

<b>JCC GROUP EX SCHEDULE JANUARY 2026 FREE for JCC MEMBERS!</b>						
<b>SUN Jan 4</b>	<b>MON Jan 5</b>	<b>TUES Jan 6</b>	<b>WED Jan 7</b>	<b>THURS Jan 8</b>	<b>FRI Jan 9</b>	<b>SAT Jan 10</b>
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Cardio & Strength: Pam	8-8:45 Total Body 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
	10:15-11 Tough Agers: Susan	10:15-11 Active Aging Strength: Susan	11:15-12 Active Aging Combo: Pam	*10:15-11 Active Aging Cardio: Pam	10:15-11 Active Aging Combo: Terri	*10:45-11:45 Yoga & Deep Stretch: Linda
	11:15-12 Active Aging Combo: Lisa			4:30-5:20 Therapeutic Yoga: Alan	*11:15-12:15 Tai Chi: Higgsy	
	5-5:45 Pilates Sculpt: Erin	*5-5:45 Box & Strength: Anna	*5-5:45 Vinyasa Yoga: Sarah	5:30-6:15 Zumba: Liza	3:30-5 WELLNESS WORKSHOP: HIPS, KNEES, SHOULDERS	
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Anna / Maria	*6:30-7:30 Slow-Flow Yoga: Linda		
<b>SUN Jan 11</b>	<b>MON Jan 12</b>	<b>TUES Jan 13</b>	<b>WED Jan 14</b>	<b>THURS Jan 15</b>	<b>FRI Jan 16</b>	<b>SAT Jan 17</b>
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Cardio & Strength: Pam	8-8:45 Total Body Conditioning: Vicki	*8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Sadaf	
9-10 Zumba: Heather	9-9:55 Cardio & Strength: Lisa	9-10 Functional Core: Susan	9-9:45 Pilates Sculpt: Susan	9-10 Strength & Yoga: Beth	9-10 Zumba Toning: Lisa K	9:30-10:30 Strong & Sculpted: Deb
	10:15-11 Tough Agers: Susan	10:15-11 Active Aging Strength: Susan	11:15-12 Active Aging Combo: Pam	*10:15-11 Active Aging Cardio: Pam	10:15-11 Active Aging Combo: Terri	*10:45-11:45 Yoga & Deep Stretch: Linda
	11:15-12 Active Aging Combo: Lisa		*10-11 Workshop Find Your 'Fit': Susan	4:30-5:20 Therapeutic Yoga: Alan	*11:15-12:15 Tai Chi: Higgsy	
	5-5:45 Pilates Sculpt: Erin	*5-5:45 Box & Strength: Anna	*5-5:45 Vinyasa Yoga: Sarah	5:30-6:15 Zumba: Liza		
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Anna / Maria	*6:30-7:30 Slow-Flow Yoga: Linda		
<b>SUN Jan 18</b>	<b>MON Jan 19</b>	<b>TUES Jan 20</b>	<b>WED Jan 21</b>	<b>THURS Jan 22</b>	<b>FRI Jan 23</b>	<b>SAT Jan 24</b>
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Cardio & Strength: Pam	8-8:45 Total Body Conditioning: Vicki	*8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Sadaf	
9-10 Zumba: Lisa	9-9:55 Cardio & Strength: Sadaf	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: Michelle C
	10:15-11 Tough Agers: Susan	10:15-11 Active Aging Strength: Susan	11:15-12 Active Aging Combo: Pam	*10:15-11 Active Aging Cardio: Pam	10:15-11 Active Aging Combo: Terri	*10:45-11:45 Yoga & Deep Stretch: Linda
	11:15-12 Active Aging Combo: Pam			4:30-5:20 Therapeutic Yoga: Alan	*11:15-12:15 Tai Chi: Higgsy	
	5-5:45 Pilates Sculpt: Erin	*5-5:45 Box & Strength: Anna	*5-5:45 Vinyasa Yoga: Sarah	5:30-6:15 Zumba: Liza		
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Anna / Maria	*6:30-7:30 Slow-Flow Yoga: Linda		
<b>SUN Jan 25</b>	<b>MON Jan 26</b>	<b>TUES Jan 27</b>	<b>WED Jan 28</b>	<b>THURS Jan 29</b>	<b>FRI Jan 30</b>	<b>SAT Jan 31</b>
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Cardio & Strength: Pam	8-8:45 Total Body Conditioning: Vicki	*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
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	5-5:45 Pilates Sculpt: Erin	*5-5:45 Box & Strength: Anna	*5-5:45 Vinyasa Yoga: Sarah	5:30-6:15 Zumba: Liza		
	6-7 Gentle Yoga: Alan	6-7 Zumba: Liza	6-7 Total Body Cond: Anna / Maria	*6:30-7:30 Slow-Flow Yoga: Linda		

Classes are offered with a virtual live streaming option unless indicated by \*asterisk in red text / more info contact: susand@jccnh.org

**CLASSES ARE FREE FOR OUR JCC MEMBERS - MANY OFFERED WITH A VIRTUAL STREAMING OPTION UNLESS NOTED IN RED ON THE SCHEDULE**

**\*all classes are taught by certified, experienced Instructors**

**CARDIO CLASSES:**

Cardio & Strength / Step & Strength / Zumba / Zumba Toning / Spinning (see Spin schedule)

**STRENGTH FOCUSED CLASSES:**

Total Body Conditioning / Strong & Sculpted / Strength & Yoga / Active Aging Strength / Box & Sculpt

**CORE & PILATES CLASSES:**

Pilates Fusion / Sculpt / Functional Core / Barre & Pilates Fusion

**YOGA & TAI CHI CLASSES:**

Gentle Yoga / Therapeutic Yoga / Vinyasa Yoga / Tai Chi

**ACTIVE AGING CLASSES:**

Active Aging Combo / Active Aging Cardio / Active Aging Strength / ToughAgers®

\*multiple props are used and available for many of these workouts: weights, bands, tubes, chairs, mats, therapy balls, steps, foam rollers, etc. ToughAgers® is a level up (no chair)

**GROUP EXERCISE POLICIES & ETIQUETTE**

*Our group exercise classes are free for all our JCC members that are over **13 years of age**. Please adhere to classroom rules so we can provide safe and effective workouts for all.*

- arrive on time for your class and please turn off cell phone
- no sign up is required first come first serve basis / no spots saved for others
- wipe down your mat with disinfectant wipes after use
- return all weights, mats, props, etc to designated place after the workout
- only clean, indoor sneakers on the aerobic room floor
- refrain from placing coats, bags, etc. in the room during class, use the cubbies or lockers in the locker rooms or spas
- the JCC is not responsible for lost or stolen personal items
- no food or beverages other than water
- alert the instructor if you are new to the class
- contact [susand@jccnh.org](mailto:susand@jccnh.org) for any questions for more information

## JCC SPIN SCHEDULE: JANUARY 2026 FREE for JCC MEMBERS!

SUN Jan 4	MON Jan 5	TUES Jan 6	WED Jan 7	THURS Jan 8	FRI Jan 9	SAT Jan 10
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth		
9-10 SPIN: Michelle G			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	8:30-9:15 SPIN: Susan
		6-6:45 SPIN: Michelle G				
SUN Jan 11	MON Jan 12	TUES Jan 13	WED Jan 14	THURS Jan 15	FRI Jan 16	SAT Jan 17
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth		
9-10 SPIN: Michelle G			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	8:30-9:15 SPIN: Susan
		6-6:45 SPIN: Michelle G				
SUN Jan 18	MON Jan 19	TUES Jan 20	WED Jan 21	THURS Jan 22	FRI Jan 23	SAT Jan 24
	8-8:45 SPIN: Susan	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth		
9-10 SPIN: Michelle G			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	8:30-9:15 SPIN: Deb
		6-6:45 SPIN: Michelle G				
SUN Jan 25	MON Jan 26	TUES Jan 27	WED Jan 28	THURS Jan 29	FRI Jan 30	SAT Jan 31
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth		
9-10 SPIN: Michelle G			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	8:30-9:15 SPIN: Susan
		6-6:45 SPIN: Michelle G				

\*Spin classes are 45 minutes, except for Sunday & Wednesday mornings is 60 minutes / 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 contact [susand@jccnh.org](mailto:susand@jccnh.org) for more info