

JCC GROUP EX SCHEDULE JULY 2025				FREE for JCC MEMBERS!		
Sun JUNE 29	Mon JUNE 30	Tues JULY 1	Wed JULY 2	Thurs JULY 3	Fri JULY 4	Sat JULY 5
	8-8:45 Pilates Fusion: Erin	8-8:45 Step & Sculpt: Pam	8-8:45 Total Body Conditioning: Lisa	8-8:50 Zumba: Chanel	JULY FOURTH	
9-10 Zumba: Lisa	9-9:55 Cardio & Strength: Lisa	9-10 Functional Core: Isabel	9-9:45 Pilates Barre Fusion: Betsy	9-10 Strength & Yoga: Beth	9-10 Holiday Zumba Party: Lisa	9:30-10:30 Strong & Sculpted: Maria
	10:15-11 Active Aging Combo: Alex	10:15-11 Active Aging Strength: Pam	11:15-12 Active Aging Combo: Pam	*10:15-11 Active Aging Cardio Mix: Pam		*10:45-11:45 Yoga & Deep Stretch: Linda
	11:15-12 Active Aging Combo: Lisa					
	5-5:45 Pilates Sculpt: Erin	*5-5:45 Cardio Kick-Box: Anna	*5-5:45 Vinyasa Yoga: Sarah	5-5:55 Therapeutic Yoga: Alan		
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Maria	NO YOGA		
Sun JULY 6	Mon JULY 7	Tues JULY 8	Wed JULY 9	Thurs JULY 10	Fri JULY 11	Sat JULY 12
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Step & Sculpt: 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 Core Fusion: Sadaf	9-9:45 Pilates Barre Fusion: Betsy	9-10 Strength & Yoga: Beth	9-10 Zumba Toning: Lisa	9:30-10:30 Strong & Sculpted: Lisa
	10:15-11 Active Aging Combo: Lisa	10:15-11 Active Aging Strength: Sadaf	11:15-12 Active Aging Combo: Pam	*10:15-11 Active Aging Cardio Mix: Pam	10:15-11 Active Aging Combo: Terri	*10:45-11:45 Yoga & Deep Stretch: Linda
	11:15-12 Active Aging Combo: Pam				*11:15-12:15 Tai Chi: Higggy	
	5-5:45 Pilates Sculpt: Erin	*5-5:45 Cardio Kick-Box: Anna	*5-5:45 Vinyasa Yoga: Sarah	5-5:55 Therapeutic Yoga: Alan		
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Maria	*6:15-7:15 Candlelight Yoga Flow: Julie		
Sun JULY 13	Mon JULY 14	Tues JULY 15	Wed JULY 16	Thurs JULY 17	Fri JULY 18	Sat JULY 19
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Step & Sculpt: 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 Barre Fusion: Betsy	9-10 Strength & Yoga: Beth	9-10 Zumba Toning: Lisa	9:30-10:30 Strong & Sculpted: Michelle C
	10:15-11 Active Aging Combo: Susan	10:15-11 Active Aging Strength: Susan	11:15-12 Active Aging Combo: Sadaf	*10:15-11 Active Aging Cardio Mix: Beth	10:15-11 Active Aging Combo: Terri	10:45 NO YOGA
	11:15-12 Active Aging Combo: Lisa				*11:15-12:15 Tai Chi: Higggy	
	5-5:45 Pilates Sculpt: Erin	*5-5:45 Cardio Kick-Box: Anna	*5-5:45 Vinyasa Yoga: Sarah	5-5:55 Therapeutic Yoga: Alan		
	6-7 Gentle Yoga: Alan	6-7 Zumba: Liza	6-7 Total Body Cond: Maria	*6:15-7:15 Candlelight Yoga Flow: Julie		
Sun JULY 20	Mon JULY 21	Tues JULY 22	Wed JULY 23	Thurs JULY 24	Fri JULY 25	Sat JULY 26
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Step & Sculpt: Pam	8-8:45 Total Body Conditioning: Lisa	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	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 Mix: Pam	10:15-11 Active Aging Combo: Terri	*10:45-11:45 Yoga & Deep Stretch: Linda
	11:15-12 Active Aging Combo: Lisa				*11:15-12:15 Tai Chi: Higggy	
	5-5:45 Pilates Sculpt: Erin	*5-5:45 Cardio Kick-Box: Anna	*5-5:45 Vinyasa Yoga: Sarah	5-5:55 Therapeutic Yoga: Alan		
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Pam	*6:15-7:15 Candlelight Yoga Flow: Linda		
Classes are offered with a virtual live streaming option unless indicated by *asterisk in red text / more info contact: susand@iccnh.org						

CLASSES ARE FREE FOR OUR JCC MEMBERS AND OFFERED WITH A VIRTUAL STREAMING OPTION UNLESS:

***NOTED in RED is on-site only**

CARDIO & STRENGTH

Aerobic drills combined with strength focused weight training

CARDIO STEP & STRENGTH:

A fusion of step aerobics and strength 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

Strength training fused with yoga postures

PILATES FUSION / PILATES SCULPT

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 (on site only)**

Popular yoga style sequenced for flow, moving through postures with breath

***Candlelight YOGA FLOW (on site only)**

A practice that uses poses, breath, and meditation to foster inner focus and spiritual transformation

***YOGA & DEEP STRETCH (on site only)**

A flow class, connecting breath and movement, ending with deeper stretches to create space in the body and calm the mind.

GENTLE YOGA

Yoga with a postural alignment and neuromuscular focus through gentle postures

THERAPEUTIC YOGA

Gentle movement addressing musculo-skeletal imbalances to restore function

***TAI CHI / BEGINNER TAI CHI (on site only)**

Moving meditation for balance, body awareness, and coordination

JCC SPIN SCHEDULE JULY 2025 FREE for JCC MEMBERS!

Sun JUNE 29	Mon JUNE 30	Tues JULY 1	Wed JULY 2	Thurs JULY 3	Fri JULY 4	Sat JULY 5
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth	JULY FOURTH 8: 30-9:15 Spin: Willa	
9-10 SPIN: Michelle			9-10 SPIN: Vicki			8:30-9:15 SPIN: Deb
		6-6:45 SPIN: Michelle		6-6:45 SPIN: Maria		
Sun JULY 6	Mon JULY 7	Tues JULY 8	Wed JULY 9	Thurs JULY 10	Fri JULY 11	Sat JULY 12
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Beth		8-8:45 SPIN: Beth	8-8:45 SPIN: Vicki	
9-10 SPIN: Michelle			9-10 SPIN: Vicki		9-9:45 SPIN: Michelle	8:30-9:15 SPIN: Deb
		6-6:45 SPIN: Michelle		6-6:45 SPIN: Maria		
Sun JULY 13	Mon JULY 14	Tues JULY 15	Wed JULY 16	Thurs JULY 17	Fri JULY 18	Sat JULY 19
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth	8-8:45 SPIN: Susan	
9-10 SPIN: Michelle			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	8:30-9:15 SPIN: Susan
		6-6:45 SPIN: Michelle		6-6:45 SPIN: Maria		
Sun JULY 20	Mon JULY 21	Tues JULY 22	Wed JULY 23	Thurs JULY 24	Fri JULY 25	Sat JULY 26
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Susan		8-8:45 SPIN: Beth	8-8:45 SPIN: Susan	
9-10 SPIN: Michelle			9-10 SPIN: Beth		9-9:45 SPIN: Willa	8:30-9:15 SPIN: Deb
		6-6:45 SPIN: Michelle		6-6:45 SPIN: Michelle		

***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**