

JCC GROUP EX SCHEDULE AUGUST 2025 FREE for JCC MEMBERS!						
Sun JULY 27	Mon JULY 28	Tues JULY 29	Wed JULY 30	Thurs JULY 31	Fri AUG 1	Sat AUG 2
	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: 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: Loren	9:30-10:30 Strong & Sculpted: Lisa
	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: Beth	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 Yoga & Deep Stretch: Linda		
Sun AUG 3	Mon AUG 4	Tues AUG 5	Wed AUG 6	Thurs AUG 7	Fri AUG 8	Sat AUG 9
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Step & Sculpt: Sadaf	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	9:30-10:30 Strong & Sculpted: Maria
	10:15-11 Active Aging Combo: Susan	10:15-11 Active Aging Strength: Susan	11:15-12 Active Aging Combo: Susan	*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: Maria	*6:15-7:15 Yoga & Deep Stretch: Linda		
Sun AUG 10	Mon AUG 11	Tues AUG 12	Wed AUG 13	Thurs AUG 14	Fri AUG 15	Sat AUG 16
	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: Heather	9-9:55 Cardio & Strength: Lisa	9-10 Functional Core: Susan	9-9:45 Pilates Barre Fusion: Sadaf	9-10 Strength & Yoga: Beth	9-10 Zumba Toning: Lisa	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 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	5pm NO Kick-Box	*5-5:45 Vinyasa Yoga: Sarah	5-5:55 Therapeutic Yoga: Alan		
	6-7 Gentle Yoga: Alan	6-7 Zumba: Lisa	6-7 Total Body Cond: Erin	*6:15-7:15 Yoga & Deep Stretch: Linda		
Sun AUG 17	Mon AUG 18	Tues AUG 19	Wed AUG 20	Thurs AUG 21	Fri AUG 22	Sat AUG 23
	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: 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	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: Anna	*6:15-7:15 Yoga & Deep Stretch: Linda		
Sun AUG 24	Mon AUG 25	Tues AUG 26	Wed AUG 27	Thurs AUG 28	Fri AUG 29	Sat AUG 30
	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: Lisa
	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	5pm NO CLASS		
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Anna	*6:15-7:15 Yoga & Deep Stretch: Linda		
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 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

***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 AUGUST 2025 FREE for JCC MEMBERS!

Sun JULY 27	Mon JULY 28	Tues JULY 29	Wed JULY 30	Thurs JULY 31	Fri AUG 1	Sat AUG 2
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth	8-8:45 SPIN: Vicki	
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		6-6:45 SPIN: Michelle C		
Sun AUG 3	Mon AUG 4	Tues AUG 5	Wed AUG 6	Thurs AUG 7	Fri AUG 8	Sat AUG 9
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth	8-8:45 SPIN: Susan	
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		6-6:45 SPIN: Maria		
Sun AUG 10	Mon AUG 11	Tues AUG 12	Wed AUG 13	Thurs AUG 14	Fri AUG 15	Sat AUG 16
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth	8-8:45 SPIN: Susan	
9-10 SPIN: Susan			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	8:30-9:15 SPIN: Deb
		6-6:45 SPIN: Sarah		6-6:45 SPIN: Michelle C		
Sun AUG 17	Mon AUG 18	Tues AUG 19	Wed AUG 20	Thurs AUG 21	Fri AUG 22	Sat AUG 23
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth	8-8:45 SPIN: Vicki	
9-10 SPIN: Michelle C			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	8:30-9:15 SPIN: Susan
		6-6:45 SPIN: Sarah		6-6:45 SPIN: Michelle C		
Sun AUG 24	Mon AUG 25	Tues AUG 26	Wed AUG 27	Thurs AUG 28	Fri AUG 29	Sat AUG 30
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth	8-8:45 SPIN: Susan	
9-10 SPIN: Michelle C			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	8:30-9:15 SPIN: Deb
		6-6:45 SPIN: Michelle G		6-6:45 SPIN: Willa		

***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**