

JCC GROUP EX SCHEDULE DECEMBER 2025 FREE for JCC MEMBERS!						
SUN Nov 30	MON Dec 1	TUES Dec 2	WED Dec 3	THURS Dec 4	FRI Dec 5	SAT Dec 6
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Step & Sculpt: Pam	8-8:45 Total Body Conditioning: Vicki	*8-8:45 ZUMBA is back! 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: Sadaf
	10:15-11 Active Aging Combo: 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: Susan	*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: Higy	
	5-5:45 Pilates Sculpt: Erin	*5-5:45 Cardio Kick-Box: 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	*6:30-7:30 Slow-Flow Vinyasa Yoga: Linda		
SUN Dec 7	MON Dec 8	TUES Dec 9	WED Dec 10	THURS Dec 11	FRI Dec 12	SAT Dec 13
ZUMBA MARATHON FOOD & TOY DRIVE 8:30-10:30	8-8:45 Pilates Fusion: Sadaf	8-8:45 Step & Sculpt: Pam	8-8:45 Total Body Conditioning: Vicki	*8-8:45 ZUMBA is back! Chanel	8-8:45 Pilates Sculpt: Sadaf	
	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 Active Aging Combo: Terri	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: Higy	
	5-5:45 Pilates Sculpt: Erin	NO 5pm Kick-Box	*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: MARIA!	*6:30-7:30 Slow-Flow Vinyasa Yoga: Linda		
SUN Dec 14	MON Dec 15	TUES Dec 16	WED Dec 17	THURS Dec 18	FRI Dec 19	SAT Dec 20
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Step & Sculpt: Pam	8-8:45 Total Body Conditioning: Vicki	*8-8:45 ZUMBA is back! 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 Barre Fusion: Betsy	9-10 Strength & Yoga: Beth	9-10 Zumba Toning: Lisa K	9:30-10:30 Strong & Sculpted: Deb
	10:15-11 Active Aging Combo: 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: Higy	
	NO 5pm Pilates	*5-5:45 Cardio Kick-Box: 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	*6:30-7:30 Slow-Flow Vinyasa Yoga: Linda		
SUN Dec 21	MON Dec 22	TUES Dec 23	WED Dec 24	THURS Dec 25	FRI Dec 26	SAT Dec 27
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Step & Sculpt: Pam	December 24 Christmas Eve	December 25 Christmas Day JCC is open 9-3 NO CLASSES	8-8:45 Pilates Sculpt: Sadaf	
9-10 Zumba: Lisa	9-9:55 Cardio & Strength: Lisa	9-10 Functional Core: Susan	9-10 Total Body Conditioning: Michelle C		9-10 Zumba Toning: Lisa K	9:30-10:30 Strong & Sculpted: Michelle C
	10:15-11 Active Aging Combo: Pam	10:15-11 Active Aging Strength: Susan			NO ACTIVE AGING	*10:45-11:45 Yoga & Deep Stretch: Linda
	11:15-12 Active Aging Combo: Lisa				NO TAI CHI	
	5-5:45 Pilates Sculpt: Erin	*5-5:45 Cardio Kick-Box: Anna	CLOSE 3PM			
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather				
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 / Kick-Box / Zumba / Zumba Toning / Active Aging Cardio

STRENGTH FOCUSED CLASSES:

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

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

***multiple props are used and available for many of these workouts: weights, bands, tubes, chairs, mats, therapy balls, steps, foam rollers, etc**

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 for any questions for more information

JCC SPINNING SCHEDULE DECEMBER 2025 FREE for JCC MEMBERS!

SUN Nov 30	MON Dec 1	TUES Dec 2	WED Dec 3	THURS Dec 4	FRI Dec 5	SAT Dec 6
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth	MARATHON FOOD & TOY DRIVE 8:00-10:15 Beth, Vicki, Willa	MARATHON FOOD & TOY DRIVE 8:00-10:15 Deb, Lisa, Susan
9-10 SPIN: Michelle G			9-10 SPIN: Vicki			
		6-6:45 SPIN: Michelle G				
SUN Dec 7	MON Dec 8	TUES Dec 9	WED Dec 10	THURS Dec 11	FRI Dec 12	SAT Dec 13
MARATHON FOOD & TOY DRIVE 9-10: 30 Michelle G, Michelle C	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth		
			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	8:30-9:15 SPIN: Deb
		6-6:45 SPIN: Michelle G				
SUN Dec 14	MON Dec 15	TUES Dec 16	WED Dec 17	THURS Dec 18	FRI Dec 19	SAT Dec 20
	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 Dec 21	MON Dec 22	TUES Dec 23	WED Dec 24	THURS Dec 25	FRI Dec 26	SAT Dec 27
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa	December 24 Christmas Eve 8-8:45 SPIN: Susan	December 25 Christmas Day JCC is open 9-3 NO CLASSES		
9-10 SPIN: Michelle G					9-9:45 SPIN: Willa	8:30-9:15 SPIN: Deb
		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 for more info