# JCC GROUP EX SCHEDULE: NOVEMBER 2026 FREE for JCC MEMBERS!

| SUN Nov 1 | MON Nov 2 | TUES Nov 3 | WED Nov 4 | THURS Nov 5 | FRI Nov 6 | SAT Nov 7 |
|---|---|---|---|---|---|---|
| | 8-8:45 Core & Restore: Pam | 8-8:45 Cardio Sculpt: Debra | 8-8:45 Total Body Conditioning: Vicki | *8-8:50 Zumba: Erin | 8-8:45 Pilates Sculpt: Erin G | *7:30-8:15 Yoga for Guys: Linda |
| 9-10 Zumba: Liza | 9-9:55 Cardio & Strength: Lisa | 9-10 Pilates Core: Rachel | 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 Tough Agers: Susan | 10:15-11 Active Aging Strength: Susan | 11:15-12 Active Aging Combo: Pam | *10:15-11 Active Aging Dance: Susan | 10:15-11 Active Aging Strength: Susan | *10:45-11:45 Yoga & Deep Stretch: Linda |
| | 11:15-12 Active Aging Combo: Lisa | | | | *11:15-12:15 TAI CHI: Higgy | |
| | 5-5:45 Pilates Sculpt: Erin G | 6-6:55 Zumba: Heather | *5-5:45 Vinyasa Yoga: Sarah | 5-5:55 Therapuetic Yoga: Alan | | |
| | 6-7 Gentle Yoga: Alan | *7-8 Slow Flo Yoga:Linda | 6-7 Total Body Cond: Maria | 6-7 Zumba: Liza | | |
| **SUN Nov 8** | **MON Nov 9** | **TUES Nov 10** | **WED Nov 11** | **THURS Nov 12** | **FRI Nov 13** | **SAT Nov 14** |
| | 8-8:45 Core & Restore: Pam | 8-8:45 Cardio Sculpt: Debra | 8-8:45 Total Body Conditioning: Vicki | *8-8:50 Zumba: Chanel | 8-8:45 Yoga Sculpt: Sarah | *7:30-8:15 Yoga for Guys: Linda |
| 9-10 Zumba: Liza | 9-9:55 Cardio & Strength: Lisa | 9-10 Functional Core: Susan | 9-9:45 Pilates Mat: Rachel | 9-10 Strength & Yoga: Beth | 9-10 Zumba Toning: Lisa | 9:30-10:30 Strong & Sculpted: Michelle |
| | 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 Dance: Pam | 10:15-11 Active Aging Strength: Pam | *10:45-11:45 Yoga & Deep Stretch: Linda |
| | 11:15-12 Active Aging Combo: Lisa | | | | NO TAI CHI | |
| | 5-5:45 Pilates Sculpt: Erin G | 6-6:55 Zumba: Heather | *5-5:45 Vinyasa Yoga: Sarah | 5-5:55 Therapuetic Yoga: Alan | | |
| | 6-7 Gentle Yoga: Alan | *7-8 Slow Flo Yoga:Linda | 6-7 Total Body Cond: Maria | 6-7 Zumba: Liza | | |
| **SUN Nov 15** | **MON Nov 16** | **TUES Nov 17** | **WED Nov 18** | **THURS Nov 19** | **FRI Nov 20** | **SAT Nov 21** |
| | 8-8:45 Core & Restore: Pam | 8-8:45 Cardio Sculpt: Debra | 8-8:45 Total Body Conditioning: Vicki | *8-8:50 Zumba: Erin | 8-8:45 Pilates Sculpt: Erin G | *7:30-8:15 Yoga for Guys: Linda |
| 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 Tough Agers: Pam | 10:15-11 Active Aging Strength: Pam | 11:15-12 Active Aging Combo: Pam | *10:15-11 Active Aging Dance: Susan | 10:15-11 Active Aging Strength: Susan | *10:45-11:45 Yoga & Deep Stretch: Linda |
| | 11:15-12 Active Aging Combo: Lisa | | | | *11:15-12:15 TAI CHI: Higgy | |
| | 5-5:45 Pilates Sculpt: Erin G | 6-6:55 Zumba: Heather | *5-5:45 Vinyasa Yoga: Sarah | 5-5:55 Therapuetic Yoga: Alan | 3:30-5 Happy Hour: Self-Care event! | |
| | 6-7 Gentle Yoga: Alan | *7-8 Slow Flo Yoga:Linda | 6-7 Total Body Cond: Maria | 6-7 Zumba: Liza | | |
| **SUN Nov 22** | **MON Nov 23** | **TUES Nov 24** | **WED Nov 25** | **THURS Nov 26** | **FRI Nov 27** | **SAT Nov 28** |
| | 8-8:45 Core & Restore: Pam | 8-8:45 Cardio Sculpt: Debra | 8-8:45 Total Body Conditioning: Vicki | THANKSGIVING JCC open 8-12 | 8-8:45 Yoga Sculpt: Sarah | *7:30-8:15 Yoga for Guys: Linda |
| 9-10 Zumba: Shelley | 9-9:55 Cardio & Strength: Lisa | 9-10 Functional Core: Susan | 9-9:45 Pilates Barre Fusion: Betsy | 9:30-10:30 Strength & Yoga: Beth | 9-10 Zumba Toning: Lisa | 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: Pam | | 10:15-11:15 Strength & Sculpt: Susan | *10:45-11:45 Yoga & Deep Stretch: Linda |
| | 11:15-12 Active Aging Combo: Lisa | | | | NO TAI CHI | |
| | 5-5:45 Pilates Sculpt: Erin G | 6-6:55 Zumba: Heather | no pm classes | | | |
| | 6-7 Gentle Yoga: Alan | *7-8 Slow Flo Yoga:Linda | | | | |

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

## 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 / only clean indoor workout shoes on the studio floor please
- The JCC is not responsible for lost or stolen items

## 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**: Using the principles of Pilates combined with corrective exercises for effective core stability, strength, and flexibility

**CORE & RESTORE**: foam rolling with core focused exercises 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**: 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

**THERAPEUTIC YOGA**: Gentle movement with focus on somatic awareness to improve alignment, mobility, and reduce pain

**YOGA for GUYS**: Designed for men to improve flexibility, functional movement, and alignment – with not judgement or intimidation

**YOGA SCULPT**: a fusion of body conditioning and yoga postures

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|---|---|---|---|---|---|---|
| | 8-8:45 SPIN: Lisa | 8-8:45 SPIN: Susan | | 8-8:45 SPIN: Beth | | |
| 9-10 SPIN: Michelle G | | | 9-10 SPIN: Vicki | | 9-9:45 SPIN: Willa | 8:30-9:15 SPIN: Debra |
| | | 9-10 SPIN: Michelle G | | 6-6:45 SPIN: Maria | | |
| **SUN Nov 8** | **MON Nov 9** | **TUES Nov 10** | **WED Nov 11** | **THURS Nov 12** | **FRI Nov 13** | **SAT Nov 14** |
| | 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: Debra |
| | | 6-6:45 SPIN: Michelle G | | 6-6:45 SPIN: Maria | | |
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| 9-10 SPIN: Michelle G | | | 9-10 SPIN: Vicki | | 9-9:45 SPIN: Susan | 8:30-9:15 SPIN: Sarah |
| | | 6-6:45 SPIN: Michelle G | | 6-6:45 SPIN: Maria | | |
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| | 8-8:45 SPIN: Lisa | 8-8:45 SPIN: Willa | | THANKSGIVING JCC open 8-12 | | |
| 9-10 SPIN: Michelle G | | | 9-10 SPIN: Vicki | 8:30-9:15 SPIN: Beth | 9-9:45 SPIN: Willa | 8:30-9:15 SPIN: Debra |
| | | 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