

JCC GROUP EX SCHEDULE: JANUARY 28 - MARCH 2, 2024						
Sunday JAN 28	Monday JAN 29	Tuesday JAN 30	Wednesday JAN 31	Thursday FEB 1	Friday FEB 2	Saturday FEB 3
	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, Roll, Stretch: Pam	
9-10 Spin: Michelle	8-8:45 Spin: Lisa	8-8:45 Spin: Willa	9-10 Spin: Vicki	8-8:45 Spin: Beth	9-9:45 Spin: Susan	8:30-9:15 Spin: Deb
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: Maria
	*10-11 Therapeutic Yoga for Pain: Alan Quiet Cmr Rm	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: Susan	
1:30-3 PM YOGA WKSHHP Better Backs: register jccnh.org/wellnessworkshops	10:15-11 Active Aging Combo: Susan		11:15-12 Active Aging Combo: Pam		*11:15-12:15 Tai Chi: Higggy	
	11:15-12 Active Aging Combo: Lisa	*5-5:45 Cardio Kick-Box: Anna		5-6 Therapeutic Yoga for Pain: Alan		
	5-5:45 Body Cond. Xpress: Nicole	6-6:45 Spin: Michelle	*5-5:45 Vinyasa Yoga: Sarah	6-6:45 Spin: Maria		
	6-7 Functional Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Maria	*6:30-7:30 Slow Flow Yoga: Linda		
Sunday FEB 4	Monday FEB 5	Tuesday FEB 6	Wednesday FEB 7	Thursday FEB 8	Friday FEB 9	Saturday FEB 10
	8-8:45 Pilates Fusion: Susan	8-8:45 Cardio Fusion: Pam	8-8:45 Muscle Conditioning: Lisa	8-8:50 Zumba: Chanel	8-8:45 Pilates, Roll, Stretch: Pam	
9-10 Spin: Michelle	8-8:45 Spin: Lisa	8-8:45 Spin: Willa	9-10 Spin: Vicki	8-8:45 Spin: Beth	9-9:45 Spin: Willa	8:30-9:15 Spin: Susan
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	*10-11 Therapeutic Yoga for Pain: Alan Quiet Cmr Rm	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	9:30-10:30 Strong & Sculpted: Lisa
1:30-3 PM FOUNDATIONS YOGA WKSHHP: register jccnh.org/wellnessworkshops	10:15-11 Active Aging Combo: Susan		11:15-12 Active Aging Combo: Pam		*11:15-12:15 Tai Chi: Higggy	NEW! *10:45-11:45 Yoga & Deep Stretch: Linda
	11:15-12 Active Aging Combo: Lisa	*5-5:45 Cardio Kick-Box: Anna		5-6 Therapeutic Yoga for Pain: Alan		
	5-5:45 Body Cond. Xpress: Nicole	6-6:45 Spin: Michelle	*5-5:45 Vinyasa Yoga: Sarah	6-6:45 Spin: Maria		
	6-7 Functional Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Maria	*6:30-7:30 Kripalu Yoga: Julie		
Sunday FEB 11	Monday FEB 12	Tuesday FEB 13	Wednesday FEB 14	Thursday FEB 15	Friday FEB 16	Saturday FEB 17
	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 Spin: Michelle	8-8:45 Spin: Lisa	8-8:45 Spin: Willa	9-10 Spin: Vicki	8-8:45 Spin: Beth	9-9:45 Spin: Willa	8:30-9:15 Spin: Susan
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1:30-3 PM FOUNDATIONS YOGA WKSHHP: register jccnh.org/wellnessworkshops	10:15-11 Active Aging Combo: Susan		11:15-12 Active Aging Combo: Pam		*11:15-12:15 Tai Chi: Higggy	
	11:15-12 Active Aging Combo: Lisa	*5-5:45 Cardio Kick-Box: Anna		5-6 Therapeutic Yoga for Pain: Alan		
	5-5:45 Body Cond. Xpress: Danielle	6-6:45 Spin: Michelle	*5-5:45 Vinyasa Yoga: Sarah	6-6:45 Spin: Maria	2:30 - 5:00 PM HAPPY HOUR SELF-CARE EVENT susand@jccnh.org for more	
	6-7 Functional Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Maria	*6:30-7:30 Kripalu Yoga: Julie		
Sunday FEB 18	Monday FEB 19	Tuesday FEB 20	Wednesday FEB 21	Thursday FEB 22	Friday FEB 23	Saturday FEB 24
	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	
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	6-7 Functional Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Maria	*6:30-7:30 Kripalu Yoga: Julie		
Sunday FEB 25	Monday FEB 26	Tuesday FEB 27	Wednesday FEB 28	Thursday FEB 29	Friday MAR 1	Saturday MAR 2
	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	
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	6-7 Functional Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Maria	*6:30-7:30 Kripalu Yoga: Julie		

*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.