Health and Wellness. I am making this gift in her honor so that everyone in the community can benefit from Marti's vision and heartfelt commitment."*

MARLENE NATHAN  
MEYERSON

*"The JCC plays an important role in the well being of my whole family. Jamie and I are regulars in the fitness center and my three children continue to enjoy a whole range of programs from yoga, fitness boot camp, healthy cooking, and sports. My hope is that the new Center for Health and Wellness will help the community find similar inspiration and knowledge to lead healthy lives."*

MARTI ANN MEYERSON



restore

Photo: Nancy Adler

# the jcc health club

The Marti Ann Meyerson Center for Health and Wellness features a beautiful health club—including a state-of-the-art fitness center, 2 heated pools with city view, and a full court gymnasium—as well as extensive registered and drop-in programs created to move, to nourish, to connect and to restore.

Get the most out of the JCC's Meyerson Center for Health and Wellness by joining as a Health Club Member today! To take a tour, or inquire about membership, please call 646.505.5700.



Photo: Nancy Adler



Photo: Nancy Adler

## Health Club Membership

- State-of-the-art fitness center with the latest cardio & conditioning equipment
- 25-meter heated lap lane pool and adjustable-depth training pool with phenomenal city views
- Full-court gymnasium for basketball, soccer, pick-up games, and children's free play
- Over 100 free weekly drop-in fitness classes— aerobics, M.E.L.T.®, conditioning, Pilates, indoor cycling, yoga, martial arts, Nia, and more
- Discounted fees on Meyerson Center for Health + Wellness registered classes and workshops, including healthy cooking, martial arts, dance, pilates, pre- and postnatal, and MELT, as well as to the JCC's over 1200 programs and classes, and priority registration for family programming.
- Amenity-loaded locker rooms and family changing room with towel service and steam rooms
- Personal training, massage, private sports lessons, private fitness classes and assessments (available at additional cost)
- Private locker rentals, laundry service, and babysitting services (available at additional cost)
- Complimentary fitness floor evaluation and personal training session with a personal trainer
- Complimentary guest passes for pool, gymnasium, and/or fitness center
- Discounts at The Jewish Museum Shop and many neighborhood businesses
- Access to The Belda K. and Marcel Lindenbaum Library, Beit Midrash, The Amy and Larry Robbins Parent Resource Center, The Rachel and Joseph Nash Older Adult Center, The Meyerson Family Roof Terrace, and Makom contemplation space
- Open to individuals 14+ years

## Additional Membership Options

### Pool Membership

- 25-meter heated lap lane pool and adjustable-depth training pool with phenomenal city views
- Full-court gymnasium for basketball, soccer, pick-up games and children's free play
- Locker rooms, towel service, family changing room, and steam rooms
- Private locker rentals, laundry service, and massage services (available at additional cost)
- Access to drop-in fitness classes with purchase of 1-, 10-, or 20-Class Passes
- Member discounts at The Jewish Museum Shop, many neighborhood businesses, and on JCC programs and events with priority registration
- Complimentary guest passes
- Access to JCC common spaces, including The Meyerson Family Roof Terrace and Makom

### Basketball Membership

- 2 basketball courts for pick-up games and league play
- Discounts for league sports
- Court times vary; check online for updated schedules

*Spaces subject to availability; locker room use not permitted.*

*The JCC offers membership plans for individuals, families, seniors, teens (14-17), and young adults (18-25). Student and 3-month memberships also available.*

*Please speak with a JCC Membership Consultant to discuss the membership options that are right for you. For more information, or to take a tour, call 646.505.5700 or stop by the JCC.*

## east meets west

True fitness is more than going to the gym. This series brings together the best ideas from both Eastern and Western philosophy to help you achieve optimal, all-around health. Take one, or take all four for a 10% discount.

### the zen of building and maintaining a meditation practice

Join Nancy O'Hara, author, teacher, and Zen life coach, to learn the key to serenity. Establish and maintain a daily practice via sitting in silence, walking meditation, mindful listening.

4 Mondays, Jan 30–Feb 27 (except Feb 21),  
7:30–9 pm, \$75/\$85 MAKMAN00WZ

### design your life with feng shui

Nicole Citrin, certified feng shui consultant and designer, will show you how this ancient art can create balance and harmony in your home, help achieve your personal goals in the workplace, and add positive energy to your life.

Tue, Apr 24, 7:30–9 pm, \$20/\$25  
ACFFNG00WZ

### gourmet asian steam cooking:

#### HEALTHY INSPIRATION FROM THE EAST

Cooking instructor and author Wai Chu demonstrates how to steam food to retain its natural flavors and nutrients. Cook up an entire meal (even dessert!) using this practical cooking method.

Thu, Mar 1, 7–9:30 pm, \$85/\$95  
ESUASC00WZ

### no pain, just gain:

#### THE POTENTIAL OF TAIJI (T'AI CHI) AND QIGONG FOR VITALITY AND HEALTH

Master Yang Yang, PhD

Discover how Taiji/(T'ai Chi) and Qigong can help you avoid injury and complement traditional treatment for arthritis and joint pain

Tue, Jan 17, noon–1:15 pm, \$35/\$40  
\$25 for seniors (62+) KMATQT00WZ

take all four classes in the east meets west series and save 10%! KHCEMM00WZ



the marti ann meyersen center  
for health and wellness *highlights*

## open your heart

Learn to take care of yourself and have fun while you're at it. This series will engage your heart in the joy of baking bread, the soothing peace of meditation, the comfort of massage, and the acceptance of yourself. Take one, or take all four for a 10% discount.

### becoming your own best friend: self parenting 101

NANCY SHAINBERG COLIER, CSW

What you say to yourself when no one else is listening shapes your life. Proper self-parenting is a skill that many people need to learn. Discover the benefits of being on your own side and how to treat yourself as if you were someone you loved.

Wed, Mar 14, 6:30-8 pm, \$20/\$25 ACFPAR00WZ

### an evening of lovingkindness meditation

Learn this simple and beautiful practice and use it daily to open your heart, reduce stress, increase your sense of security, and cultivate a connection to all beings.

Mon, Feb 13, 7-9 pm, \$12/\$15 MAKLOV00WZ

### discovering the pleasure of baking bread

JOAN RICHTER

Leave the chaos behind and discover the relaxing craft of bread baking. You'll be surprised at how centered you feel as you learn the ins and outs of baking bread—from what kind of flour to buy, to how to glaze the final product.

Sun, Feb 5, noon-4 pm, \$95/\$105 ESUSYD00WZ

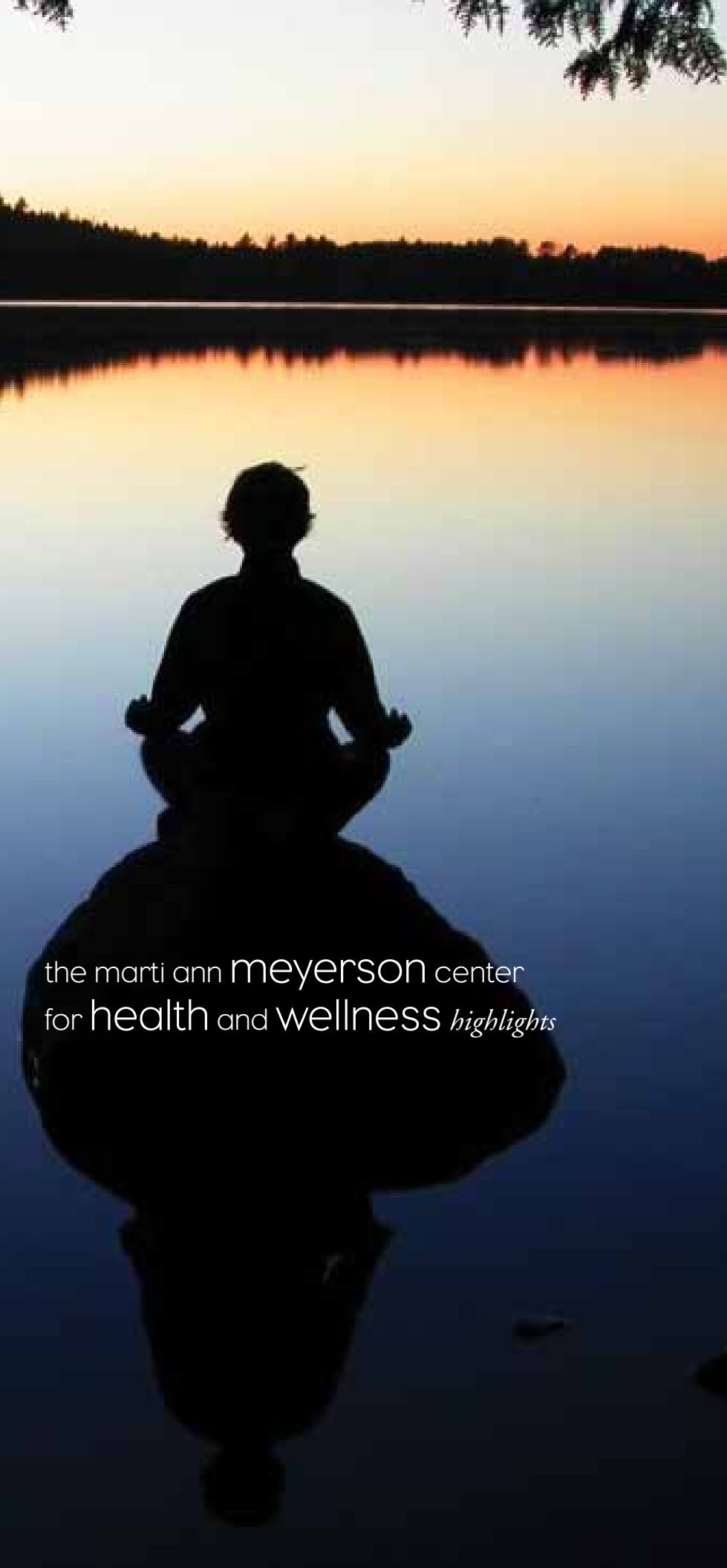
### couples massage class

AVIVA GEISMAR, LICENSED MASSAGE THERAPIST AND INSTRUCTOR

Discover simple, easy-to-learn Swedish and sports massage techniques you can do with your friend or partner and share the relaxing and therapeutic benefits of massage with each other. Wear loose-fitting, comfortable clothing. You will be fully clothed for this class.

Sun, Feb 12, 1:30-4:30 pm, \$150/\$200 KMAOYH04WZ

take all four classes in the open your heart series and save 10%! KHCOYH00WZ



the marti ann meyersson center  
for health and wellness *highlights*

## mind matters

An active and healthy mind is key to an active and healthy body. In this series, you will stimulate your mind with food, meditation, and brain games. Take one, or take all four for a 10% discount.

### flex your brain muscles

**PAUL FREDIANI + CAROLINE KOHLES**

Brain Power: Flex Your Memory Muscles! Forgot your keys? Is your wallet at home and you're at the store? If so, come join us for a new workout designed to strengthen your intellect and cognitive skills. Have fun while you sort through games, puzzles, and movement patterns.

Thu, Mar 1, 6:30-9 pm, \$20/\$25 KMABYM00W2

### learn to meditate

Join members of the Makom faculty to learn the basics of meditation, understand what it means to develop a practice, and still have time for questions.

Section 1: Introduction to Mindfulness-Based Stress Reduction, Thu, Feb 2

Section 2: Introduction to Mindfulness Meditation, Tue, Mar 6, 7-9 pm, \$12/\$15 per session MAKINT01-2W2

### improve your memory with food

**MARCIA BERRY, NUTRITIONIST**

Are you forgetful? This talk discusses all-natural, safe ways to strengthen your memory, sharpen your thinking, and improve your focus. Learn which foods and lifestyle practices can improve your memory and cut your risk of developing memory loss later in life. This is one workshop you'll never forget!

Thu, Feb 16, 7 pm, \$10/\$15 ACFIMF00W2

### learn how to play scrabble like a pro

**NATIONAL SCRABBLE CHAMPION JOE EDLEY, AUTHOR OF *EVERYTHING SCRABBLE***

Acquire the basics of good play and exercise your mind in this 'mental gym' class. Learn the 101 two-letter words and how to use them effectively, how to spot seven- and eight-letter words, how to balance your rack by saving good combinations of tiles, and strategies for controlling the board. Bring your own set.

Tue, Feb 7, 6:30-9 pm, \$20/\$25 KMASCBO0W2

take all four classes in the mind matters series and save 10%! KHCMMM00W2



Photo: Nancy Adler

## Individual Experience

### Massage

#### Relax. Release. Unwind.

Our team of licensed massage therapists offers a wide variety of Eastern and Western therapeutic modalities to relieve stress, decrease soreness, and restore energy and vitality to your body. *For ages 18+. Call 646.505.5716 to schedule an appointment.*

### Personal Training

#### Get Moving. Get Fit. Get Healthy.

Whether you want to train for a triathlon, heal from an injury, lose weight, tone up, or get stronger, our nationally certified JCC personal trainers can help you achieve your goals.

- We provide specialized training for teens, triathletes, seniors, new parents, and parents-to-be.
- JCC members receive a complimentary personal training session and a discounted price on personal training.
- The JCC offers small-group training, in which 2-3 people work with a trainer together. It's less expensive and a great way to learn how to train properly.
- Full-hour and half-hour sessions are available.

*Membership is not required. For more info, call 646.505.5716.*

### Private Instruction

#### Private Fitness Classes

Learn something new and reach your potential with private instruction in a variety of alternative modalities and disciplines. Complement your workout with a one-on-one or semi-private session with top professionals in martial arts, ballroom dance, yoga, MELT, Feldenkrais, Alexander Technique, assessments, and more. *To sign up call 646.505.4385.*

#### Private Sports Lessons

Learn a new sport, train to make the team, or just fine tune your athletic skills in a fun instructional one-on-one setting or private group. The JCC coaches are experts in basketball, baseball, gymnastics, lacrosse, tennis, football and hockey, and are ready to instruct you! Full-hour, half-hour, and bulk packages, available for adults, children, and adult/child. *Some sports subject to age limitations. For more info, or to sign up, call 646.505.5735.*

#### Private + Semi-Private Swim Lessons

Specialized and intensive one-on-one swim instruction or small groups of 2-3 students, 3 years and up. Private Water Exercise Classes also available. *By appointment only. Please call 646.505.4428 to purchase and schedule lessons.*

#### Private

Per student, per half-hour: \$58/\$79  
 10 half-hour sessions: \$520/\$710  
 Per student, per hour: \$105/\$126  
 10 one-hour sessions: \$950/\$1130

#### Semi-Private

Per student, per half-hour: \$47/\$63  
 10 half-hour sessions: \$425/\$565  
 Per student, per hour: \$74/\$94  
 10 one-hour sessions: \$660/\$850

## Group Fitness: Drop-In Classes

### The JCC Health Club is committed to providing fitness for everyBODY

The JCC Health Club offers over 100 FREE weekly drop-in fitness classes exclusively to Health Club members. From indoor cycling to Pilates, Nia to aerial yoga, MELT to boxercise, The JCC Health Club offers an unparalleled variety of classes seven days a week for adults of all ages and teens 14+!

Pool, Community, and nonmembers can join in on the fun with a purchase of a Class Pass. Seniors (62+ years young) receive a 10% discount on JCC memberships and Class Passes for group fitness.

### weekly drop-in fitness classes include:

#### Cardio

- Boxercise
- Basic Fitness
- Cardio Intervals
- Fitness Plus
- Cardio Basics
- Will Power and Grace

#### Dance

- Cardio Dance
- Zumba
- Zumba Gold
- Nia
- NY Gypsy Dance Workout

#### Yoga

- Flow Yoga
- Iyengar-Inspired Yoga
- Aqua Yoga
- Yogilates
- Yoga Basics
- Anusara Inspired Yoga
- Meditative Yoga
- Vigorous Vinyasa

#### Pilates

- Pilates Mat
- Intermediate Pilates
- Aqua Pilates

#### Aquatics

- (for Health Club and Pool Members)*
- Coed Water Exercise
  - Water Exercise for Women Only
  - Aqua Yoga for Women Only
  - Aqua Pilates

#### Indoor Cycling

- Indoor Cycling
- Rhythm Ride
- Power Ride
- Hip-Hop Ride

#### MELT

- (Myofascial Energetic Length Technique)*
- A.I. Stretch/MELT
  - MELT
  - MELT Strength
  - MELT Length

### drop-in fitness class pass information

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)

*(To purchase a Class Pass, or for information, call 646.505.5716.) Class Passes do not apply to Aqua Aerobics water exercise classes.*

Visit [jccmanhattan.org/healthclub](http://jccmanhattan.org/healthclub) for the most updated drop-in fitness schedule.

The first price listed is for JCC members; the second price is for nonmembers.

*Move:* "I never used to work out, and now I look forward to my weekly personal training sessions at the JCC— and I've lost 60 lbs! The expert advice I have gotten has helped shape a routine that I enjoy..." **JANE, 50**



Photo: Nancy Adler

# Free for everyBODY

The JCC is the only health club on the Upper West Side that offers free monthly fitness and wellness series to both members and nonmembers.

## Take a Chance Series

Each Saturday night, from 7:15-8:15 pm, take a class on us! *No experience or pre-registration required. All levels welcome. Please sign up at the Health Club Welcome Desk or call 646.505.5716 for information.*

**january** (except Jan 14)

### Gyrokinesis with Chantal and Jennifer

Increase sensation and range of motion in your body.

**february** (except Feb 18)

### Yin Yoga with Magen Banwart

Relax, center and release your mind and body.

**march** (except Mar 31)

### Silk Moves with Julia Kulakova

Move with grace and beauty using flowing silk fabric

**april** (except Apr 7 & 14)

### Core Movement Conditioning with Stacey Menchel

Discover the easiest way to strengthen your core through movement.

**may** (except May 26)

### Ballet 101 with Susan Rosenbaum

Lengthen and tone with ballet.

## Healthy Food on the Go

The JCC has partnered with **Deena Barselah**, holistic nutrition practitioner, to offer a new approach to overcoming common obstacles to healthy eating. Join us for these free conference calls and learn how you can feed your body to obtain optimum health. *Receive the conference call number when you register.*

**january**

### Jumpstart Your Healthy New Year—Cleanse and Detoxify

Discuss how to cleanse and detoxify your eating in a simple and stress-free way.

Wed, Jan 18, 8-9 pm, Free  
KMALUV01W2

**february**

### Super Foods!

Learn how to add easy to find super foods to your diet to boost immunity.

Wed, Feb 15, 8-9 pm, Free  
KMALUV02W2

**march**

### Eating for Energy

Sick of winter and want to re-energize? Discover what foods to eat to boost your energy.

Wed, Mar 14, 8-9 pm, Free  
KMALUV03W2

**april**

### Antioxidants and Longevity!

Age with grace by eating foods rich in antioxidants.

Wed, Apr 18, 8-9 pm, Free  
KMALUV04W2

## Nia Jam Series

### Kevin VerEecke, Caroline Kohles, and Friends

Once a month, experience Nia—a beautiful blend of dance, martial arts, and yoga. *All levels welcome.*

4 Saturdays,  
Jan 21, Feb 11, Mar 10, Apr 21, May 19,  
6:15-7:15 pm, Free KMATNA01-04W2

## The Doctor Is In Series

The JCC in Manhattan has partnered with top medical experts to answer your questions on how to live life to the fullest and stay healthy and fit at any stage of life.

**january**

### Menopause in an Hour

Everything you need to know about Menopause. With Tara Allmen, MD board certified obstetrician and gynecologist, nationally certified menopause practitioner fellow of the American College of Obstetricians and Gynecologist, and CEO of the Allmen Foundation.

Thu, Jan 19, 7 pm, Free KMADIN01W2

**february**

### Rheumatoid Arthritis

Learn how this disorder is different from osteoarthritis, the causes, manifestations, and promising treatments. With Paula Rackoff, assistant chief of Rheumatology at Beth Israel medical center.

Thu, Feb 9, 7 pm, Free KMADIN02W2

**march**

### Emergency Care Myths and What You Should Really Do

Discuss a few of the most common ill advised home remedies, why they don't work, and what you should do to help yourself before seeing a doctor. With Dr. Mark Melrose, DO, FACEP, emergency physician and cofounder of Urgent Care Manhattan.

Thu, Mar 8, 7 pm, Free KMADIN03W2

The Doctor Is In Series takes a break for April!



## Restore:

### daily instructed meditation

Join our gifted meditation teachers for instruction in meditation in our beautiful Makom space on the 7th Floor. Walk in; no pre-registration required.

Mon-Fri, 7:30-8:30 am, Mon-Thu, 5:45-6:45 pm

# Group Fitness: Registered Classes & Workshops

These special programs are available to both members and nonmembers (at an additional cost) and are led by innovators in the fitness and wellness industry. Class size is limited to ensure personal attention. Minimum enrollment is required to hold these classes.

To register, call 646.505.5708 or visit [jccmanhattan.org/healthclub](http://jccmanhattan.org/healthclub).



## Martial Arts

### Taiji (T'ai Chi) and Qigong for Healing

**Master Yang Yang, PhD**

Boost your energy and increase the immune function of your body. These traditional Chinese exercises cultivate Ch'i, induce relaxation, and promote health and vitality.

### Qigong for Deep and Better Sleep:

3 Mondays, Jan 23-Feb 6, 8-9:15 pm, \$105/\$120/\$75 for seniors (62+)

KMAKMC01WZ

### No Pain, Just Gain: The Potential of Taiji (T'ai Chi) and Qigong for Vitality and Health

**Master Yang Yang, PhD**

Discover how Taiji (T'ai Chi) and Qigong can help you avoid injury and complement traditional treatment for arthritis and joint pain.

Tue, Jan 17, noon-1:15 pm, \$35/\$40/\$25 for seniors (62+) KMATQT00WZ

### Samurai Sword

**Cary Nemeroff, 10th Degree Black Belt in Samurai Sword**

Learn to cut, draw, and fence. *All levels welcome. A uniform (cost: \$100) is suggested after the second class.*

**Section 1:** 14 Mondays, Jan 2-Apr 23 (except Jan 16, Feb 20, Apr 9), 8-10 pm, \$322/\$364 KMAMAR00WZ

**Section 2:** 8 Mondays, Apr 30-Jun 25 (except May 28), 8-10 pm, \$185/\$210 KMAMAR00S2

### 'Kata' Forms Training

**Cary Nemeroff, Soke, 10th Degree Black Belt**

Practice your empty-hand or weapons forms. *Must be currently enrolled in Karate, Aiki-Jujutsu, or have instructor approval.*

**Section 1:** 14 Mondays, Jan 2-Apr 23 (except Jan 16, Feb 20, Apr 9), 9-10 pm, \$168/\$182 KMAKAT00WZ

**Section 2:** 8 Mondays, Apr 30-Jun 25 (except May 28), 9-10 pm, \$96/\$104 KMAKAT00S2

### Self Defense: Aiki-Jujutsu

**Cary Nemeroff, 10th Degree Black Belt in Aiki-Jujutsu**

This barehanded method includes throwing, ground-grappling, and weapon disarming Samurai techniques. *A uniform (cost: \$100) is suggested after the second class.*

**Section 1:** 15 Tuesdays, Jan 3-Apr 24 (except Feb 21, Apr 10), 8-10 pm, \$345/\$390 KMAMAJ00WZ

**Section 2:** 9 Tuesdays, May 1-Jul 3 (except May 15), 8-10 pm, \$210/\$235 KMAMAJ00S2

### Karate

**Cary Nemeroff, 10th Degree Black Belt in Karate**

Learn the ancient art of Okinawan Karate to strengthen the body. Integrate posture and breath control with blocking and striking techniques. *All-levels welcome. A uniform (cost: \$35) is suggested after the second class.*

**Section 1:** 13 Wednesdays, Jan 4-Apr 4 (except Feb 22), 6:45-7:45 pm, \$156/\$176 KMAMAK00WZ

**Section 2:** 11 Wednesdays, Apr 18-Jun 27, 6:45-7:45 pm, \$132/\$149 KMAMAK00S2

### Combat Karate

**Cary Nemeroff, 10th Degree Black Belt in Karate**

**new!** Practice your Combat Karate techniques utilizing chokes, arm-bars and wrist locks in tandem. *Must be currently enrolled in Karate, "Kata" Forms Training, or the Samurai Sword class to take Combat Karate, or have instructor approval.*

**Section 1:** 15 Tuesdays, Jan 3-Apr 24 (except Feb 21, Apr 10), 9-10 pm, \$180/\$203 KMACBK00WZ

**Section 2:** 9 Tuesdays, May 1-Jul 13 (except May 15), 9-10 pm, \$108/\$122 KMACBK00S2

### Classic Tai Chi Ch'uan

**Dr. Robert Ante**

Learn traditional Tai Chi theory and principles to promote calmness, clarity, and healthy inner strength. Unite body and mind to cultivate an efficiency of movement applicable to everyday activities. *Open to all ages and levels.*

**Section 1:** 10 Tuesdays, Jan 3-Mar 13, 7-9 pm, \$162/\$200 KMAKMH00WZ

**Section 2:** 10 Tuesdays, Mar 20-Jun 5 (except Apr 10, May 15), 7-9 pm, \$162/\$200 KMAKMH00S2

### Krav Maga

**James Sherman, Personal Trainer and Israeli Krav Maga Expert**

Cross train with Israeli self-defense methods in speed, flexibility, and explosive power. *Individual sessions \$25/\$35.*

**Section 1:** 10 Tuesdays, Jan 3-Mar 13 (except Feb 21), 9-10 pm, \$220/\$275 KMAKRV01WZ

**Section 2:** 10 Tuesdays, Mar 20-Jun 5 (except Apr 10, May 15), 9-10 pm, \$220/\$275 KMAKRV01S2

All martial arts classes are taught in traditional Dojo style. Beginners are mixed in with ongoing students.

Check out

**Tai Chi for Seniors** on page 35 and

**Teen Karate** on page 33 for more Martial Arts!

## Connect:

If you like martial arts then you'll love our new East Meets West series! Borrowing from some of the best principals and teachings from the East, we invite you to experience a comprehensive approach to health.

CHECK OUT THESE HEALTHY COOKING, FITNESS, AND ORGANIZATION CLASSES ON [PAGE 7](#).



## Strengthen + Condition

### T\*Active Cardio Core Boot Camp Tamir Halevy

A power-packed combo of fitness, strength, and stamina all in one shot! Train hard using adapted military techniques and special equipment. Experience a true sense of camaraderie with your teammates as you push each other to your limit. *Intermediate level of fitness required.*

*Individual sessions: \$50 for all*

**Section 1:** 9 Mondays & Thursdays, Jan 2-30, 6-7 am, \$342/\$360 KMACDD01W2

**Section 2:** 9 Mondays & Thursdays, Feb 2-Mar 1, 6-7 am, \$342/\$360 KMACDD02W2

**Section 3:** 9 Mondays & Thursdays, Mar 5-Apr 2, 6-7 am, \$342/\$360 KMACDD03W2

**Section 4:** 9 Mondays & Thursdays, Apr 5-May 10 (except Apr 9 & 12), 6-7 am, \$342/\$360 KMACDD04W2

### Circuit Smart Workout

Group personal training at a discount! Let a nationally certified JCC personal trainer show you the ins and outs of working out. Learn the most efficient and effective exercises the gym has to offer. *Limited to 4 participants. All levels welcome.*

8 Mondays & Wednesdays, 11 am-noon, \$304/\$368

**Session 1:** Jan 2-30 (except Jan 16) KMACSW01W2

**Session 2:** Feb 1-29 (except Feb 20) KMACSW02W2

**Session 3:** Mar 5-28 KMACSW03W2

**Session 4:** Apr 2-May 2 (except Apr 9 & 11) KMACSW04W2

8 Tuesdays & Thursdays, 11 am-noon, \$304/\$368

**Session 5:** Jan 3-26 KMACSW05W2

**Session 6:** Jan 31-Feb 23 KMACSW06W2

**Session 7:** Feb 28-Mar 22 KMACSW07W2

**Session 8:** Mar 27-Apr 26 (except Apr 10 & 12) KMACSW08W2

### Kettlebell Academy

Created by Lorna Kleidman, 3-Time Kettlebell World Champion and taught by Paul Mann. Burn fat while increasing aerobic capacity, strength, endurance, balance, and coordination. Experience maximum results in minimal time. *Intermediate level of fitness recommended.*

10 Tuesdays & Thursdays, \$250/\$344

Dec 1-Jan 17 (except Dec 20, 22, 27, 29)

**Intermediate/Advanced:** 7:30-8:30 am KMAKBA05F2

**Intermediate:** 8:30-9:30 am KMAKBA06F2  
Jan 19-Feb 21

**Intermediate/Advanced:** 7:30-8:30 am KMAKBA01W2

**Intermediate:** 8:30-9:30 am KMAKBA02W2

Feb 23-Mar 27  
**Intermediate/Advanced:** 7:30-8:30 am KMAKBA03W2

**Intermediate:** 8:30-9:30 am KMAKBA04W2

Mar 29-May 8 (except Apr 10 & 12)  
**Intermediate/Advanced:** 7:30-8:30 am KMAKBA05W2

**Intermediate:** 8:30-9:30 am KMAKBA06W2



Photo: Antonio Mari

## Dance

### Special Event! Swing Remix Dance Party

Swing the night away to live music and great DJs. Whether you come for the dancing, the latest swing music, or the vintage dance film, you're bound to have fun!

Saturday, Jan 14 or Feb 4

### Intermediate Dance Workshop + Dance Party

6:20 pm-1 am, \$26 for all online; \$36 at the door KMACDNP01W2

### Advanced Dance Workshop + Dance Party

7:45 pm-1 am, \$26 for all online; \$36 at the door KMACDNP02W2

### Dance Party Only

7:30 pm-1 am, \$14 for all online; \$16 at the door (Entrance fee includes free beginner lesson from 7:45-8:30 pm.) KMACDNP03W2

### Take both Workshops + Dance Party

6:20 pm-1 am, \$36 for all online; \$56 at the door KMACDNP04W2

### Swing Dancing Spencer Weisbond

*No partner needed.*

#### 101: Beginner

Learn basic footwork and patterns and the techniques to do them properly.

6 Sundays, Jan 8-Mar 4 (except Jan 15, Feb 5 & 19), 7:30-8:30 pm, \$93/\$108 KMACDNP01W2

#### 102: Advanced Beginner-Pre-Intermediate

Advance by learning harder footwork and more involved patterns so that you build your dance vocabulary and partnering skills.

6 Sundays, Mar 11-Apr 22 (except Apr 8), 7:30-8:30 pm, \$93/\$108 KMACDNP02W2

#### 103: Intro to Lindy Hop-Pre-Intermediate-Intermediate

Bring all your moves together into complete sequences. Learn new

8-count patterns to make your dance more intricate and expressive.

**Section 1:** 6 Sundays, Jan 8-Mar 4 (except Jan 15, Feb 5 & 19), 8:30-9:30 pm, \$93/\$108 KMACDNP03W2

**Section 2:** 6 Sundays, Mar 11-Apr 22 (except Apr 8), 8:30-9:30 pm, \$93/\$108 KMACDNP04W2

### Intro to Ballroom Dance Manuel Rojas

Wish you could be on the show *Dancing with the Stars*? Now, you too can learn to salsa, cha-cha, waltz, and tango! Take one workshop or all 6. *Couples encouraged; singles welcome. Individual workshops: \$36/\$52 per couple; \$21/\$36 for singles.*

**Waltz:** Mon, Mar 5, 8-9:15 pm KMACDNP01-02W2

**Swing:** Mon, Mar 12, 8-9:15 pm KMACDNP03-04W2

**Foxtrot:** Mon, Mar 19, 8-9:15 pm KMACDNP05-06W2

**Salsa:** Mon, Mar 26, 8-9:15 pm KMACDNP07-08W2

**Hustle:** Mon, Apr 2, 8-9:15 pm KMACDNP09-10W2

**Tango:** Mon Apr 16, 8-9:15 pm KMACDNP11-12W2

#### Take all 6 and SAVE!

\$144/\$206 per couple KMACDNP13W2  
\$82/\$144 for singles KMACDNP14W2

### Gotta Dance!

#### Find Your Inner Artist/Performer Ryan Daniel Beck, Caroline Kohles and Whitney Chapman

**new!** Experiment with easy-to-follow dance steps, creative improvisation, simple text, and music to discover the artist/performer within. There will be a performing opportunity at the end of the series. *All levels welcome.*

**Section 1:** 8 Wednesdays, Feb 1-Mar 21, 8:15-9:30 pm, \$120/\$145 KMACDNP01W2

**Section 2:** 8 Sundays, Jan 29-Mar 25 (except Feb 19), 6-7:30 pm, \$120/\$145 KMACDNP02W2



Photo: Nancy Adler

"Dance is the hidden language of the soul."

MARTHA GRAHAM

## Mind + Body Fitness

### Nia PLAYshop: Immerse, Explore + Discover

Caroline Kohles, Nia Black Belt/  
Trainer, Lori Lynn Meader, Nia  
Black Belt/Psychotherapist

**new!** Explore how easy and pleasurable it is to condition, connect, and heal your body, mind, and spirit with nia. Venture beyond your usual movement habits and find your dance, your way. *All levels welcome. Each PLAYshop includes a Nia Sounds CD.*

\$35/\$45 per PLAYshop  
\$30 Special rate for Nia teachers (Call 646.505.5708 to register for this deal!)

**Nia Routine Velvet:**  
Sun, TBA, 1:15-4 pm KMANRP01W2

**Nia Routine Birth:**  
Sun, Mar 11, 1:15-4 pm KMANRP02W2  
(Routines subject to change.)

**Take Both PLAYshops and SAVE!**  
\$65/\$85 KMANRP03W2  
\$55 Special Rate for Nia teachers (Call 646.505.5708 to register for this deal!)

### Feldenkrais Method® Sonja Johansson and Anastasi Siotas, Feldenkrais Method Practitioners

Experience the physical and mental-health benefits of improved posture and coordination from the inside out. Learn practical ways to increase your body awareness, self-image, mood, and appearance.

**Section 1:** 9 Wednesdays, Jan 11-Mar 7,  
9:30-10:30 am, \$180/\$225 KMAFDK01W2

**Section 2:** 9 Wednesdays, Mar 14-May 16,  
9:30-10:30 am, \$180/\$225 KMAFDK02W2

### Alexander Technique

**Kim Clay**  
A gentle hands-on method for changing habitual patterns of misuse in movement, posture, and function; for those in a wide range of professions—dancers, athletes, musicians, and anyone who sits at a desk! *Wear comfortable clothing.*

**Intermediate:**  
14 Fridays, Jan 13-Apr 27 (except Apr 6 & 13), 9:30-10:30 am, \$286/\$387  
KMAALX01W2

**Introductory:**  
14 Fridays, Jan 13-Apr 27  
(except Apr 6 & 13), 10:30-11:30 am,  
\$286/\$387 KMAALX02W2

### Alexander Technique: Healthy Posture for Life

**new!** Do you have poor posture? Do your neck, back and shoulders hurt? Let expert Bill Connington show you how to use your body with more freedom, ease and poise.

**Back and Neck Pain:** Sun, Jan 22,  
1:30-2:30 pm, \$15/\$20 KMAAXX01W2

**Balance and Posture:** Sun, Feb 12,  
1:30-2:30 pm, \$15/\$20 KMAAXX02W2

**Breath and Relaxation:** Sun, Mar 11,  
1:30-2:30 pm, \$15/\$20 KMAAXX03W2

**Shoulder and Hip Pain:** Sun, Apr 15,  
1:30-2:30 pm, \$15/\$20 KMAAXX04W2

**Take all 4 and SAVE!**  
\$45/\$60, KMAAXX05W2

**Take 2 and SAVE!**  
\$25/\$35, KMAAXX06W2 (Call 646.505.5708 to register for this deal!)

### Gyrokinesis Chantal Deeble Owner, Kinespirit Studios

**new!** Gyrokinesis integrates rhythm and breath with spiral movement patterns to increase range of motion and guide the body to moving easily with grace and strength. Whether your goal is simply to move pain-free or to run the next marathon, Gyrokinesis can help you get there!

3 Fridays, Feb 3-17, 11 am-noon, \$120/\$150  
KMAGYR01W2

### Re-establish Your Natural Alignment Kiki Herold, GSI

Learn slow motion re-patterning exercises to help release shoulder and hip restrictions. Focus on the breath and your relationship with gravity to lengthen your body and improve balance and posture. Based on the principles of Structural Integration/Rolfing.

**Section 1:** Wed, Mar 21, 11:30 am-1 pm,  
\$20/\$25 KMAROF01W2

**Section 2:** Wed, Apr 18, 11:30 am-1 pm,  
\$20/\$25 KMAROF02W2



## Nurture Your Spirit

The JCC embraces Jewish values as an essential part of holistic health. These classes will nourish your spiritual health through music, dance, and meditation.

### JCC Drum Circle with Shoshana Jedwab

Play in the 'soundbox' and enjoy sharing rhythm with others. *All ages. No experience necessary!*

4 Thursdays, Jan 19, Feb 16, Mar 15,  
Apr 19, 8 pm, \$10/\$12 per session  
MAKDRM01-04W2

### A Dreamwork Group for Women

Smadar Taub, LMHC, MA, teaches you how to remember, learn and understand the healing capacities of your dreams using art and other modalities. *No artistic skill necessary.*

8 Tuesdays, Jan 31-Mar 27 (except  
Feb 21), 11:30 am-1 pm, \$200/\$210  
MAKSM00W2

### Sing Your Soul: Monthly Gatherings for Jewish Chant

Join Eva Sax-Bolder and Susan Mitrani-Knapp each month to open your hearts through prayer and song.

3 Sundays, Feb 12, Mar 11, Apr 22,  
4-6 pm, \$10 per session  
MAKEVA01-3W2

### Yoga for the Jewish Spirit

Shelley Levine reveals how yoga can connect your body, breath and heart to the themes of the Jewish holidays of Tu B'Shevat, Purim and Passover. *All levels welcome. Wear loose clothing.*

3 Thursdays, Feb 16, Mar 15, Apr 19,  
7:15-8:30 pm, \$10/\$12 per session  
MAKSHL01-03W2, MAKDRM01-04W2

### Jewish Prayer Dance: Pray with Your Body

Express your authentic spirit through dance. Start with the beautiful Havdallah ceremony and then Rabbi Neal Kaunfer will guide you in simple movements inspired by recorded Jewish prayer music, both meditative and ecstatic. *For all ages and backgrounds.*

Sat, Mar 24, 8:30-10:30 pm, \$10/\$12  
MAKJPD00W2

### Soul Expansion: A Jewish Meditation Workshop

Using guided meditation, explore and expand the five levels of your soul with Neria Cohen.

Sun, Feb 26, 10 am-1 pm, \$25/\$30  
MAKNER00W2

### FILM: *The Jew in the Lotus* A View of Contemplative Practice in Jewish Life

In 1990, a group of Jewish leaders went to India to spend time with the Dalai Lama. What emerged was a best-selling book, a film and a sea of change in the landscape of contemporary Jewish life. The film will be followed by a conversation about what has emerged.

Date TBA, 7 pm, \$12/\$15 for all  
MAKJIL00W2

## SPECIAL EVENT a conversation with MEREDITH VIEIRA AND PRISCILLA WARNER

Former *Today Show* host Meredith Vieira joins friend and author Priscilla Warner for a night of reflection as they discuss their personal quests to living peaceful, meaningful lives. Warner will sign copies of her latest book (*Learning To Breathe: My Yearlong Quest to Bring Calm to My Life*) following the event.

Sun, Apr 15, 7 pm, \$10/\$15

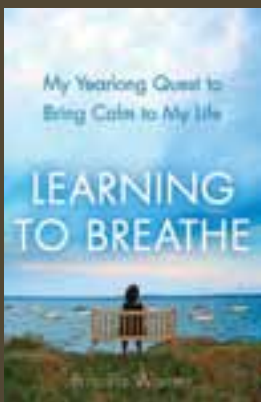




Photo: Nancy Adler



## Pilates

### Pilates

#### Center Studio Faculty

Boost your skills, buff your body, and get fit. *All levels welcome.*

#### Core Strength-Rock Hard Abs:

Thu, Jan 12, 9:30-10:30 am, \$22/\$32  
KMAPPB01WZ

#### Core Strength-Buns of Steel:

Thu, Jan 19, 9:30-10:30 am, \$22/\$32  
KMAPPB02WZ

#### new! Core Strength- Long Lean Legs

Thu, Jan 26, 9:30-10:30 am, \$22/\$32  
KMAPPB03WZ

#### Take 2 and SAVE!

\$40/\$60 KMAPPB04WZ  
(Call 646.505.5708 to register for this deal!)

#### Take all 3 and SAVE!

\$55/\$85 KMAPPB05WZ

## Yoga

### Pain-free Computing: Yoga Therapeutics for Computer Users

#### Alicia Suárez, Yoga Therapist + RYT

Too much work and/or play time in front of the computer may be causing unnecessary tension and/or pain in your neck, shoulders, back, and hips. Avoid computer related injuries like carpal tunnel syndrome and tendonitis, and reduce computer visual stress.

4 Mondays, Jan 23-Feb 13, 6:45-8 pm,  
\$100/\$125 KMAPPY01WZ

### Yoga for Osteoporosis

#### Alicia Suárez, Yoga Therapist + RYT

new! It's never too late (or too early) to look after the health of your bones. Learn yoga sequences specifically designed to promote bone health, prevent joint injuries, increase your range of motion, and reduce the likelihood of falls. *No yoga experience necessary.*

4 Mondays, Mar 5-26, 6:45-8 pm,  
\$100/\$125 KMAPPY02WZ

### Strength Is in the Stretch: Yoga for Cyclists, Runners and YOU!

#### Alicia Suárez, Yoga Therapist + RYT

new! For any person, whether an athlete or not, a yoga practice focused on increasing flexibility and strength can be of great benefit. Learn ways to reduce muscle soreness, aches, and pains. Prevent joint hyperextension and over-use injuries by exploring balanced joint space. *No yoga experience necessary.*

2 Mondays, Apr 16-Apr 23, 6:45-8 pm,  
\$50/\$75 KMAPPY03WZ

### Yoga for Arthritis

new! Dr. Loren Fishman, MD, physiatrist and professor at Columbia College of Physicians and Surgeons, has used yoga in his medical practice for thirty years and will help you obtain relief from arthritis. Learn to target your source of pain and improve your condition with specific yoga poses.

Tue, Feb 28, 5 pm, Free KMAYBP00WZ

Check out Yoga for the  
Jewish Spirit on page 21.

## MELT Workshops

### MELT Mini-Self-Treatments

#### Liz Barkan

MELT Mini-Maps are quick self treatments that help prevent pain, heal injury, and diminish the negative effects of aging in just minutes a day. *Receive a printed MELT Mini-Map to use at home.*

**Neck:** Fri, Jan 13, 11 am-noon,  
\$22/\$32 KMAMST01WZ

**Back:** Fri, Jan 20, 11 am-noon,  
\$22/\$32 KMAMST02WZ

**Knees:** Fri, Jan 27, 11 am-noon,  
\$22/\$32 KMAMST03WZ

**Take all 3 and SAVE!**  
\$55/\$85 KMAMST04WZ

### MELT Hand and Foot Self-Treatment Intensive

#### Dan Marks

Manage hand and foot pain with MELT proactive treatments. Help alleviate the symptoms of arthritis, bunions, neuromas, plantar fasciitis, carpal tunnel syndrome, and tendonitis.

4 Thursdays, Feb 2-Mar 1 (except  
Feb 23), 9:30-10:30 am, \$125/\$150  
KMAMHF01WZ

## The Center Studio At The JCC

Owned and operated by Hallee and Dave Altman, this exclusive Pilates studio offers private and semi-private sessions to JCC members and guests.

For more info call 646.505.4457  
or visit centerstudiojcc.com.

## MELT Immersion

### Dan Marks

Oy! Mom was right! Poor posture is unhealthy, doesn't look great, and is sooner or later painful. Using MELT rollers and balls, this revolutionary series combines MELT Length and Strength strategies to reduce specific chronic postures that zap vitality and cause premature immobility.

**Prevent Forward Head + Rounded  
Shoulders:** Fri, Mar 2, 11 am-noon,  
\$22/\$32 KMABOD01WZ

**Integrate Lower Back + Hips:**  
Fri, Mar 9, 11 am-noon, \$22/\$32  
KMABOD02WZ

**Feet + Legs-Stability from the  
Ground Up:** Fri, Mar 16, 11 am-noon,  
\$22/\$32 KMABOD03WZ

**Take all 3 and SAVE!**  
\$55/\$85 KMABOD04WZ

### MELT for Back Pain

Dan Marks  
This workshop will teach you self treatment techniques that target and reduce back pain. Learn to release accumulated tension and realign your spine.

**Upper Back:** Fri, Mar 23,  
11 am-noon, \$22/\$32 KMALBP01WZ

**Lower Back:** Fri, Mar 30,  
11 am-noon, \$22/\$32 KMALBP02WZ

**Take both and SAVE!**  
\$35/\$55 KMALBP03F2

**Take both MELT Immersion and  
MELT for Back Pain and SAVE!**  
\$80/\$130 KMALBP04F2  
(Call 646.505.5708 to register  
for this deal!)

## Move:

Expecting or just had a baby? Studies show that exercise during and after pregnancy can improve your energy level and mood.

TRY ONE OF OUR PRENATAL/POSTNATAL YOGA OR PILATES CLASSES ON PAGES 30 & 31. SAFELY STAY ACTIVE AND HAVE FUN WHILE MEETING OTHER MOMS!



Photo: Nancy Adler

# Healthy, Whole + Happy

Nourishing the body with healthy food, positive thinking and exercise is critical to overall well being. This collection of programs brings you the latest information on preventative measures, healing practices, and the psychology of health to help you sustain a healthy body and spirit.



## Optimal Health: How To Feel Your Best Naturally

**Aaron Teich, L.Ac. and Kelly Turner, PhD, founders of Shuniya Health + Healing**

Learn how to boost your energy, reinforce your body's natural self-healing capacities, and stay healthy and centered in the urban turbo-charged environment of NYC.

### Nutrition + Detoxification:

Tue, Jan 24, 7:30-8:45 pm, \$22/\$30  
KMARCL01W2

### Stress Management + Organization:

Tue, Feb 28, 7:30-8:45 pm, \$22/\$30  
KMARCL02W2

### Acupuncture + Self Healing:

Tue, Mar 20, 7:30-8:45 pm, \$22/\$30  
KMARCL03W2

### Take all 3 for the price of 2!

\$44/\$60 KMAACL05W2

### Take 2 and SAVE!

\$30/\$45 KMARCL04W2 (Call 646.505.5708 to register for this deal!)

## Natural Food Remedies for Children

**Marcia Berry, Nutritionist**

Learn natural remedies for insect bites, sprains, ear infections, upset stomach, nausea, fever, sore throats, and more. Create a first aid kit for your family using simple ingredients from your kitchen and grocery store.

Mon, Apr 23, 6:30-7:30 pm, \$12/\$15  
FPANFR00W2

## The Healing Kitchen

Join Andrea Candee, master herbalist, and instructor for the NY Botanical Garden, and author of *Gentle Healing for Baby and Child*, as she discusses how to transform the contents of your kitchen pantry into various natural remedies. Gain new respect for the lowly onion, overripe banana, stinky garlic, and more.

Sun, Mar 4, noon-2 pm, \$55/\$65  
ESUTHK00W2

## Reiki and Self Care: A Monthly Reiki Clinic with Pamela Miles

Reiki is a gentle, balancing spiritual healing practice offered through light touch to a fully clothed recipient. Experience a 30-minute Reiki session at 7 or 7:30 pm. (Please call 646.505.5726 to schedule your time). If you are a Reiki student/practitioner interested in sharing and receiving Reiki, please arrive at 6:20 pm and stay until 9.

3 Thursdays, Jan 5, Feb 2, Mar 1, 7-8:30 pm (6:20 pm arrival for practitioners), \$20 for all per session  
MAKREI01-4W2

## Fat Burning Foods: Eat Your Way Slim

**Deena Barseelah, Holistic Nutrition Practitioner, CHHC**

Learn the best foods to keep extra fat off your body. Get tips to curb cravings and keep your metabolism up so you can burn fat throughout the day. Walk away with an action plan, shopping list, and notes to set you up for success and prevent weight gain.

Wed, May 16, 7 pm, \$15/\$20 KMAFES00W2

## Taking Care of Your Eyes

What is glaucoma and how do you diagnose it? What is age-related macular degeneration and what can you do to prevent or halt it? What is cataract and when is it time for surgery? For answers to these questions and more, join **Dr. Hilla Steinberg**, ophthalmologist, for an informational session.

Wed, Mar 21, 2:30 pm, Free OALEYE00W2

## Refresh, Balance, and Manage Your Energy with Sheila Lewis

Experience wisdom, traditions, and healing meditations that cultivate an awareness of mind and body. Learn to set health and healing goals and explore techniques that will refresh, balance, and manage your energy so that you can build an ongoing self-healing practice.

4 Thursdays, Jan 26, Feb 23, Mar 22, Apr 26, 7-8:30 pm, \$15 per session  
MAKHEA01-4W2

## Delicious Antioxidants!

**Stephanie Guttman, MS, RD, CDN + Emily L. Czarnecki, MS, RD, CDN**

Come join two registered dietitians and avid home cooks as they share their secrets about maximizing the antioxidant power of your food with easy recipes the whole family will love!

Tue, Jan 31, 7-9:30 pm, \$85/\$95  
ESUDA000W2

## Delicious Heart-Healthy Foods

**Jennifer Abadi**

February is National Heart Health Awareness Month and what better way to improve your health than through food! Learn to cook up an exotic, mouthwatering, heart-pumping meal! For a full menu, please visit [jccmanhattan.org/culinaryarts](http://jccmanhattan.org/culinaryarts).

Wed, Feb 15, 7-9:30 pm, \$85/\$95  
ESUASF00W2

## What's Eating Your Child?

Join us for an evening with **Kelly Dorfman**, nutritionist and author of *What's Eating Your Child?* Discover the surprising role nutrition plays in healing children's ailments including ear infections, tantrums, chronic tummy aches, anxiety, picky eating, attention problems, mood swings, behavioral difficulties, and learning disabilities, and effective strategies for addressing them. Books will be available for signing.

Thu, Jan 19, 7-9 pm, \$20/\$25  
HSRREL00W2

## "Eat To Beat" Series

Medical science has established that one of the most important factors in supporting a healthy, balanced immune system is good nutrition. Join us for this series and learn what to eat to boost your health. For a full menu, please visit [jccmanhattan.org/culinaryarts](http://jccmanhattan.org/culinaryarts).

### Eat To Beat: Inflammation Jackie Topol

Mon, Feb 27, 7-9:30 pm, \$85/\$95  
ESUEBI00W2

### Eat To Beat: High Blood Sugar Jackie Topol

Mon, Mar 26, 7-9:30 pm, \$85/\$95  
ESUEBD00W2

### Eat To Beat: Allergies (Demo + Lecture) Andrea Beaman

Mon, Apr 23, 7-9:30 pm, \$55/\$65  
ESUEBA00W2

### Sign up for all three "Eat To Beat" and SAVE!

\$200/\$230 ESUETB00W2

## Bare Bones of Anatomy Linda Rose Iennaco, Functional Anatomy Expert

Knowing how the muscles and joints of your feet, knees, hips, shoulders, back and neck interact will help you move more comfortably, feel better able to talk with your healthcare professionals, and function pain-free.

Tue, Apr 17, 7-8:30 pm, \$7/\$12  
ACFBBA00W2

## Achieve Your Dream Body Christine Young, Handel Life Coach

Want to know why YOU don't stay on a diet? It's deeper than food and exercise. The Handel Method® teaches you to face yourself and your past, and move forward. This discussion will address your "lack of control" and guide you in the development of real Personal Integrity® when it comes to your body.

Tue, Jan 24, 7:30-8:45 pm, \$20/\$25  
KMAHLC02W2



## Healthy Cooking

Support your workout with good nutrition. We have made learning to cook and healthy eating a snap! At the JCC, we don't just talk about better eating, we show you how to do it. This series introduces expert chefs who guide you through the cooking process. And you can eat the food you make!

*For the complete menus, go to [jccmanhattan.org/culinaryarts](http://jccmanhattan.org/culinaryarts).*

### Healthy Gourmet Winter Meals for 20's + 30's

**Jackie Topol**

Healthy and gourmet doesn't have to equal time intensive and expensive! Learn to make a quick and delicious meal using seasonal ingredients, easy shortcuts, and tips for eating healthy without breaking the bank.

Wed, Jan 18, 7-9:30 pm, \$65/\$75  
ESUHGW00W2

### Mouthwatering Mediterranean Greek Cuisine

**Shaya Klechevsky**

Characterized by simplicity and purity of ingredients, learn how traditional Greek cooking based on fresh seasonal vegetables, fruits, grains, legumes, herbs, spices, and extra virgin olive oil is perfect for maintaining vitality and health!

Thu, Feb 16, 7-9:30 pm, \$85/\$95  
ESUGMD00W2

Want to get healthy in a hurry?

Check out our Free Healthy Food on the Go **Teleconference Call series** on page 14 + 15.

### Vegetarian Cooking Techniques

**Linda Lantos**

Whether you are a vegetarian or an omnivore who wants to learn how to prepare delicious, nourishing, meat-free meals, this series will give you the skills you need!

3 Tuesdays, Feb 28-Mar 13, 6:30-9:30 pm, \$285/295 ESUVCT00W2

### Vegan Baking 101

**Brooke Guthrie (Eco Chef Love)**

Create desserts as sumptuous and sinful as they are delicious, without eggs or dairy products.

Sun, Apr 22, noon-3 pm, \$95/\$105  
ESUVEB00W2

### Healthy + Delicious Dairy-Free Desserts for Shabbat

**Jennifer Abadi**

Explore several creative ways to satisfy your sweet tooth with desserts that are both dairy-free and without processed sugars, but full of great flavor!

Fri, Apr 27, 10 am-1 pm, \$85/\$95  
ESUDDS00W2



### RECIPE:

## vegetable fajitas

Fajitas have become a Tex-Mex classic, and this healthy version from the JCC Culinary Arts Kitchen uses lots of different kinds of vegetables to up the nutritional values while adding flavor, color and texture. Enjoy!

### INGREDIENTS:

- 1 large red onion
- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 1 1/2 cups mushrooms, dirt removed with damp paper towel
- 2 teaspoons cumin
- 1 1/2 teaspoons chili powder (Ancho, if possible)
- 2 teaspoons Mexican oregano
- 1 1/2 teaspoons salt
- 1 teaspoon freshly-ground black pepper
- 2 tablespoons extra virgin olive oil
- 2 cups fresh spinach, cleaned and coarsely chopped
- 6 whole wheat flour tortillas

### INSTRUCTIONS:

Cut onion into long strips about 1/4-1/2 inch wide and place in a large bowl. Deseed bell peppers and also cut them into long strips, about the same size as the onions, and add to the bowl. Cut the mushroom stems off at the base and slice the mushrooms to about 1/4 inch slices. Add to bowl.

Mix together spices up through black pepper. Toss cut vegetables with spices.

Heat olive oil over medium-high heat in a large skillet. Sauté onions for 2-3 minutes or until they begin to soften. Add peppers and mushrooms. Sauté, stirring frequently, until mushrooms begin to brown and peppers start to color. Add spinach and cook an additional 2 minutes, or until spinach softens.

Heat tortillas by placing directly over gas flame and flipping once with tongs.

Serve fajitas with salsa, guacamole, fresh lime, cilantro, and hot sauce.

## Stress-Free Living

Look better; sleep better; feel better; live better. Let us help you address the stress in your life, from clutter to “eating on the go.”

### Design Your Year One-Day Urban Retreat

**Christine Young and Hildie Dunn, Handel Group Life Coaches**

Come get the formula for creating an unforgettable 2012! Most people have difficulty being disciplined enough to follow through on their goals and/or they simply stretch themselves too thin. Stop allowing external factors to dictate your choices and learn the tools to help you design the areas of your life in a way that makes you extraordinarily proud, not to mention productive and accomplished! Includes an Intensati workout.

Sun, Jan 22, 1:45-8 pm, \$150 for all  
KMDYY00WZ

### Peaceful Parenting: A Mindfulness Course for Parents

Drop off the kids and join other parents for a truly powerful and bonding experience. Includes discussion about meditation, a guided meditation, and time for Q&A. *All levels welcome. Join this drop-in class anytime. No pre-registration required. Sponsored by the JCC Keshar group, JCC Nursery parents and alumni.*

6 Mondays, Jan 23-Mar 5, 9:15-10 am,  
\$5 suggested donation per session  
MAKPAR01-06WZ

### Mindfulness-Based Stress Reduction (MBSR)

**Elaine Retholtz**

Get help in dealing with stress, chronic illness, and pain. Based on the renowned program developed by Jon Kabat-Zinn at the University of Massachusetts Medical Center. Receive daily practice support materials and in depth instruction in mindfulness meditation, gentle yoga, and group dialogue. *For more info, call 646.505.5726. Co-sponsored by NY Insight Meditation Center.*

**Evening Section:** 8 Wednesdays, Jan 25-Mar 21 (except Mar 7), 7-9:30 pm

**Evening Orientation (required):**  
Wed, Jan 18, 7 pm MAKMSR01WZ

**Morning Section:** 8 Thursdays, Jan 26-Mar 22 (except Mar 8), 9:30 am-noon

**Morning Orientation (required):**  
Thu, Jan 19, 9:30 am MAKMSR02WZ

**All-Day Class (included for participants of both sections):** Sun, Mar 4, 10 am-5 pm, \$350 JCC and NY Insight members/\$375 nonmembers

### Surviving the Rollercoaster of Life: Cultivating Patience

Allan Lokos, author of *Pocket Peace*, brings ancient and modern wisdom together for a practical approach to relieving anxiety by cultivating patience in our lives. *His new book will be for sale.*

Tue, Jan 31, 7 pm, \$10/\$12  
MAKLOK00WZ

### One Pot Winter Wonders

Chef Emily Klein reveals how easy, satisfying, healthful, and delicious these warming winter recipes are to prepare! Ideal for freezing and the clean up is a breeze.

Mon, Feb 13, 7-9:30 pm, \$85/\$95  
ESUOPW00WZ

### Unclutter Your Life: An Organizing Intensive

Overwhelmed by paper piles? Join intuitive organizer, coach, and author Jennifer Zwiebel for a one-day intensive to help you get organized. Receive your own organizing tool kit and individual feedback on creating a system that works for you. *Bring 1-2 bags of papers and files you need to organize.*

Sun, Feb 12, 10 am-4 pm, \$120/\$140  
ACFCLU01WZ

### Manage Clutter: Action and Support Group

Intuitive organizer Jennifer Zwiebel leads this weekly action and support group. Learn how to organize clutter and let go of objects you don't love or use so you can think more clearly and feel more confident. *Ideal for past participants and for those embarking on the process. Space is limited.*

6 Tuesdays, Feb 28-Apr 3, 6:30-8 pm,  
\$150/\$175 ACFCLU02WZ

### Mastering Time

The Handel Coaching Method reveals the latest solutions for solving your challenges with time. Discover the solution to procrastination and ineffectiveness. Learn how to organize yourself, plan brilliantly, and feel more joy, success, and power as you gain control of your time.

Tue, Jan 17, 7:30-8:45 pm, \$20/\$25  
KMAHLC01WZ

### Healthy in a Hurry: Weeknight Dinners

Let chef Jackie Torren show you how to make quick, simple and healthful recipes that never cut corners when it comes to great taste!

Mon, Mar 12, 7-9:30 pm, \$85/\$95  
ESUHIH00WZ

### Get a Good Night's Sleep!

The body needs sleep to reboot, repair, and rejuvenate. Bernice Todres has been helping people finally get the rest they need using the techniques of mindfulness meditation.

Thu, Mar 1, 7-9 pm, \$15/\$18  
MAKSLP00WZ

## Prenatal + Postnatal Workouts

### Prenatal Water Class

#### Orit Spanier, Prenatal Expert

Safely keep your abdominals in shape and relieve back pain with soothing water exercise. Maintain your cardiovascular fitness and greatly reduce the physical discomforts of pregnancy. *Held in the main pool. Swim cap required.*

**Section 1:** 8 Mondays, Jan 30-Mar 26 (except Feb 20), 11 am-noon, \$264/\$344 QWANAT01W2

**Section 2:** 8 Mondays, Apr 2-Jun 4 (except Apr 9 & May 28), 11 am-noon, \$264/\$344 QWANAT02W2

### Postnatal Water Exercise for Moms and Babies (3-6 months)

#### Tal Tenzler, Postnatal Expert

Strengthen your core muscles with various yoga stretches, improve muscle tone with a full body sculpt, and get an aqua cardio workout. Bring your baby or work out alone. *Held in our heated training pool.*

**Section 1:** 8 Mondays, Jan 30-Mar 26 (except Feb 20), noon-1 pm, \$264/\$344 QWAPOS01W2

**Section 2:** 8 Mondays, Apr 2-Jun 4 (except Apr 9, May 28), noon-1 pm, \$264/\$344 QWAPOS02W2

### MELT for Pregnancy

#### Edya Kalev, New Mom + Fitness Expert

Explore how the MELT Method can support you in having a healthy, active pregnancy. Learn simple techniques to alleviate back and hip pain, engage your core safely, and prevent diastases. *Class limited to 12.*

Thu, Jan 19, 6:30-8 pm, \$45/\$55 KMABMP00W2

### MELT for New Moms

#### Hallee Altman, Fitness Expert

Now that you've given birth, it is more important than ever to take care of your body so you can stay injury-free and enjoy your new baby. Learn how MELT can help you strengthen your core and get your body back!

#### Regain Abdominal Strength + Sensation:

Sun, Mar 4, 1-2 pm, \$22/\$32 KMAMCC01W2

#### Carry Your Baby without Neck and Back Pain:

Sun, Mar 11, 1-2 pm, \$22/\$32 KMAMCC02W2

#### Help! I Pee When I Sneeze!:

Sun, Mar 18, 1-2 pm, \$22/\$32 KMAMCC03W2

#### Take All 3 and SAVE!

\$55/\$85 KMAMCC04W2

### Baby and Mommy Boot Camp

#### Michelle Moreno, Fitness Expert

This safe cardio and sculpt combo class is designed to jumpstart your weight loss and get your abs back in shape! Strengthen your back, hips, and thighs while enjoying the camaraderie and support of other moms. *Baby should be able to hold up his/her head.*

**Section 1:** 10 Tuesdays & Thursdays, Jan 17-Feb 16, 1:15-2:15 pm, \$180/\$218 KMAMBC01W2

**Section 2:** 10 Tuesdays & Thursdays, Feb 28-Mar 29, 1:15-2:15 pm, \$180/\$218 KMAMBC02W2

**Spring Section:** 10 Tuesdays & Thursdays, Apr 3-May 10 (except Apr 10 & 12), 1:15-2:15 pm, \$180/\$218 KMAMBC03W2

### Prenatal Yoga: Pregnancy + Childbirth

#### Mary Barnes, RYT

Learn how to use yoga to relieve discomfort and strengthen your body for natural childbirth or Cesarean section. Safely develop the strength in your core to maintain postural integrity during and after pregnancy. *All levels and stages are welcome.*

**Section 1:** 6 Sundays, Jan 8-Feb 26 (except Jan 15 & Feb 19), 4:15-5:45 pm, \$165/\$190 KMAYOI01W2

**Section 2:** 6 Sundays, Mar 4-Apr 15 (except Apr 8), 4:15-5:45 pm, \$165/\$190 KMAYOI02W2

### Mother and Baby Pilates

#### 4 Weeks to Crawling

#### Randi Stone, Certified in Pre and Postnatal Pilates

Lose your "mummy tummy," regain the integrity of your pelvic floor, and strengthen your back while enhancing the natural mother-baby bond. *Bring a mat/blanket and a baby blanket. Class limited to 8.*

**Section 1:** 6 Fridays, Jan 13-Feb 17, 12:15-1 pm, \$174/\$220 KMAMPB01W2

**Section 2:** 6 Fridays, Mar 2-Apr 20 (except Mar 23, April 13), 12:15-1 pm, \$174/\$220 KMAMPB02W2

#### Outdoors in Central Park:

*Meet at the top of the Bethesda Fountain stairs at 72nd Street. Rainy days meet on L1 at the JCC.*

5 Fridays, Apr 27-Jun 1 (except May 25), 12:15-1 pm, \$145/\$183 KMAMPB01S2

### Movin' Mamas Pilates

#### Randi Stone, Co-Founder, Movin' Mamas

This Pilates based boot camp combines the best of Pilates with safe cardio and strength training. *Class limited to 8. On first day of class, please be prepared to pay instructor a \$25 materials' fee for balls and bands which are yours to keep.*

**Section 1:** 61s, Jan 11-Feb 15, 11 am-noon, \$174/\$220 KMAMOP01W2

**Section 2:** 6 Fridays, Jan 13-Feb 17, 11 am-noon, \$174/\$220 KMAMOP02W2

#### Take both and SAVE!

\$300/\$400 KMAMOP03W2

**Section 3:** 6 Wednesdays, Feb 29-Apr 18 (except Mar 21), 11 am-noon, \$174/\$220 KMAMOP04W2

**Section 4:** 6 Fridays, Mar 2-Apr 20 (except Mar 23 & Apr 13), 11 am-noon, \$174/\$220 KMAMOP05W2

#### Take both and SAVE!

\$300/\$400 KMAMOP06W2

#### Outdoors in Central Park:

*Meet at the top of the Bethesda Fountain stairs at 72nd Street. Rainy days meet on L1 at the JCC.*

**Section 1:** 5 Wednesdays, May 2-30, 11 am-noon, \$145/\$183 KMAMOP01S2

**Section 2:** 5 Fridays, Apr 27-Jun 1 (except May 25), 11 am-noon, \$145/\$183 KMAMOP02S2

### Cardio Stroller Yoga Workout in Central Park

#### Michelle Hill, Postnatal Expert

Class starts with a 1.5 mile fast-paced walk followed by postnatal yoga! *Bring your baby, blanket, and wheels. First session meets in the JCC lobby at 8:45 am. Following sessions meet at 72nd Street & CPW, northeast side, by the hot dog stand. Class cancelled only in extreme weather conditions and will be announced by 8 am at 646.505.5716.*

8 Mondays & Thursdays, Apr 16-May 10, 9-10 am, \$120/\$140 KMAMOW00S2

## Babysitting

Drop off your child for playtime while you enjoy some well-deserved time to yourself at the JCC! Children ages 3 months-4 years are welcome. Located on floor L3.

\$10/hour for members

\$12/hour for nonmembers

For more info, visit [jccmanhattan.org/babysitting](http://jccmanhattan.org/babysitting)



## relaxation for moms

The JCC offers prenatal massage using our special table so moms-to-be can lie face down comfortably and safely! For more info, or to book, visit the 5th Floor Welcome Desk, or call 646.505.5716.

## Health + Fitness For Tweens

Grades 4-8\*

### Hip Hop Cardio JAM

**new!** Calling all aspiring dance tweens! Learn hip hop moves and awesome choreography that will keep you moving to the most popular beats.

16 Mondays, Jan 30-Jun 4 (except Feb 20, Apr 9, May 7 & 28), 5:15-6:15 pm, \$352/\$512 FT0HHC00WZ

### Tween Boxercise

A rigorous, fun, aerobic workout for all levels. Use punching bags, hurdles, jump ropes, and more, to release tension, get fit, and have a blast!

16 Tuesdays, Jan 31-Jun 5 (except Feb 21, Apr 10 & May 15), 5-5:45 pm, \$352/\$512 FT0BOX00WZ

### Tween Yogilates

Blend the core stability and strengthening of Pilates with Vinyasa Yoga through this fun, rhythm-based class. This practice centers around breathing, stretching, and strengthening, and is sure to leave you feeling calm, fit, and wanting more.

17 Wednesdays, Feb 1-Jun 6 (except Feb 22 & Apr 11), 5:30-6:30 pm, \$374/\$544 FT0YOG00WZ

### Tween Cycling

Back by popular demand! Get in shape to the hottest tracks while learning to master hand positions and sit in the saddle and ride.

17 Thursdays, Feb 2-Jun 7 (except Feb 23 & Apr 12), 5-5:45 pm, \$374/\$544 FT0TCS00WZ

## After Hours Fitness

Can't make any of the early classes? Let us know. There are other opportunities to get in shape! E-mail Yael at [ygavronsky@jccmanhattan.org](mailto:ygavronsky@jccmanhattan.org) with the subject line: 'After Hours Fitness' to find out more.

## Health + Fitness For Teens

Grades 9-12\*

Every season, the JCC offers specialty fitness classes and personal training packages for teens. To purchase a half-hour or one-hour teen personal training package, call 645.505.5716. Become a teen member of The JCC Health Club and save. For information on a Teen Health Club membership, call 646.505.5700.

\*Attention 8th graders! You can choose fitness classes from either the tween or teen fitness offerings.

*Pricing for all teen programs is as follows: Pool and Health Club members/Community members/nonmembers*

### Teen Boot Camp JCC Personal Trainers

Push yourself harder with this power-packed workout. Increase your strength and endurance with other teens in a fun environment. *Exercises will vary.*

16 Wednesdays, Feb 1-May 30 (except Feb 22, Apr 11), 5-5:45 pm, \$240/\$352/\$512 KTNDJA00WZ

### Circuit Training: Weight Lifting for Teens JCC Personal Trainers

This weight lifting program is tailored specifically for teens. Our trainers will motivate you to get in shape safely and injury-free. *All levels welcome. Only 4 participants per trainer.*

**Section 1: "New Year Special"**  
8 Sessions: 4 Tuesdays & 4 Thursdays, Jan 3-26, 5:30-6:30 pm, \$368/\$488 KTNTTS03FZ

**Section 2:** 16 Sessions: 8 Tuesdays & 8 Thursdays, Jan 31-Mar 29 (except Feb 21 & 23), 5:30-6:30 pm, \$736/\$976 KTNTTS01WZ

**Section 2:** 16 Sessions: 8 Tuesdays & 8 Thursdays, Apr 3-Jun 5 (except Apr 10 & 12, May 15) 5:30-6:30 pm. \$736/\$976 KTNTTS02WZ

### Teen Cycle Steve Feinberg

Back by popular demand! Get in shape to hot tracks with this high calorie burning indoor cycling workout. Learn the proper hand motions and ride to the beat. *Please bring a water bottle.*

16 Tuesdays, Jan 31-May 29 (except Feb 21 & Apr 10), 5-5:45 pm, \$240/\$352/\$512 KTNDJS01WZ

### Teen Yogilates Kristin McGee

This class combines the best of yoga with Pilates. *All levels welcome.*

16 Mondays, Jan 30-Jun 4 (except Feb 20, Apr 9, May 28), 5-5:45 pm, \$240/\$352/\$512 KTNPIY00WZ

### Boxercise Louisa Cheng

Punch it out! Increase your speed and power by integrating punches and kicks into your workout while improving flexibility and coordination.

16 Thursdays, Feb 2-May 31 (except Feb 23 & Apr 12), 5:15-6 pm, \$240/\$352/\$512 KTNKIK00WZ

### Teen Karate 'Soke,' Cary Nemeroff, 10th Degree Karate Black Belt

Learn the ancient art of Okinawan karate, which integrates posture and breath control with striking and blocking through the practice of 'kata' forms and self-defense techniques.

16 Thursdays, Feb 2-May 31 (except Feb 23 & Apr 12), 5:30-6:30 pm, \$585/\$766 KTNKAT00WZ

Did you know that if you take a teen fitness class at the JCC you might be eligible for gym class credit? E-mail [ygavronsky@jccmanhattan.org](mailto:ygavronsky@jccmanhattan.org) or call 646.505.4413 for more details.

## keep kids moving!

It's a fact—increased physical activity in kids is associated with increased life expectancy, higher self-esteem, improved performance in school and decreased risk of cardiovascular disease. Inactive kids are likely to become inactive adults, so get your kids on the right track by introducing them to fun ways to stay active. The Meyerson Center for Health + Wellness offers great options for your teen and tween to keep moving while having fun.

### DID YOU KNOW?

Good health habits start early at the JCC! Check out our Children + Families programming for classes to keep your little ones aged 4 months-10 years active—from dance and gymnastics, to multiple sports/gym classes, private coaching and swimming.



## Senior Fitness

The JCC offers seniors 62+ years young a chance to join our health club at a substantial discount. Call membership at 646.505.5700 for more information.

### Protect Your Bones through Exercise and Activity

**Linda Rose Iennaco**

This participatory lecture/demo will teach you how weight-bearing exercises with or without equipment can increase bone strength, stave off bone loss, and prevent falls. *Please wear loose fitting clothing.*

**Section 1:** Tue, Jan 17, 11:30 am-12:30 pm, \$20/\$25/\$28 KMABHH01W2

**Section 2:** Thu, Jan 19, 10:30-11:30 am, \$20/\$25/\$28 KMABHH02W2

### Fall Stop...Move Strong™

**Julie Kardachi, OT, and Celeste Carlucci, Fitness Expert**

Prevent falls and improve balance with this doctor-recommended program.

14 Mondays, Jan 23-May 7 (except Feb 20 & Apr 9), \$165/\$216/\$252

**Intermediate:** 2:15-3:15 pm  
KSF5NB01W2

**Advanced:** 1:15-2:15 pm KSF5NB02W2

15 Wednesdays,  
Jan 18-May 2 (except Apr 11),  
\$176/\$231/\$270

**Intermediate:** 2:15-3:15 pm  
KSF5NB03W2

**Advanced:** 1:15-2:15 pm KSF5NB04W2

15 Fridays, Jan 20-May 11  
(except Apr 6 & 13), \$176/\$231/\$270

**Advanced:** 2:15-3:15 pm KSF5NB05W2

**Introductory:** 3:15-4:15 pm  
KSF5NB06W2

### Take more and SAVE!

Take 2 Intermediate sections or 29 classes \$290/\$377/\$464 KSF5NB07W2

Take 2 Advanced sections or 30 classes \$300/\$390/\$480 KSF5NB08W2

Take 3 Advanced sections or 44 classes \$396/\$484/\$572 KSF5NB09W2

### Circuit Training for Seniors

Always wanted to work with a personal trainer but were hesitant or could not afford it? In small groups, under the watchful eye of JCC CHEK exercise coach Travis Brown, learn the ins and outs of fitness machines and exercise. *For complete schedule and info, visit [jccmanhattan.org/healthclub](http://jccmanhattan.org/healthclub) or call 646.505.5716.*

8 Tuesdays & Thursdays, noon-1 pm,  
\$245/\$302/\$360 KSF5CW01-04W2

**Session 1:** Jan 10-Feb 2

**Session 2:** Feb 7-Mar 1

**Session 3:** Mar 6-Mar 29

**Session 4:** Apr 3-May 3  
(except Apr 10 & 12)

### Exercise with Ease

**Linda Rose Iennaco**

This moderately paced aerobic and strength training workout is designed to reduce stiffness and increase strength and mobility. Learn basic techniques to keep your body flexible, fit, and moving.

**Section 1:** 6 Fridays, Jan 20-Mar 2  
(except Feb 24), 11 am-noon,  
\$74/\$96/\$113 KSF5AW01W2

**Section 2:** 6 Fridays, Mar 9-Apr 20  
(except Apr 13), 11 am-noon,  
\$74/\$96/\$113 KSF5AW02W2

### Gentle Yoga for Seniors

Yoga expert Katherine Brewster shows how simple yoga postures can gently relax and strengthen muscles at the core of the body, creating a sense of ease and rejuvenation in life.

**Section 1:** 8 Wednesdays,  
Jan 25-Mar 14, 11:15 am-12:15 pm,  
\$99/\$128/\$151 KSFYOS01W2

**Section 2:** 7 Wednesdays,  
Mar 21-May 16 (except Apr 11),  
11:15 am-12:15 pm, \$86/\$112/\$132  
KSFYOS02W2



Photo: Nancy Adler

### Pilates for Seniors

**Karin Fantus**

Strengthen and tone your core with this Pilates workout exclusively for seniors.

**Morning Session:** 8 Thursdays,  
Mar 1-Apr 26 (except Apr 12),  
9:30-10:30 am, \$100/\$130/\$150  
KSFPTB01W2

**Afternoon Session:** 8 Wednesdays,  
Jan 18-Mar 7, 2-3 pm, \$100/\$130/\$150  
KSFPTB02W2

### Balance and Bones™

**Linda Rose Iennaco**

Maintain and regain bone density while improving posture and balance. Exercise and stretch to music while you stimulate the aerobic system, heighten energy, and improve daily function pain-free.

**Section 1:** 8 Tuesdays, Jan 24-Mar 20  
(except Feb 21), 11:30 am-12:30 pm,  
\$99/\$128/\$151 KSF5AB01W2

**Section 2:** 8 Thursdays, Jan 26-Mar 22  
(except Feb 23), 10:30-11:30 am,  
\$99/\$128/\$151 KSF5AB02W2

**Section 3:** 8 Tuesdays, Mar 27-May 24  
(except Apr 10), 11:30 am-12:30 pm,  
\$99/\$128/\$151 KSF5AB03W2

**Section 4:** 8 Thursdays, Mar 29-May 24  
(except Apr 12), 10:30-11:30 am,  
\$99/\$128/\$151 KSF5AB04W2

### Joint Movement for Seniors

Join Katherine Brewster, RYT, seniors yoga expert, to learn how to ease mobility in every joint. Follow a simple series of movements to open the joints of your body while releasing and improving circulation.

Wed, Jan 18, 11:15 am-1:15 pm,  
\$20/\$25/\$28 KSF5JM00W2

### Nia 101 for Seniors

**Yvonne Puckett**

Increase your stamina and strength and find the joy of movement with Nia. Experience the basics of this delightful blend of dance, martial arts, and yoga.

**Section 1:** 8 Fridays, Jan 20-Mar 9,  
12:15-1:15 pm, \$99/\$128/\$151  
KSFNIS01W2

**Section 2:** 8 Fridays, Mar 16-May 18  
(except Apr 6 & 13), 12:15-1:15 pm,  
\$74/\$96/\$113 KSFNIS02W2

### Tai Chi for Seniors

Karen 'Aiki' Kelly gently guides seniors through the ancient practice of Tai Chi.

16 Tuesdays, Jan 24-May 15  
(except Apr 10), \$160/\$240/\$265

**Beginner:** 10:30-11:45 am KSF5NC01W2

**Intermediate:** 1:20-2:35 pm  
KSF5NC02W2

**Advanced:** 11:50 am-1:20 pm  
KSF5NC03W2

Studies on older adults have shown that physical activity can help maintain good health and possibly prevent diseases like osteoarthritis, heart disease, and dementia. And because we believe there is more to a healthy lifestyle than going to the gym, we invite you to discover our new series Mind Matters. This multifaceted program is designed to keep your mind as young as you feel!

EXPLORE THESE BRAIN POWER BOOSTING CLASSES ON PAGE 11.



## Triathlon

### Mini-Triathlon Training for Women Only

**Maria Mason Frazetta,**  
USA Triathlon-Certified Coach  
and Swim Instructor

Safely cross-train in swimming, cycling, and running. Experience the thrill of group workouts, improve your skills, and meet training partners at the JCC! *Open to ages 18+, all levels. Limited to 6 participants.*

8 Tuesdays, 10:30 am-noon,  
\$232/\$276

**Section 1:** Jan 24-Mar 6, KMATWW012

**Section 2:** Mar 13-May 8 (except  
Apr 10) KMATWW02W2



The JCC Health Club and JackRabbit Sports have teamed up to bring you new running, cycling, and swimming classes with a focus on training for competitive races!

### JackRabbit Triathlon Training-Indoor Cycling

Don't lose your strength, power, and endurance during the off-season. This is NOT a traditional cycling class (no out of the saddle riding). Instead focus will be on long, sustained efforts, similar to what you would experience on race day. Each workout will build upon the week before in the overall intensity and energy that is required. *Cycling shoes with SPD clips recommended. All levels welcome. For more info and to register visit [jackrabbitsports.com](http://jackrabbitsports.com).*

8 Thursdays, Feb 2-Mar 22, 7:30-9 pm, \$145/\$180 KMAJRT01W2

## SPECIAL EVENT

### JackRabbit Indoor Triathlon Series 2011-12

Compete in a 10-minute swim, 30-minute bike ride, and 20-minute run. The JCC, Flywheel, and JackRabbit have teamed up with other clubs around the city to offer an indoor winter triathlon for athletes of all levels. The top finishers will qualify to enter the Indoor Tri Championships at Asphalt Green. The top three finishers receive \$300, \$200, and \$100 championship cards to JackRabbit Sports. *For more info and to register, visit [jackrabbitsports.com](http://jackrabbitsports.com).*

Sun, Feb 19, 12:30-4:30 pm, \$50 for all  
KMAJRB00W2

## Running

### Chi Running/Chi Walking™ Indoors

**Joel Matalon, USAT Coach,**  
Personal Trainer, Marathoner

Learn to run indoors on a treadmill so you can focus on proper form and bring conscious awareness to your workout. If done mindfully, running can be completely pain free and healthy for your joints and bones, at any age. Try this revolutionary approach to effortless, energy efficient, injury free running. *(Limited to 6 participants)*

6 Mondays, 6:30-7:30 pm, \$95/\$110

**Section 1:** Jan 23-Mar 5  
(except Feb 20) KMACHI01W2

**Section 1:** Mar 12- Apr 23  
(except Apr 9) KMACHI02W2

### JackRabbit: Beginning Running Level 1 Alexis Abela

Are you a wanna-be runner? Learn to run longer without injury in a safe and supportive environment. Meet twice a week for group workouts that combine walking and running without stopwatches. Build up to the goal of running 3.1 miles continuously. *Meet at JackRabbit's new Upper West Side store, 140 West 72nd Street (between Broadway and Columbus). To register, visit [jackrabbitsports.com](http://jackrabbitsports.com).*

10 Wednesdays & 10 Sundays,  
Jan 18-Mar 25  
Wednesdays: 6:45-7:45 pm  
Sundays: 8:30-9:30 am  
\$125/\$145 KMAJRR01W2

### JackRabbit: Beginning Running Level II Alexis Abela

Ready to take your running on the road? Focusing on endurance and pacing, meet twice a week with the goal of running a local road race. In between group workouts, we provide online guidance and direction.

Towards the end of the session, we will select a local road race to run in and will be with you on race day for support and encouragement. *You must be able to run 2.5 miles continuously at a moderate pace before taking this course. Meet at JackRabbit's new Upper West Side store, 140 West 72nd Street (between Broadway and Columbus). To register, visit [jackrabbitsports.com](http://jackrabbitsports.com).*

10 Thursdays & 10 Sundays,  
Jan 19-Mar 25  
Wednesdays: 6:45-7:45 pm  
Sundays: 9:30-10:30 am  
\$125/\$145 KMAJRR2W2



Photo: Nancy Adler

## Indoor Cycling

### Check out the Indoor Cycling Studio on floor 3M of the JCC!

JCC members and nonmembers have a choice of **Flywheel** and **JCC Ride** classes.

jcc  
ride

**JCC Ride** classes are free for Health Club members or can be taken by Pool, Community, or nonmembers with purchase of a JCC class pass.



FLYWHEEL

**Flywheel** classes are offered to members at a discount. Register for Flywheel classes online at [flywheelsports.com](http://flywheelsports.com) or by phone at 212.242.9433.



## annual new year's day fitness for everyBODY fair!

SUN, JAN 1, 10 AM AND ON, FREE

Join us for the launch of The Marti Ann Meyerson Center for Health + Wellness at the JCC! You're invited to this free day as the JCC throws its doors wide open in celebration! Experience a taste of our programs that will help you move, nourish, connect, and restore including:

Yoga  
MELT  
Time Management Seminar  
Ballroom Dance  
Organizing Your Life Seminar  
Zumba  
Indoor Cycling  
Healthy Eating Seminar  
Cardio Boot Camp  
Tai Chi  
Meditation  
and more!



Photo: Antonio Mari

## Aquatics

*Swimcaps required. Aquatics classes are held in The David S. and Ruth L. Gottesman Family Pool.*

Our Adult Learn to Swim classes are designed to help you unravel some of the mysteries about swimming. Whether you are now just learning to swim or would like to refine your swim strokes. *These classes are grouped by level of proficiency. Please contact Raquela 646.505.4484 or Mike 646.505.4456 if you have any doubts as to which your appropriate level may be.*

### Adult Beginner Learn To Swim Class JCC Swim Instructors

It's never too late to start. Whether you're 25 or 75, now's the time to learn to swim! Our expert swim instructors will guide you through the basics of swimming—breath control, self-propulsion, buoyancy and water safety skills. Enhance your level of water comfort and enjoyment of swimming.

**Section 1:** 8 Mondays, Jan 30–Mar 26 (except Feb 20), 7:30–8:30 pm, \$264/\$344 QABADB01WZ

**Section 2:** 8 Mondays, Apr 2–Jun 4 (except Apr 9, May 28), 7:30–8:30 pm, \$264/\$344 QABADB02WZ

### Adult Advanced Learn To Swim Class JCC Swim Instructors

Let our experienced swim instructors help you take your swimming farther than before. Classes focus on refined stroke technique and help increase your overall swimming efficiency. You

will learn different swim strokes, increase your endurance, and become a more confident swimmer.

**Section 3:** 9 Wednesdays, Feb 1–Apr 4 (except Feb 22), 7:30–8:30 pm, \$297/\$387 QABADB03WZ

**Section 4:** 8 Wednesdays, Apr 18–Jun 6, 7:30–8:30 pm, \$264/\$344 QABADB04WZ

### Drop-In Aquatics Classes

*(Free for Health Club and Pool members only)*

#### Coed Water Exercise Classes

Mon/Wed/Fri, 6:30–7:30 am, Main Pool

Tue/Thu, 8–9 am, Main Pool

Tue, 9:30–10:30 am, Main Pool

Mon/Thu, 6:05–7:05 pm, Training Pool

Tue/Wed, 6:10–7:10 pm, Training Pool

Tue, 7:10–7:40 pm,

Training Pool (Aqua Pilates)

Mon/Thu, 7:10–8:10 pm, Training Pool

#### Water Exercise for Women Only

Tue, 10:30–11:30 am, Main Pool

Thu, 9:30–10:30 am, Main Pool

Thu, 10:30–11:30 am, Main Pool

Sun, 6–7 pm, Training Pool

*Please note: All classes are subject to change. The group exercise schedule changes quarterly. For the most up-to-date class information, visit [jccmanhattan.org/healthclub](http://jccmanhattan.org/healthclub).*

### Arthritis Water Exercise

Are you coping with arthritis or looking for a gentle water exercise class? This program is designed to improve all aspects of fitness without joint stress.

**Section 1:** 17 Wednesdays, Feb 1–Jun 6 (except Feb 22 & Apr 11), 11:30 am–12:30 pm, \$193/\$255 QWTAWT01WZ

**Section 2:** 17 Fridays, Feb 3–Jun 8 (except Feb 24 & Apr 13), 11:30 am–12:30 pm, \$193/\$255 QWTAWT02WZ

**Section 3:** 17 Fridays, Feb 3–Jun 8 (except Feb 24 & Apr 13), 12:30 pm–1:30 pm, \$193/\$255 QWTAWT03WZ

### Prenatal Water Class

#### Orit Spanier, Prenatal Expert

Safely keep your abdominals in shape and relieve back pain with soothing water exercise. Maintain your cardiovascular fitness and greatly reduce the physical discomforts of pregnancy. *Held in the main pool.*

**Section 1:** 8 Mondays, Jan 30–Mar 26 (except Feb 20), 11 am–noon, \$264/\$344 QWANAT01WZ

**Section 2:** 8 Mondays, Apr 2–Jun 4 (except Apr 9, May 28), 11 am–noon, \$264/\$344 QWANAT02WZ

### Postnatal Water Exercise for Moms and Babies (3–6 months)

Strengthen your core muscles with various yoga stretches, improve muscle tone with a full body sculpt, and get an aqua cardio workout. Bring your baby or work out alone. *Held in our heated training pool.*

**Section 1:** 8 Mondays, Jan 30–Mar 26 (except Feb 20), noon–1 pm, \$264/\$344 QWAPOS01WZ

**Section 2:** 8 Mondays, Apr 2–Jun 4 (except Apr 9, May 28), noon–1 pm, \$264/\$344 QWAPOS02WZ



The JCC Health Club and JackRabbit Sports have teamed up to bring you new running, cycling, and swimming classes with a focus on training for competitive races!

### JackRabbit: Swim Level I Efficient Technique Maria Mason

Swim I is for those who already know how to swim and want to become more efficient and go faster and further, with less effort. With a focus on proper form, we will teach you different drills and exercises to improve your free style stroke. Triathletes will also practice mass starts, sighting, and other triathlon specific skills. *Those looking to participate in this program MUST already be able to swim 2 lengths of the pool in the freestyle/crawl stroke without rest (regardless of speed).*

10 Tuesdays, 8–9 pm, \$225/\$245

**Section 1:** Jan 17–Mar 20 QWASJR01WZ

**Section 2:** Apr 17–Jun 26 (except May 15) QWASJR01S2

### JackRabbit: Swim Level II Technique + Endurance Maria Mason

Although Swim I is not a prerequisite, Swim II does pick up right where Swim I ends. Focused solely on the free/style crawl stroke, each week, you will learn a different drill to help you refine your form and maintain your pace during long distance swims so you develop the endurance to achieve consistent times over multiple intervals. Triathletes will practice sprinting, drafting, and other tri-specific skills.

10 Tuesdays 9–10 pm, \$225/\$245

**Section 1:** Jan 17–Mar 20 QWASJR02WZ

**Section 2:** Apr 17–Jun 26 (except May 15) QWASJR02S2

## Just want to swim?

Pool memberships are available! To take a tour, or inquire about membership options, please call 646.505.5700

## approach the coach

We want our members to swim better and feel better in the water so we created this new complementary program to answer any and all questions you have but were afraid to ask. During our coaching hours you can ask for stroke tips, get a swim assessment, develop a workout routine, and more! For more info please visit

[jccmanhattan.org/approachthecoach](http://jccmanhattan.org/approachthecoach)





## Cancer Care + Chronic Illness

The following free classes for those living with cancer are co-sponsored by The Comprehensive Breast Center at St. Luke's-Roosevelt Hospitals and The JCC in Manhattan. To register, call JoAnn Fox Weingarten at 212.523.7275.

### Fit and Well

#### Yoga Moves: Yoga for Women with Cancer Whitney Chapman

Tuesdays, ongoing (except Apr 10, May 15), 3:45-5 pm, Free KMACCC01W2

### Moving for Life

#### Martha Eddy and Sherry Greenspan

Gentle dance-exercise for women with cancer.

Wednesdays, ongoing (except Apr 11), noon-1 pm, Free KMACCC02W2

### Renewal: A Water Exercise Program for Women with Cancer

#### Teri Dupuy

Thursdays, ongoing (except Apr 12), 9:30-10:30 am, Free KMACCC03W2

### Yoga for Men

#### Who Are Cancer Survivors Roberta Schine, RYT

This program is co-sponsored with Beth Israel Medical Center-Cancer Center. Please e-mail rlschine@aol.com for info.

Thursdays, ongoing (except Apr 12), 3-4:30 pm, Free KMACCC04W2

### Healing Yoga for Women with Breast or Ovarian Cancer

#### Roberta Schine, RYT

Thursdays, ongoing (except Apr 12), 6:45-7:45 pm, Free KMACCC05W2

## Athletics

### Basketball

#### Just want to shoot hoops?

Basketball memberships are available! To take a tour, or inquire about membership options, please call 646.505.5700.

### Men's Basketball

Men's basketball leagues take place at the JCC in the fall and the winter. For more information, please call 646.505.4453.

### Adult Pick-Up Basketball

Love basketball? Play in our pick-up game at the JCC. *Adult Basketball, Pool and Health Club members should check the gym schedule for additional member-only times.*



### The JCC in Manhattan's Social, Coed Sports League for 20's + 30's

Sign up with your friends or register individually to meet new young professionals in a social and active setting. Following each game, players are welcome to come together at a league bar for a post-game happy hour.

For more info and to register, visit [jccmanhattan.org/jsport](http://jccmanhattan.org/jsport).

## did you know?

### Private Sports Lessons

The JCC Athletics Department now offers private and semi-private sports lessons for teens and adults. Whether you or your teen want to learn a new sport, train to make the team, or just improve skills, our elite coaching staff will design a custom lesson to suit your needs. Full hour, half-hour, and discounted bulk packages are available for basketball, football, baseball, hockey, and lacrosse lessons. For more info, or to sign up, contact Rod Ventigan, Athletics director, at 646.505.5735 or [rventigan@jccmanhattan.org](mailto:rventigan@jccmanhattan.org).



### SAVE THE DATE

## spa day for women in treatment for breast or ovarian cancer

### A FREE DAY OF PAMPERING AND RENEWAL

Participate in a variety of mind/body programs designed to lift your spirits and improve your well-being. Enjoy a diverse program of activities including yoga, massage, or Reiki, specifically designed for women in treatment for cancer. Learn helpful tips on how to stay balanced and centered in the midst of treatment. Day includes a light, healthy lunch where you can enjoy the camaraderie of others. Dietary laws observed. Co-sponsored by The Comprehensive Breast Center at St. Luke's-Roosevelt Hospitals, The JCC in Manhattan, The Institute for the Advancement of Complementary Therapies (IACT), SHARE, Sharsheret, Young Survival Coalition & Movin' On Aerobics.

Registration begins Apr 18.

Sun, TBA, 8:30 am-1:45 pm or 12:15-5:30 pm, Free KSDSPA00S2

# The Edmond J. Safra Parkinson's Wellness Program

## Inspiring New Ideas for Living Well with Parkinson's



Photo: Randi L. Klein

This groundbreaking partnership between the NYU Parkinson and Movement Disorder Center and The JCC in Manhattan is focused on improving quality of life through fitness, support, education, and creativity. *For more info about the program or to schedule an intake, call 646.505.5744 or visit [jccmanhattan.org/parkinsons](http://jccmanhattan.org/parkinsons).*

*This program is supported by the Edmond J. Safra Philanthropic Foundation.*

## Connect and Socialize

### PD Schmooze and Groove Manuel Rojas, Ballroom Dance Instructor

Bring a partner, your family, or your friends to dance, sing, move, and meet others at our PD mixer inspired by the joy of music, rhythm, and sound.

Mon, Feb 27, 6-8 pm, \$15 KNPPPTA00WZ

## Fit and Well

### Get in Shape for the Parkinson's Unity Walk

Prep for the walk in April. Join Heart Zones Coach Jody McVey to learn how to monitor your heart rate and use walking to get strong and fit. *Must be able to walk unassisted for 30 minutes. Limited to 6 participants. Intake required.*

8 Mondays, Feb 27-Apr 23  
(except Apr 9), 2-3 pm, \$80 for all  
KNPPAR01WZ

### Sample Three Mini Fitness Programs

Improve your functional movement patterns, sharpen your body sense and MELT away pain.

#### Rhythym + Movement Patterns Pamela Quinn

4 Mondays, Jan 23-Feb 13, 3:30-4:30 pm

#### The Feldenkrais Method Sonja Johansson

4 Mondays, Feb 27-Mar 10, 3:30-4:30 pm

#### The MELT Method Whitney Chapman

4 Mondays, Mar 26-Apr 23 (except Apr 9),  
3:30-4:30 pm, \$75 for all KNPPAR02WZ

### Water Exercise for Parkinson's

**Salina Foster**  
Increase flexibility and improve balance with gentle stretching and strengthening exercises in the JCC's warm water training pool. *Swimcap required.*

12 Tuesdays, Jan 17-Apr 3, 9-10 am, \$150  
KNPPAR03WZ



## LEARN AND NETWORK

## the gonzalez-ramos parkinson's wellness education series

### THE PARKINSON'S WELLNESS SPRING SUNDAY SERIES

This event for you and your family is designed to provide a fresh approach to living well with Parkinson's through educational forums and creative workshops. *No intake required.*

Sun, Apr 22, 10:30 am-2:30 pm, Free KNPPAZ00WZ

### Tai Chi for Parkinson's Lewis Paleias

Focus on shifting weight, balance, coordination, and body awareness.

12 Tuesdays, Jan 17-Apr 3,  
2:45-3:45 pm, \$75 KNPPAR04WZ

### Alexander Technique for Parkinson's Bill Conington

Improve posture and breathing. Learn to sit, stand, bend, and move more easily in everyday life.

12 Wednesdays, Jan 18-Apr 4,  
2:15-3:15 pm, \$75 KNPPAR05WZ

### Nia: Movement + Music for Parkinson's

**Caroline Kohles**  
Laugh, move, and sing to great music while simultaneously increasing your mobility and stability.

12 Thursdays, Jan 19-Apr 4,  
2:45-3:45 pm, \$75 KNPPAR06WZ

### Chair Exercise: Balance + Strengthening for Parkinson's Linda Rose Iennaco

Improve your posture, reduce stiffness and increase your flexibility to music in this chair-based exercise class.

12 Fridays, Jan 20-Apr 27 (except  
Feb 24, Apr 6 & 13), 2-3 pm, \$75  
KNPPAR07WZ

### Yoga for Parkinson's Whitney Chapman

Create strength, calm, and balance with floor, seated, and standing poses.

12 Fridays, Jan 20-Apr 20 (except Apr 6 & 13), 3:15-4:30 pm, \$75 KNPPAR08WZ

## Caring and Support

Find support and caring in a relaxed environment. *Intake required.*

### Care Partner Support Group

Geared specifically for those who care for a loved one with Parkinson's.

12 Fridays, Jan 20-Apr 20  
(except Apr 6 & 13), 2-3 pm, \$75  
KNPPAP02WZ

### Support Group for Women with Parkinson's

Geared specifically for women diagnosed with Parkinson's.

10 Mondays, Feb 27-Apr 23  
(except Apr 9), 1-2 pm, \$60 KNPPAP01WZ

For more information about the NYU Parkinson and Movement Disorders Center, please visit [parkinson.med.nyu.edu](http://parkinson.med.nyu.edu).



Photo: Nancy Adler