

## JCC GROUP EX SCHEDULE: APRIL 2024

| Sunday MAR 31   | Monday APR 1  | Tuesday APR 2  | Wednesday APR 3                              | Thursday APR 4                           | Friday APR 5  | Saturday APR 6                          |
|---|---|--|--|--|---|---|
| <b>EASTER SUNDAY</b>  | 8-8:45 Pilates Fusion: Sadaf                        | 8-8:45 Cardio Fusion: Sadaf  | 8-8:45 Muscle Conditioning: Lisa             | 8-8:50 Zumba: Chanel                     | 8-8:45 Pilates Sculpt: Sadaf  |   |
| 9-10 Zumba: Loren   | 9-9:55 Cardio & Strength: Lisa                      | 9-10 Functional Core: Susan  | 9-9:45 Pilates Barre Fusion: Betsy           | 9-10 Strength & Yoga: Beth               | 9-10 Zumba Toning: Lisa K   | 9:30-10:30 Strong & Sculpted: Sadaf     |
|   | *10-11 Therapeutic Yoga for Pain: Alan Quiet Corner | 10:15-11 Active Aging Strength: Susan                                      | 10-11 MELT: Betsy register: susand@jccnh.org | *10:15-11 Active Aging Cardio Mix: Susan | 10:15-11 Active Aging Combo: Terri  | *10:45-11:45 Yoga & Deep Stretch: Linda |
|   | 10:15-11 Active Aging Combo: Susan                  | 11:15-12:15 PELVIC FLOOR TRNG: Susan register: jccnh.org/wellnessworkshops | 11:15-12 Active Aging Combo: Susan           |  | *11:15-12:15 Tai Chi: Higgy   |   |
|   | 11:15-12 Active Aging Combo: Lisa                   |  |  |  |   |   |
|   | 5-5:45 Body Cond. Xpress: Danielle                  | *5-5:45 Cardio Kick-Box: Anna  | *5-5:45 Vinyasa Yoga: Sarah                  | 5-6 Therapeutic Yoga for Pain: Alan      |   |   |
|   | 6-7 Functional Yoga: Alan                           | 6-7 Zumba: Heather   | 6-7 Total Body Cond: Maria                   | *6:30-7:30 Kripalu Yoga: Julie           |   |   |
| Sunday APR 7  | Monday APR 8  | Tuesday APR 9  | Wednesday APR 10                             | Thursday APR 11                          | Friday APR 12   | Saturday APR 13                         |
|   | 8-8:45 Pilates Fusion: Sadaf                        | 8-8:45 Cardio Fusion: Pam  | 8-8:45 Muscle Conditioning: Vicki            | 8-8:50 Zumba: Chanel                     | 8-8:45 Pilates Sculpt: Sadaf  |   |
| 9-10 Zumba: Shelley   | 9-9:55 Cardio & Strength: Lisa                      | 9-10 Functional Core: Susan  | 9-9:45 Pilates Barre Fusion: Betsy           | 9-10 Strength & Yoga: Beth               | 9-10 Zumba Toning: Lisa K   | 9:30-10:30 Strong & Sculpted: Lisa      |
|   | *10-11 Therapeutic Yoga for Pain: Alan Quiet Crnr   | 10:15-11 Active Aging Strength: Susan                                      | 10-11 MELT: Betsy register: susand@jccnh.org | *10:15-11 Active Aging Cardio Mix: Pam   | 10:15-11 Active Aging Combo: Terri  | *10:45-11:45 Yoga & Deep Stretch: Linda |
| 1:30-3:30 PM UNWINDING CHRONIC PAIN WKSHP: register jccnh.org/wellnessworkshops   | 10:15-11 Active Aging Combo: Susan                  |  | 11:15-12 Active Aging Combo: Pam             |  | *11:15-12:15 Tai Chi: Higgy   |   |
|   | 11:15-12 Active Aging Combo: Lisa                   |  |  |  | 2:30-5 Women's Mini Recovery Retreat & Happy Hour FREE registration required: jccnh.org/wellnessworkshops |   |
|   | 5-5:45 Body Cond. Xpress: Danielle                  | *5-5:45 Cardio Kick-Box: Anna  | *5-5:45 Vinyasa Yoga: Sarah                  | 5-6 Therapeutic Yoga for Pain: Alan      |   |   |
|   | 6-7 Functional Yoga: Alan                           | 6-7 Zumba: Loren   | 6-7 Total Body Cond: Maria                   | *6:30-7:30 Kripalu Yoga: Julie           |   |   |
| Sunday APR 14   | Monday APR 15                                       | Tuesday APR 16   | Wednesday APR 17                             | Thursday APR 18                          | Friday APR 19   | Saturday APR 20                         |
|   | 8-8:45 Pilates Fusion: Sadaf                        | 8-8:45 Cardio Fusion: Pam  | 8-8:45 Muscle Conditioning: Lisa             | 8-8:50 Zumba: Chanel                     | 8-8:45 Pilates Sculpt: Sadaf  |   |
| 9-10 Zumba: Lisa  | 9-9:55 Cardio & Strength: Lisa                      | 9-10 Functional Core: Susan  | 9-9:45 Pilates Barre Fusion: Betsy           | 9-10 Strength & Yoga: Beth               | 9-10 Zumba Toning: Lisa K   | 9:30-10:30 Strong & Sculpted: Maria     |
|   | *10-11 Therapeutic Yoga for Pain: Alan Quiet Corner | 10:15-11 Active Aging Strength: Susan                                      | 10-11 MELT: Betsy register: susand@jccnh.org | *10:15-11 Active Aging Cardio Mix: Pam   | 10:15-11 Active Aging Combo: Terri  | *10:45-11:45 Yoga & Deep Stretch: Linda |
| 1:30-3:30 PM UNRAVEL BACK & NECK PAIN WKSHP: register jccnh.org/wellnessworkshops | 10:15-11 Active Aging Combo: Susan                  |  | 11:15-12 Active Aging Combo: Pam             |  | *11:15-12:15 Tai Chi: Higgy   |   |
|   | 11:15-12 Active Aging Combo: Lisa                   |  |  |  |   |   |
|   | 5-5:45 Body Cond. Xpress: Danielle                  | NO 5 PM CLASS  | *5-5:45 Vinyasa Yoga: Sarah                  | 5-6 Therapeutic Yoga for Pain: Alan      |   |   |
|   | 6-7 Functional Yoga: Alan                           | 6-7 Zumba: Heather   | 6-7 Total Body Cond: Maria                   | *6:30-7:30 Kripalu Yoga: Julie           |   |   |
| Sunday APR 21   | Monday APR 22                                       | Tuesday APR 23   | Wednesday APR 24                             | Thursday APR 25                          | Friday APR 26   | Saturday APR 27                         |
|   | 8-8:45 Pilates Fusion: Sadaf                        |  | 8-8:45 Muscle Conditioning: Vicki            | 8-8:50 Zumba: Chanel                     | 8-8:45 Pilates Sculpt: Sadaf  |   |
| 9-10 Zumba: Heather   | 9-9:55 Cardio & Strength: Lisa                      |  | 9-9:45 Pilates Barre Fusion: Betsy           | 9-10 Strength & Yoga: Beth               | 9-10 Zumba Toning: Lisa K   | 9:30-10:30 Strong & Sculpted: Maria     |
|   | *10-11 Therapeutic Yoga for Pain: Alan Quiet Crnr   | JCC CLOSED in observance of PASSOVER                                       | 10-11 MELT: Betsy register: susand@jccnh.org | *10:15-11 Active Aging Cardio Mix: Pam   | 10:15-11 Active Aging Combo: Terri  | *10:45-11:45 Yoga & Deep Stretch: Linda |
|   | 10:15-11 Active Aging Combo: Susan                  |  | 11:15-12 Active Aging Combo: Pam             |  | *11:15-12:15 Tai Chi: Higgy   |   |
|   | 11:15-12 Active Aging Combo: Lisa                   |  |  |  |   |   |
|   | CLOSE at 3 PM                                       |  | *5-5:45 Vinyasa Yoga: Sarah                  | 5-6 Therapeutic Yoga for Pain: Alan      |   |   |
|   |   |  | 6-7 Total Body Cond: Maria                   | *6:30-7:30 Kripalu Yoga: Julie           |   |   |

## JCC SPIN SCHEDULE   APRIL 2024

| Sunday MAR 31       | Monday APR 1      | Tuesday APR 2         | Wednesday APR 3  | Thursday APR 4              | Friday APR 5       | Saturday APR 6                |
|---------------------|-------------------|-----------------------|------------------|-----------------------------|--------------------|-------------------------------|
| EASTER SUNDAY       | 8-8:45 SPIN: Lisa | 8-8:45 SPIN: Willa    |                  | 8-8:45 SPIN: Beth           |                    | 8:30-9:15 SPIN: Deb           |
| 9-10 SPIN: Michelle |                   |                       | 9-10 SPIN: Vicki |                             | 9-9:45 SPIN: Willa |                               |
|                     |                   | 6-6:45 SPIN: Michelle |                  | 6-6:45 SPIN: Michelle       |                    |                               |
| Sunday APR 7        | Monday APR 8      | Tuesday APR 9         | Wednesday APR 10 | Thursday APR 11             | Friday APR 12      | Saturday APR 13               |
|                     | 8-8:45 SPIN: Lisa | 8-8:45 SPIN: Willa    |                  | 8-8:45 SPIN: Beth           |                    | 8:30-9:15 SPIN: Susan         |
| 9-10 SPIN: Michelle |                   |                       | 9-10 SPIN: Vicki | 5:15-6 INTRO to SPIN: Maria | 9-9:45 SPIN: Willa | 10-10:45 INTRO to SPIN: Susan |
|                     |                   | 6-6:45 SPIN: Michelle |                  | 6-6:45 SPIN: Maria          |                    |                               |
| Sunday APR 14       | Monday APR 15     | Tuesday APR 16        | Wednesday APR 17 | Thursday APR 18             | Friday APR 19      | Saturday APR 20               |
|                     | 8-8:45 SPIN: Lisa | 8-8:45 SPIN: Willa    |                  | 8-8:45 SPIN: Beth           |                    | 8:30-9:15 SPIN: Deb           |
| 9-10 SPIN: Michelle |                   |                       | 9-10 SPIN: Vicki |                             | 9-9:45 SPIN: Willa |                               |
|                     |                   | 6-6:45 SPIN: Michelle |                  | 6-6:45 SPIN: Maria          |                    |                               |
| Sunday APR 21       | Monday APR 22     | Tuesday APR 23        | Wednesday APR 24 | Thursday APR 25             | Friday APR 26      | Saturday APR 27               |
|                     | 8-8:45 SPIN: Lisa |                       |                  | 8-8:45 SPIN: Beth           |                    | 8:30-9:15 SPIN: Susan         |
| 9-10 SPIN: Michelle |                   | JCC CLOSED            | 9-10 SPIN: Vicki |                             | 9-9:45 SPIN: Willa |                               |
|                     |                   |                       |                  | 6-6:45 SPIN: Maria          |                    |                               |

**\*Spin classes are 45 minutes, except for Sundays and Wednesday mornings / No sign up required, bikes are available first come basis / New riders come to class 10-15 minutes early to notify Instructor for bike set up**

*CLASSES ARE FREE FOR JCC MEMBERS*

*UNLESS \*NOTED in BLUE*

**\*Hybrid (virtual option) unless noted in red**

### **CARDIO & STRENGTH**

Aerobic drills combined with strength focused weight training

### **CARDIO FUSION**

A variety of cardio styles including kick-box, low-impact, interval training, etc fused with muscle conditioning

### **CARDIO KICK-BOX:**

A fusion of boxing and cardio

### **ZUMBA / ZUMBA TONING**

Popular dance workout with easy to follow choreography and great music, **ZUMBA TONING** uses Toning sticks (light weights)

### **TOTAL BODY CONDITIONING / MUSCLE CONDITIONING**

Full body workout for strength, muscle endurance, flexibility, and core training

### **STRONG & SCULPTED**

Dynamic resistance training using weights and other props for effective strength gains

### **STRENGTH & YOGA**

30 min strength trng / 30 min yog postures

### **PILATES FUSION**

Popular method of Core conditioning done on the mat for strength and length of muscles

### **FUNCTIONAL CORE**

Core stability training using elements of Pilates for function and foundational strength

### **BARRE / PILATES FUSION**

Ballet inspired moves with elements of Pilates for core conditioning

### **ACTIVE AGING COMBO**

Age appropriate muscle conditioning, cardio, balance, & flexibility workout

### **ACTIVE AGING CARDIO**

Age appropriate variety of low-impact cardio styles and dance workout

### **ACTIVE AGING STRENGTH**

Age appropriate exercises using weights for muscle & bone strength

### **\*VINYASA YOGA**

Popular yoga style sequenced for flow, moving through postures with breath

### **\*KRIPALU YOGA**

A practice that uses poses, breath, and meditation to foster inner focus and spiritual transformation

### **\*YOGA & DEEP STRETCH**

A flow class, connecting breath and movement, ending with deeper stretches to create space in the body and calm the mind.

### **FUNCTIONAL GENTLE YOGA**

Yoga with a postural alignment and neuromuscular focus

### **THERAPEUTIC YOGA FOR PAIN RELIEF**

Gentle movement addressing musculo-skeletal imbalances to restore function

**\*MONDAY 10AM on-site only**

### **TAI CHI**

Moving meditation for balance, body awareness, and coordination

### **\*MELT METHOD (fee based)**

Self-treatment using special foam rollers or small balls to rehydrate connective tissue and release discomfort and pain.