

JCC GROUP EX SCHEDULE MARCH 2026 FREE for JCC MEMBERS!						
SUN Mar 1	MON Mar 2	TUES Mar 3	WED Mar 4	THURS Mar 5	FRI Mar 6	SAT Mar 7
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Cardio & Strength: Pam	8-8:45 Total Body Conditioning: Susan	*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 Tough Agers: Susan	*10:45-11:45 Yoga & Deep Stretch: Linda
	11:15-12 Active Aging Combo: Lisa				11:15-12 Active Aging Combo: Pam	
	5-5:45 Pilates Sculpt: Erin	6-7 Zumba: Heather	*5-5:45 Vinyasa Yoga: Sarah	5-5:55 Therapuetic Yoga: Alan	*12:15-1:15 TAI CHI: Higgsy	
	6-7 Gentle Yoga: Alan	*7-8 Slow Flo Yoga:Linda	6-7 Total Body Cond: Maria	6-7 Zumba: Liza		
SUN Mar 8	MON Mar 9	TUES Mar 10	WED Mar 11	THURS Mar 12	FRI Mar 13	SAT Mar 14
	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: Erin	
9-10 Zumba: Loren	9-9:55 Cardio & Strength: Sadaf	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 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 Tough Agers: Susan	*10:45-11:45 Yoga & Deep Stretch: Linda
	11:15-12 Active Aging Combo: Pam				11:15-12 Active Aging Combo: Susan	
	5-5:45 Pilates Sculpt: Erin	6-7 Zumba: Heather	*5-5:45 Vinyasa Yoga: Sarah	5-5:55 Therapuetic Yoga: Alan	*12:15-1:15 TAI CHI: Higgsy	
	6-7 Gentle Yoga: Alan	*7-8 Slow Flo Yoga:Linda	6-7 Total Body Cond: Anna / Maria	6-7 Zumba: Liza	12:15-1 free interactive lecture YOUR GLP 1 JOURNEY	
SUN Mar 15	MON Mar 16	TUES Mar 17	WED Mar 18	THURS Mar 19	FRI Mar 20	SAT Mar 21
	8-8:45 Pilates Fusion: Erin	8-8:45 Zumba Toning: Lisa K	8-8:45 Total Body Conditioning: Vicki	*8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Susan	
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: Terri	*10:15-11 Active Aging Cardio: Beth	10:15-11 Tough Agers: Pam	*10:45-11:45 Yoga & Deep Stretch: Linda
	11:15-12 Active Aging Combo: Lisa				11:15-12 Active Aging Combo: Terri	
	5-5:45 Pilates Sculpt: Erin	6-7 Zumba: Heather	*5-5:45 Vinyasa Yoga: Sarah	5-5:55 Therapuetic Yoga: Alan	*12:15-1:15 TAI CHI: Higgsy	
	6-7 Gentle Yoga: Alan	*7-8 Slow Flo Yoga:Linda	6-7 Total Body Cond: Anna / Maria	6-7 Zumba: Liza		
SUN Mar 22	MON Mar 23	TUES Mar 24	WED Mar 25	THURS Mar 26	FRI Mar 27	SAT Mar 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: 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 Tough Agers: Susan	*10:45-11:45 Yoga & Deep Stretch: Megan
	11:15-12 Active Aging Combo: Lisa	11:15-12: free BETTER BALANCE wkshp: Susan			11:15-12 Active Aging Combo: Terri	
	5-5:45 Pilates Sculpt: Erin	6-7 Zumba: Heather	*5-5:45 Vinyasa Yoga: Sarah	5-5:55 Therapuetic Yoga: Alan	*12:15-1:15 TAI CHI: Higgsy	
	6-7 Gentle Yoga: Alan	*7-8 Slow Flo Yoga:Linda	6-7 Total Body Cond: Anna / Maria	6-7 Zumba: Erin		

Classes are offered with a virtual live streaming option unless indicated by \*asterisk in red text / more info contact: susand@jccnh.org

## JCC SPIN SCHEDULE MARCH 2026 FREE for JCC MEMBERS!

SUN Mar 1	MON Mar 2	TUES Mar 3	WED Mar 4	THURS Mar 5	FRI Mar 6	SAT Mar 7
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth		
9-10 SPIN: Michelle G			9-10 SPIN: Susan		9-9:45 SPIN: Willa	8:30-9:15 SPIN: Susan
		6-6:45 SPIN: Michelle G				
SUN Mar 8	MON Mar 9	TUES Mar 10	WED Mar 11	THURS Mar 12	FRI Mar 13	SAT Mar 14
	8-8:45 SPIN: Willa	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 Mar 15	MON Mar 16	TUES Mar 17	WED Mar 18	THURS Mar 19	FRI Mar 20	SAT Mar 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 Mar 22	MON Mar 23	TUES Mar 24	WED Mar 25	THURS Mar 26	FRI Mar 27	SAT Mar 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](mailto:susand@jccnh.org) for more info

## 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