

JCC GROUP EX SCHEDULE FEBRUARY 1 - 28, 2026 FREE for JCC MEMBERS!						
SUN Feb 1	MON Feb 2	TUES Feb 3	WED Feb 4	THURS Feb 5	FRI Feb 6	SAT Feb 7
	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: 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 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	*11:15 FREE Demo Class YOGA for BONE HEALTH: Julie		4:30-5:20 Therapeutic Yoga: Alan	11:15-12 Tough Agers: Susan	
	5-5:45 Pilates Sculpt: Erin		*5-5:45 Vinyasa Yoga: Sarah	5:30-6:15 Zumba: Liza	*new time 12:15-1:15 TAI CHI: Higgy	
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Anna / Maria	*6:30-7:30 Slow-Flow Yoga: Linda	*3-5 Women's Wellness MELT, CORE, PELVIC FLOOR	
SUN Feb 8	MON Feb 9	TUES Feb 10	WED Feb 11	THURS Feb 12	FRI Feb 13	SAT Feb 14
	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: Liza	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 Tough Agers: Susan	
	5-5:45 Pilates Sculpt: Erin		*5-5:45 Vinyasa Yoga: Sarah	5:30-6:15 Zumba: Liza	*new time 12:15-1:15 TAI CHI: Higgy	
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Anna / Maria	*6:30-7:30 Slow-Flow Yoga: Linda		
SUN Feb 15	MON Feb 16	TUES Feb 17	WED Feb 18	THURS Feb 19	FRI Feb 20	SAT Feb 21
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Cardio & Strength: Sadaf	8-8:45 Total Body Conditioning: Vicki	*8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Sadaf	7:30-8:15 Your GLP 1 Journey (free lecture)
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 Tough Agers: Susan	10:15-11 Active Aging Strength: Susan	11:15-12 Active Aging Combo: Susan	*10:15-11 Active Aging Cardio: Beth	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 Tough Agers: Susan	
	5-5:45 Pilates Sculpt: Erin		*5-5:45 Vinyasa Yoga: Sarah	5:30-6:15 Zumba: Liza	*new time 12:15-1:15 TAI CHI: Higgy	
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Anna / Maria	*6:30-7:30 Slow-Flow Yoga: Linda		
SUN Feb 22	MON Feb 23	TUES Feb 24	WED Feb 25	THURS Feb 26	FRI Feb 27	SAT Feb 28
	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: Sadaf	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: Pam	10:15-11 Active Aging Strength: Sadaf	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 Tough Agers: Susan	
	5-5:45 Pilates Sculpt: Erin		*5-5:45 Vinyasa Yoga: Sarah	5:30-6:15 Zumba: Liza	NO TAI CHI	
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	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

GROUP EX & SPIN CLASS DESCRIPTIONS AND POLICIES

- These classes are free to JCC members unless otherwise indicated
- Must be at least 13 years old to participate
- First come basis – no sign up required
- Late arrivals exceeding five minutes past the scheduled start time are subject to non-admittance
- Please turn off cell phones when class begins
- Refrain from placing coats, bags, personal belongings in the room – use the cubbies or locker rooms
- The JCC is not responsible for lost or stolen items
- Only clean indoor workout shoes on the Aerobic Room floor

CLASS DESCRIPTIONS

CARDIO & STRENGTH: Aerobic conditioning combined with strength training for heart and muscle health

ZUMBA: High energy dance inspired aerobic conditioning. **ZUMBA TONING:** combines dance with light weights for muscular endurance

SPINNING: The gold standard of indoor cycling, the Spin Program offers a music driven challenging cardio workout with no impact on the joints

TOTAL BODY CONDITIONING: Muscle strength and endurance workout that challenges the whole body using a variety of weights and props

STRENGTH & SCULPT: Muscular strength and conditioning challenge for the total body

PILATES FUSION / PILATES SCULPT: Pilates mat inspired core workout using small balls, foam rollers, and other props to strengthen and lengthen the total body

BARRE PILATES FUSION: Elements of Pilates fused with Ballet Barre exercises to create lean and flexible muscles and joints

FUNCTIONAL CORE: Your core is your foundation, using the principles of Pilates combined with corrective exercises for safe and effective core stability, strength, and flexibility

ACTIVE AGING COMBO: Using a chair, light weights, bands, and other props this workout offers both aerobic and muscle conditioning

ACTIVE AGING STRENGTH: Challenge your muscles to build strength, using both light and heavy weights for a total body strength training workout

ACTIVE AGING CARDIO: Aerobic conditioning through a lower paced dance workout

TOUGH-AGERS: Active aging class kicked up a notch with aerobic interval training combined with strength drills – a no chair workout

TAI CHI: Meditation in motion for balance, coordination, and mind/body connection

VINYASA YOGA: A dynamic yoga class that flows smoothly from one pose to the next, building strength, flexibility, and balance

GENTLE YOGA: With focus on easeful movement, deep breathing, and relaxation to reduce tension, calm the nervous system, and support overall well-being

THERAPEUTIC YOGA: A therapeutic movement class focused on somatic awareness to improve alignment, mobility, and muscular balance. Gentle, intentional movements help retrain movement patterns and reduce pain

JCC SPIN SCHEDULE: FEBRUARY 1-28, 2026 FREE for JCC MEMBERS!

SUN Feb 1	MON Feb 2	TUES Feb 3	WED Feb 4	THURS Feb 5	FRI Feb 6	SAT Feb 7
	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: Deb
		6-6:45 SPIN: Michelle G				
SUN Feb 8	MON Feb 9	TUES Feb 10	WED Feb 11	THURS Feb 12	FRI Feb 13	SAT Feb 14
	8-8:45 SPIN:	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 Feb 15	MON Feb 16	TUES Feb 17	WED Feb 18	THURS Feb 19	FRI Feb 20	SAT Feb 21
	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 Feb 22	MON Feb 23	TUES Feb 24	WED Feb 25	THURS Feb 26	FRI Feb 27	SAT Feb 28
	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: 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