

JCC GROUP EX SCHEDULE: DECEMBER 17, 2023 - JANUARY 6, 2024						
Sunday DEC 31	Monday JAN 1	Tuesday JAN 2	Wednesday JAN 3	Thursday JAN 4	Friday JAN 5	Saturday JAN 6
	NEW YEARS DAY JCC OPEN 9AM-2PM	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	9:30-10:15 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: Rosa	10-11 CARDIO & STRENGTH: Sadaf	9-10 Core Fusion: Sadaf	9-9:45 Pilates Barre Fusion: Sadaf	9-9:45 YOGA STRONG: Beth	9-10 Zumba Toning: Lisa K	9:30-10:30 Strong & Sculpted: Maria
		10:15-11 Active Aging Strength: Pam	NO MELT SESSION	*10:15-11 Active Aging Cardio Mix: Pam	10:15-11 Active Aging (Silver Sneakers): Terri	
			11:15-12 Active Aging Combo: Pam		*11:15-12:15 Tai Chi: Higgy	
		*5-5:45 Cardio Kick Box: Anna	*4-4:45 TEEN Kick- Box: on-site only Mat	5-6 Therapeutic Yoga for Pain: Alan		
		6-7 Spin: Michelle	*5-5:45 Vinyasa Yoga: Sarah	6-6:45 Spin: Maria		
		6-7 Zumba: Heather	6-7 Total Body Cond: Maria	*6:30-7:30 Slow- Flow Yoga: Linda		
Sunday JAN 7	Monday JAN 8	Tuesday JAN 9	Wednesday JAN 10	Thursday JAN 11	Friday JAN 12	Saturday JAN 13
	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 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
9-10 Zumba: Heather	9-9:55 Cardio & Strength: Lisa	9-10 Functional Core: Susan	9-9:45 Pilates Barre Fusion: Betsy	9-9:45 YOGA STRONG: Beth	9-10 Zumba Toning: Lisa K	9:30-10:30 Strong & Sculpted: Sadaf
	*10-11 Therapeutic Yoga for Pain: Alan Quiet Crnr 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	10-10:45 INTRO TO SPIN: Susan
	10:15-11 Active Aging Combo: Susan		11:15-12 Active Aging Combo: Pam	5-6 Therapeutic Yoga for Pain: Alan	*11:15-12:15 Tai Chi: Higgy	
	11-11:45 Active Aging Combo: Lisa	*5-5:45 Cardio Kick Box: Anna	*4-4:45 TEEN Kick- Box: on-site only Mat	5:15-6 INTRO TO SPIN: Maria		
	5-5:45 Body Cond. Xpress: Nicole	6-7 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 JAN 14	Monday JAN 15	Tuesday JAN 16	Wednesday JAN 17	Thursday JAN 18	Friday JAN 19	Saturday JAN 20
	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: Susan	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
9-10 Zumba: Lisa	9-9:55 Cardio & Strength: Sadaf	9-10 Functional Core: Susan	9-9:45 Pilates Barre Fusion: Betsy	9-9:45 YOGA STRONG: Beth	9-10 Zumba Toning: Lisa K	9:30-10:30 Strong & Sculpted: Lisa
	*10-11 Therapeutic Yoga for Pain: Alan Quiet Crnr 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	
	10:15-11 Active Aging Combo: Susan		11:15-12 Active Aging Combo: Pam		*11:15-12:15 Tai Chi: Higgy	
	11-11:45 Active Aging Combo: Susan	*5-5:45 Cardio Kick Box: Anna	*4-4:45 TEEN Kick- Box: on-site only Mat	5-6 Therapeutic Yoga for Pain: Alan		
	5-5:45 Body Cond. Xpress: Danielle	6-7 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 JAN 21	Monday JAN 22	Tuesday JAN 23	Wednesday JAN 24	Thursday JAN 25	Friday JAN 26	Saturday JAN 27
	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 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: Heather	9-9:55 Cardio & Strength: Lisa	9-10 Functional Core: Susan	9-9:45 Pilates Barre Fusion: Betsy	9-9:45 YOGA STRONG: Beth	9-10 Zumba Toning: Lisa K	9:30-10:30 Strong & Sculpted: Maria
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	10:15-11 Active Aging Combo: Susan		11:15-12 Active Aging Combo: Pam		*11:15-12:15 Tai Chi: Higgy	
	11-11:45 Active Aging Combo: Lisa	*5-5:45 Cardio Kick Box: Anna	*4-4:45 TEEN Kick- Box: on-site only Mat	5-6 Therapeutic Yoga for Pain: Alan		
	5-5:45 Body Cond. Xpress: Nicole	6-7 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		

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

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

YOGA STRONG

A fusion of yoga based postures with muscular strength and core exercises

***CARDIO KICK-BOX / TEEN KICK-BOX**

A mix of kicks, knees and punches with aerobic exercises / **TEEN**: designed for ages 13 - 18

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 (can be done at the barre or with a chair)

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

***SLOW FLOW YOGA**

Yoga postures with coordinated with breath, meditation, and body awareness

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.