

JCC GROUP EX SCHEDULE: SEPTEMBER 2026 FREE for JCC MEMBERS!						
SUN Aug 30	MON Aug 31	TUES Sept 1	WED Sept 2	THURS Sept 3	FRI Sept 4	SAT Sept 5
	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 Barre Fusion: Betsy	9-10 Strength & Yoga: Beth	9-10 Zumba Toning: Lisa	9:30-10:30 Strong & Sculpted: Michelle
	10:15-11 Tough Agers: Pam	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: Pam	*10:45-11:45 Yoga & Deep Stretch: Linda
	11:15-12 Active Aging Combo: Lisa				*11:15-12:15 TAI CHI: Higgsy	
	5-5:45 Pilates Sculpt: Erin G	6-6:55 Zumba: Heather	*5-5:45 Vinyasa Yoga: Sarah	NO 5pm YOGA		
	6-7 Gentle Yoga: Alan	*7-8 Slow Flo Yoga:Linda	6-7 Total Body Cond: Maria	6-7 Zumba: Liza		
SUN Sept 6	MON Sept 7	TUES Sept 8	WED Sept 9	THURS Sept 10	FRI Sept 11	SAT Sept 12
	LABOR DAY JCC open 8-12	8-8:45 Cardio Sculpt: Debra	8-8:45 Total Body Conditioning: Vicki	*8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Erin G	JCC CLOSED
9-10 Zumba: Erin	9-10 Zumba: Chanel	9-10 Functional Core: Susan	9-9:45 Barre / Pilates: Erin G	9-10 Strength & Yoga: Beth	9-10 Zumba Toning: Lisa	
		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: Willa	
					*11:15-12:15 TAI CHI: Higgsy	
		6-6:55 Zumba: Heather	*5-5:45 Vinyasa Yoga: Sarah	5-5:55 Therapuetic Yoga: Alan		
		*7-8 Slow Flo Yoga:Linda	6-7 Total Body Cond: Maria	6-7 Zumba: Liza		
SUN Sept 13	MON Sept 14	TUES Sept 15	WED Sept 16	THURS Sept 17	FRI Sept 18	SAT Sept 19
JCC CLOSED	8-8:45 Core & Restore: Pam	8-8:45 Zumba: Erin	8-8:45 Total Body Conditioning: Vicki	*8-8:50 Zumba: Chanel	8-8:45 Yoga Sculpt: Sarah	NO YOGA for GUYS
	9-9:55 Cardio & Strength: Lisa	9-10 Functional Core: Susan	9-9:45 Barre / Pilates: Erin G	9-10 Strength & Yoga: Beth	9-10 Zumba Toning: Lisa	9:30-10:30 Strong & Sculpted: Lisa
	10:15-11 Tough Agers: Pam	10:15-11 Active Aging Strength: Susan	11:15-12 Active Aging Combo: Willa	*10:15-11 Active Aging Dance: Susan	10:15-11 Active Aging Strength: Susan	*10:45-11:45 Yoga & Deep Stretch: Jen
	11:15-12 Active Aging Combo: Lisa				*11:15-12:15 TAI CHI: Higgsy	
	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 Sept 20	MON Sept 21	TUES Sept 22	WED Sept 23	THURS Sept 24	FRI Sept 25	SAT Sept 26
	JCC CLOSED	8-8:45 Cardio Sculpt: Debra	8-8:45 Total Body Conditioning: Vicki	*8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Erin G	JCC CLOSED
BAGEL RUN no classes		9-10 Functional Core: Susan	9-9:45 Pilates Barre Fusion: Betsy	9-10 Strength & Yoga: Beth	9-10 Zumba Toning: Lisa	
		10:15-11 Active Aging Strength: Susan	11:15-12 Active Aging Combo: Willa	*10:15-11 Active Aging Cardio: Susan	10:15-11 Active Aging Strength: Susan	
					*11:15-12:15 TAI CHI: Higgsy	
		6-6:55 Zumba: Heather	*5-5:45 Vinyasa Yoga: Sarah	5-5:55 Therapuetic Yoga: Alan		
		*7-8 Slow Flo Yoga:Linda	6-7 Total Body Cond: Maria	6-7 Zumba: Liza		
SUN Sept 27	MON Sept 28	TUES Sept 29	WED Sept 30	THURS Oct 1	FRI Oct 2	SAT Oct 3
	8-8:45 Core & Restore: Susan	8-8:45 Cardio Sculpt: Debra	8-8:45 Total Body Conditioning: Vicki	*8-8:50 Zumba: Chanel	8-8:45 Yoga Sculpt: Sarah	JCC CLOSED
9-10 Zumba: Erin	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	
	10:15-11 Tough Agers: Susan	10:15-11 Active Aging Strength: Susan	11:15-12 Active Aging Combo: Willa	*10:15-11 Active Aging Cardio: Pam	10:15-11 Active Aging Strength: Susan	
	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		
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

JCC SPIN SCHEDULE SEPTEMBER 2026 FREE for JCC MEMBERS!

SUN Aug 30	MON Aug 31	TUES Sept 1	WED Sept 2	THURS Sept 3	FRI Sept 4	SAT Sept 5
	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		
SUN Sept 6	MON Sept 7	TUES Sept 8	WED Sept 9	THURS Sept 10	FRI Sept 11	SAT Sept 12
	LABOR DAY JCC open 8-12	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth		JCC CLOSED
9-10 SPIN: Michelle G	9-9:45 SPIN: Susan		9-10 SPIN: Vicki		9-9:45 SPIN: Sarah	
		6-6:45 SPIN: Michelle G		6-6:45 SPIN: Maria		
SUN Sept 13	MON Sept 14	TUES Sept 15	WED Sept 16	THURS Sept 17	FRI Sept 18	SAT Sept 19
JCC CLOSED	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth		8-10 SPIN MARATHON EVENT
			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	Susan / Lisa Debra / Maria
		6-6:45 SPIN: Michelle G		6-6:45 SPIN: Maria		
SUN Sept 20	MON Sept 21	TUES Sept 22	WED Sept 23	THURS Sept 24	FRI Sept 25	SAT Sept 26
BAGEL RUN NO CLASS	JCC CLOSED	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth		JCC CLOSED
			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	
		6-6:45 SPIN: Michelle G		6-6:45 SPIN: Maria		
SUN Sept 27	MON Sept 28	TUES Sept 29	WED Sept 30	THURS Oct 1	FRI Oct 2	SAT Oct 3
8-10 SPIN MARATHON EVENT	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth	8-10 SPIN MARATHON EVENT	JCC CLOSED
Michelle C Michelle G			9-10 SPIN: Vicki		Willa / Beth Vicki / Sarah	
		6-6:45 SPIN: Michelle G		6-6:45 SPIN: Maria		

*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