

JCC GROUP EX SCHEDULE NOVEMBER 2025 FREE for JCC MEMBERS!						
Sun NOV 2	Mon NOV 3	Tues NOV 4	Wed NOV 5	Thurs NOV 6	Fri NOV 7	Sat NOV 8
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Step & Sculpt: Pam	8-8:45 Total Body Conditioning: Vicki	*8-8:45 Barre Fusion: Jodi	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: Liza	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			4:30-5:20 Therapuetic Yoga: Alan	*11:15-12:15 Tai Chi: Higgys	
	5-5:45 Pilates Sculpt: Erin	*5-5:45 Cardio Kick-Box: Anna	*5-5:45 Vinyasa Yoga: Sarah	*5:30-6:15 Zumba: Liza		
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Anna	*6:30-7:30 Slow-Flow Vinyasa Yoga: Linda		
Sun NOV 9	Mon NOV 10	Tues NOV 11	Wed NOV 12	Thurs NOV 13	Fri NOV 14	Sat NOV 15
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Step & Sculpt: Pam	8-8:45 Total Body Conditioning: Vicki	*8-8:45 Barre Fusion: Jodi	8-8:45 Pilates Sculpt: Sadaf	
9-10 Zumba: Liza	9-9:55 Cardio & Strength: Lisa	9-10 Functional Core: Sadaf	9-9:45 Pilates Barre Fusion: Sadaf	9-10 Strength & Yoga: Beth	9-10 Zumba Toning: Lisa K	9:30-10:30 Strong & Sculpted: Sadaf
	10:15-11 Active Aging Combo: Pam	10:15-11 Active Aging Strength: Pam	*10-11 BETTER BALANCE wkshp: Susan to register susand@jccnh.org	*10:15-11 Active Aging Cardio Mix: Pam	10:15-11 Active Aging Combo: Susan	*10:45-11:45 Yoga & Deep Stretch: Linda
	11:15-12 Active Aging Combo: Lisa		11:15-12 Active Aging Combo: Susan	4:30-5:20 Therapuetic Yoga: Alan	*11:15-12:15 Tai Chi: Higgys	
	5-5:45 Pilates Sculpt: Erin	*5-5:45 Cardio Kick-Box: Anna	*5-5:45 Vinyasa Yoga: Sarah	*5:30-6:15 Zumba: Liza		
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Anna	*6:30-7:30 Slow-Flow Vinyasa Yoga: Linda		
Sun NOV 16	Mon NOV 17	Tues NOV 18	Wed NOV 19	Thurs NOV 20	Fri NOV 21	Sat NOV 22
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Step & Sculpt: Pam	8-8:45 Total Body Conditioning: Debra	*8-8:45 Barre Fusion: Jodi	8-8:45 Pilates Sculpt: Sadaf	
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: Michelle C
	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			4:30-5:20 Therapuetic Yoga: Alan	*11:15-12:15 Tai Chi: Higgys	
	5-5:45 Pilates Sculpt: Erin	*5-5:45 Cardio Kick-Box: Anna	*5-5:45 Vinyasa Yoga: Sarah	*5:30-6:15 Zumba: Liza	WELLNESS EVENT 3-3:45 HORMONES 4-4:45 MELT to register susand@jccnh.org	
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Anna	*6:30-7:30 Slow-Flow Vinyasa Yoga: Linda		
Sun NOV 23	Mon NOV 24	Tues NOV 25	Wed NOV 26	Thurs NOV 27	Fri NOV 28	Sat NOV 29
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Step & Sculpt: Pam	8-8:45 Total Body Conditioning: Vicki	THANKSGIVING DAY	8-8:45 Pilates Sculpt: Sadaf	
9-10 Zumba: Lisa K	9-9:55 Cardio & Strength: Lisa	9-10 Functional Core: Susan	9-9:45 Pilates Barre Fusion: Betsy	*9-10 Total Body Conditioning: Sadaf	9-10 Zumba Toning: Lisa K	9:30-10:30 Strong & Sculpted: Debra
	10:15-11 Active Aging Combo: Susan	10:15-11 Active Aging Strength: Susan	11:15-12 Active Aging Combo: Pam		NO ACTIVE AGING	*10:45-11:45 Yoga & Deep Stretch: Linda
	11:15-12 Active Aging Combo: Lisa				NO TAI CHI	
	5-5:45 Pilates Sculpt: Erin	*5-5:45 Cardio Kick-Box: Anna	*5-5:45 Vinyasa Yoga: Sarah			
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	NO 6PM CLASS			
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 / STRONG & SCULPTED**

Full body workout for strength, muscle endurance, flexibility, and core training using weight, bands, and other props

STRENGTH & YOGA

Strength training fused with yoga postures for body conditioning and flexibility training with a mind/body focus

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

***Slow Flow VINYASA YOGA (on site only)**

Popular yoga style sequenced for a slow flow, with emphasis on alignment & longer holds

***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 (on site only)**

Moving meditation for balance, body awareness, and coordination

JCC SPIN SCHEDULE NOVEMBER 2025 FREE for JCC MEMBERS!

Sun NOV 2	Mon NOV 3	Tues NOV 4	Wed NOV 5	Thurs NOV 6	Fri NOV 7	Sat NOV 8
	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 C		NO 6PM class		
Sun NOV 9	Mon NOV 10	Tues NOV 11	Wed NOV 12	Thurs NOV 13	Fri NOV 14	Sat NOV 15
	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: Debra
		6-6:45 SPIN: Michelle G		NO 6PM class		
Sun NOV 16	Mon NOV 17	Tues NOV 18	Wed NOV 19	Thurs NOV 20	Fri NOV 21	Sat NOV 22
	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: Susan		9-9:45 SPIN: Willa	8:30-9:15 SPIN: Debra
		6-6:45 SPIN: Michelle C		NO 6PM class		
Sun NOV 23	Mon NOV 24	Tues NOV 25	Wed NOV 26	Thurs NOV 27	Fri NOV 28	Sat NOV 29
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		THANKSGIVING DAY	NO 8am class	
9-10 SPIN: Michelle G			9-10 SPIN: Vicki	9-9:45 SPIN: Susan	9-9:45 SPIN: Willa	8:30-9:15 SPIN: Michelle C
		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**