

JANUARY 2 - 22, 2022 GROUP EX & SPIN SCHEDULE

| Sunday Jan 2 | Monday Jan 3 | Tuesday Jan 4 | Wednesday Jan 5 | Thursday Jan 6 | Friday Jan 7 | Saturday Jan 8 |
|---------------------|---|----------------------------------|--|---|--|---|
| | 8-8:45 Barre Fusion: Sadaf | 8-8:45 Box & Pump: Pam | 6-6:45 AM SPIN: Nicole | 8-8:45 Zumba: Loren | | |
| | 8-8:45 SPIN: Lisa | 9-10 Functional Core: Susan | 8:15-9 Barre Fusion: Betsy | 8-8:45 SPIN: Beth | 8-8:45 Strong & Sculpted: Sadaf | 8:30-9:15 SPIN: Susan |
| 9-10 Zumba: Heather | 9:15-10:15 Cardio & Strength: Lisa | | 9-10 SPIN: Vicki | 9-10 Smart Strength: Pam | 9-9:45 SPIN: Willa | 9:30-10:30 Total Body Conditioning: Nicole |
| 9-10 SPIN: Vicki | 11-11:45 Active Aging (Silver Sneakers): Lisa | | 9:15-10 Low Impact Interval: Susan | 10:15-11 Active Aging Gentle Aerobics: Pam | 9-10 Zumba Toning: Lisa K | NEW! 10:45-11:45 YOGA: Winter Yoga Flow: Julie L |
| | | 5-5:45 Low Impact Interval: Lisa | 11-11:45 Active Aging (Silver Sneakers): Pam | 5-6 Pain Free Yoga: Alan | 10:15-11 Active Aging (Silver Sneakers): Terri | |
| | 5-5:45 Total Body Cond. Xpress: Nicole | 6-6:45 SPIN: Willa | 5:15-6 Active Yoga: Sarah | 6-6:45 SPIN: Maria | | |
| | 6-7 Gentle Yoga: Alan VIRTUAL ONLY | 6-7 Zumba: Heather | 6:15-7:15 Total Body Cond: Maria | NEW! 7-7:30 Abds & Glutes: Maria | | |
| Sunday Jan 9 | Monday Jan 10 | Tuesday Jan 11 | Wednesday Jan 12 | Thursday Jan 13 | Friday Jan 14 | Saturday Jan 15 |
| | 8-8:45 Barre Fusion: Sadaf | 8-8:45 Box & Pump: Pam | 6-6:45 AM SPIN: Nicole | 8-8:45 Zumba: Loren | | |
| | 8-8:45 SPIN: Lisa | 9-10 Functional Core: Susan | 8:15-9 Barre Fusion: Betsy VIRTUAL ONLY | 8-8:45 SPIN: Beth | 8-8:45 Strong & Sculpted: Sadaf | 8:30-9:15 SPIN: Deb |
| 9-10 Zumba: Lisa K | 9:15-10:15 Cardio & Strength: Lisa | | 9-10 SPIN: Vicki | 9-10 Smart Strength: Jess | 9-9:45 SPIN: Willa | 9:30-10:30 Total Body Conditioning: Nicole |
| 9-10 SPIN: Vicki | 11-11:45 Active Aging (Silver Sneakers): Lisa | | 9:15-10 Low Impact Interval: Susan | 10:15-11 Active Aging Gentle Aerobics: Pam | 9-10 Zumba Toning: Lisa K | 10:45-11:45 YOGA: Winter Yoga Flow: Julie L |
| | | 5-5:45 Low Impact Interval: Lisa | 11-11:45 Active Aging (Silver Sneakers): Pam | 5-6 Pain Free Yoga: Alan | 10:15-11 Active Aging (Silver Sneakers): Terri | |
| | 5-5:45 Total Body Cond. Xpress: Nicole | 6-6:45 SPIN: | 5:15-6 Active Yoga: Sarah | 6-6:45 SPIN: Maria | 11-11:45 PELVIC FLOOR TRAINING: Susan register: jccnh.org/wellnessworkshops | |
| | 6-7 Gentle Yoga: Alan VIRTUAL ONLY | 6-7 Zumba: Heather | 6:15-7:15 Total Body Cond: Maria | 7-7:30 Abds & Glutes: Maria | | |
| Sunday Jan 16 | Monday Jan 17 | Tuesday Jan 18 | Wednesday Jan 19 | Thursday Jan 20 | Friday Jan 21 | Saturday Jan 22 |
| | 8-8:45 Barre Fusion: Sadaf | 8-8:45 Box & Pump: Pam | 6-6:45 AM SPIN: Nicole | 8-8:45 Zumba: Loren | | |
| | 8-8:45 SPIN: Lisa | 9-10 Functional Core: Susan | 8:15-9 Barre Fusion: Betsy VIRTUAL ONLY | 8-8:45 SPIN: Beth | 8-8:45 Strong & Sculpted: Sadaf | 8:30-9:15 SPIN: Susan |
| 9-10 Zumba: Heather | 9:15-10:15 Cardio & Strength: Lisa | | 9-10 SPIN: Vicki | 9-10 Smart Strength: Jess | 9-9:45 SPIN: Willa | 9:30-10:30 Total Body Conditioning: Nicole |
| 9-10 SPIN: | 11-11:45 Active Aging (Silver Sneakers): Lisa | | 9:15-10 Low Impact Interval: Susan | 10:15-11 Active Aging Gentle Aerobics: Pam | 9-10 Zumba Toning: Lisa K | 10:45-11:45 YOGA: Winter Yoga Flow: Julie L |
| | | 5-5:45 Low Impact Interval: Lisa | 11-11:45 Active Aging (Silver Sneakers): Pam | 5-6 Pain Free Yoga: Alan | 10:15-11 Active Aging (Silver Sneakers): Terri | |
| | 5-5:45 Total Body Cond. Xpress: Nicole | 6-6:45 SPIN: | 5:15-6 Active Yoga: Sarah | 6-6:45 SPIN: Maria | 11-11:45 PELVIC FLOOR TRAINING: Susan register: jccnh.org/wellnessworkshops | |
| | 6-7 Gentle Yoga: Alan | 6-7 Zumba: Heather | 6:15-7:15 Total Body Cond: Maria | 7-7:30 Abds & Glutes: Maria | | |

DURING THESE JANUARY WEEKS, ALL CLASSES EXCEPT FOR SPIN WILL RUN AS A VIRTUAL OPTION ONLY via ZOOM THROUGH OUR INQLINE FIT WEBSITE jccnh.org/inqline-fit For questions or more information contact susand@jccnh.org

SPIN CLASSES WILL REMAIN ON-SITE

GROUP EXERCISE CLASS DESCRIPTIONS

Barre Fusion: Combining ballet-inspired moves with elements of Pilates, muscular conditioning, and flexibility (no barre? Can be done with a chair)

Cardio & Strength: Aerobic movement combined with strength focused weight training

Box & Pump: Total body workout that uses shadow boxing to pump your heart and weights / tubing to pump your muscles. Fast paced and fun

Active Aging (Silver Sneakers) Workout: Age appropriate exercises for cardio, strength, range of movement, and balance

Total Body Conditioning: Full body workout for muscular strength and muscle endurance

Functional Core: Core workout using the elements of Pilates that focus on stability, back safety, and functional movement

'Boomer' Barre for Balance: Balance training with core conditioning and a flexibility focus for the active ager (no barre? Can be done with a chair)

Zumba™: Fun and easy to follow Latin / International style choreographed Dance!

Zumba™ Toning: Zumba dance choreography with light weights (toning sticks)

Low Impact Intervals: Low impact aerobics using light weights or tubing / band resistance for both a cardio and a muscular endurance focus

Drum-Fit: Fun choreographed cardio-based drumming workout that combines physical activity with coordination for brain fitness (with drumsticks and a stability ball)

Active Yoga: Improve strength, flexibility, and balance with a meditative focus and awareness of breath

Pain Free Posture Yoga: Functionally based exercises for alignment and addressing musculoskeletal pain – based on the therapeutic method of Egoscue™ and Feldenkrais™

Gentle Yoga: Hatha Yoga combining physical postures with breath awareness

Kripalu Yoga Flow: Vinyasa flow style of postures incorporating breath with movement

Spinning: The gold standard of indoor cycling! 45 minutes or 1 hour classes taught by certified, experienced Instructors. All levels welcome