

# GroupEx Schedule

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>10:00-10:50 AM</b> <b>Yoga</b> with David Horwitz</p>	<p><b>10:00-10:50 AM</b> <b>Cycle</b> with Tina Wilson</p> <p><b>10:00-10:50 PM</b> <b>Aqua Fit</b> with Lisa Neiderberger</p>	<p><b>10:00-10:50 AM</b> <b>Exercise is Good</b> with Jerry Simon</p>	<p><b>10:00-10:50 AM</b> <b>Zumba</b> with Maria Montero</p> <p><b>11:00-11:50 PM</b> <b>Aqua Fit</b> with Lisa Neiderberger</p>	<p><b>10:00-10:50 AM</b> <b>Exercise is Good</b> with Jerry Simon</p>	<p>Please feel free to visit the Shanna &amp; Bryan Glazer JCC four times per month, included in your membership!</p>
<p><b>11:00-11:50 AM</b> ● <b>Let's Move</b> with Jerry Simon</p>		<p><b>11:00-11:50 AM</b> ● <b>Rock Steady Boxing</b> with Katharine Williams</p>			
	<p><b>1:00-1:50 PM</b> ● <b>Rock Steady Boxing</b> with Michelle Hubbard</p>		<p><b>1:00-1:50 PM</b> ● <b>PD Pedaling</b> with Michelle Hubbard</p>	<p><b>1:30-2:20 PM</b> ● <b>Tai Chi-inspired Balance and Flow</b> with Martin Wagner</p>	
					<p><b>SUNDAY</b></p>

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## Exercise is Good

A weekly program hosted by Certified Personal Trainer Jerry Simon all about how to make exercise easy. Weekly sessions will feature strength training, stretching, balance and stretching/flexibility. The program is complimentary to members and is a great way to participate in an organized weekly fitness program and meet other members.

## Aqua Fit

A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

## Yoga

This class will move your whole body through a complete series of sitting and standing yoga poses and will promote stress reduction and mental clarity. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion. All levels welcome.

## Zumba

Learn the Moves Active Older Adults Want. Master Zumba moves designed for active older adults or those looking for a low-impact workout. Reach the largest growing segment of the population, and learn how to effectively address their unique anatomical, physiological and psychological needs.

## Cycle

Join us for a dynamic 45-minute cycle class! Suitable for all fitness levels, this session combines fun music and motivating instruction to give you a great workout. Come pedal with us and boost your fitness in just under an hour.

## Rock Steady Boxing

Rock Steady Boxing is a non-contact, boxing-inspired fitness routine that dramatically improves the ability of people with Parkinson's to live independent lives. Training classes include an exercise program that attacks Parkinson's at its vulnerable neurological points. While focusing on overall fitness, workouts include focus mitts, heavy bags, speed bags, jump rope, core work, calisthenics and more. Rock Steady Boxing classes are an affiliate program of Rock Steady Boxing, Inc.

## Let's Move

Let's Move with Jerry Simon is just the right amount of challenge with weights, bands, and stretching. A great way to get your body moving at the right pace.

## PD Pedaling

We are excited to announce our new stationary bike room is open at the JCC on the Cohn Campus. Research shows that riding a bike can reduce Parkinson's symptoms by as much as 35%. A specialized PD Pedaling class, led by certified instructor Michelle Hubbard.

## The Art of Movement: Tai Chi-inspired Balance and Flow

Learn fluid movement forms to improve your balance, strength, and coordination. Rooted in the principles of Tai Chi, this class promotes mindfulness in motion, helping you cultivate inner calm while enhancing physical stability and body awareness.

For more details about the Parkinson's Program, please stop by the Welcome Desk.

## CONTACT US

### JCC on the Cohn Campus

13009 Community Campus Drive  
Tampa, FL 33625

813.264.9000 | JCCCohnCampus.com

## HOURS OF OPERATION

### Facility Hours

#### Monday - Friday

6:00 AM - 7:00 PM

#### Saturday & Sunday

8:00 AM - 4:00 PM

### Pool Hours

(November-December)

#### Monday - Friday

6 AM - 6 PM

#### Saturday & Sunday

8 AM - 3 PM

/JCContheCohnCampus /JewishTampa