

JCC GROUP EX SCHEDULE JULY 2026				FREE for JCC MEMBERS!		
SUN June 28	MON June 29	TUES June 30	WED July 1	THURS July 2	FRI July 3	SAT July 4
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Cardio Sculpt: Debra	8-8:45 Total Body Conditioning: Vicki	*8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Sadaf	JULY FOURTH JCC open 8-12
9-10 Zumba: Liza	9-9:55 Cardio & Strength: Lisa	9-10 Functional Core: Sadaf	9-9:45 Pilates Barre Fusion: Betsy	9-10 Strength & Yoga: Beth	9-10 Zumba Toning: Lisa K	9:30-10:30 Strong & Sculpted: Debra
	10:15-11 Tough Agers: Susan	10:15-11 Active Aging Strength: Sadaf	11:15-12 Active Aging Combo: Pam	*10:15-11 Active Aging Cardio: Pam	*new 10:15-11 Active Aging Strength & Balance: Pam	
	11:15-12 Active Aging Combo: Lisa				NO Tai Chi	
	5-5:45 Pilates Sculpt: Erin	6-7 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 July 5	MON July 6	TUES July 7	WED July 8	THURS July 9	FRI July 10	SAT July 11
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Zumba Toning: Lisa K	8-8:45 Total Body Conditioning: Vicki	*8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Sadaf	*7:30-8:15 Yoga for Guys: Linda
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: Sadaf
	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	*new 10:15-11 Active Aging Strength & Balance: Susan	*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	6-7 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 July 12	MON July 13	TUES July 14	WED July 15	THURS July 16	FRI July 17	SAT July 18
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Cardio Sculpt: Debra	8-8:45 Total Body Conditioning: Vicki	*8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Sadaf	*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 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: Pam	*10:15-11 Active Aging Cardio: Pam	*new 10:15-11 Active Aging Strength & Balance: 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	6-7 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 July 19	MON July 20	TUES July 21	WED July 22	THURS July 23	FRI July 24	SAT July 25
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Cardio Sculpt: Debra	8-8:45 Total Body Conditioning: Susan	*8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Sadaf	*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	9-10 Strength & Yoga: Beth	9-10 Zumba	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	*new 10:15-11 Active Aging Strength & Balance: Susan	*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	6-7 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 July 26	MON July 27	TUES July 28	WED July 29	THURS July 30	FRI July 31	SAT Aug 1
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Zumba: Erin	8-8:45 Total Body Conditioning: Vicki	*8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Sadaf	*7:30-8:15 Yoga for Guys: Linda
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: Loren	9:30-10:30 Strong & Sculpted: Debra
	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 Dance: Michelle Ch	10:15-11 Active Aging Strength & Balance: Susan	*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	6-7 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						

JCC SPIN SCHEDULE JULY 2026 FREE for JCC MEMBERS!

SUN June 28	MON June 29	TUES June 30	WED July 1	THURS July 2	FRI July 3	SAT July 4
	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 July 5	MON July 6	TUES July 7	WED July 8	THURS July 9	FRI July 10	SAT July 11
	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		6-6:45 SPIN: Maria		
SUN July 12	MON July 13	TUES July 14	WED July 15	THURS July 16	FRI July 17	SAT July 18
	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 July 19	MON July 20	TUES July 21	WED July 22	THURS July 23	FRI July 24	SAT July 25
	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		6-6:45 SPIN: Maria		
SUN July 26	MON July 27	TUES July 28	WED July 29	THURS July 30	FRI July 31	SAT Aug 1
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Sarah		8-8:45 SPIN: Beth		
9-10 SPIN: Michelle G			9-10 SPIN: Vicki		9-9:45 SPIN: Susan	8:30-9:15 SPIN: Debra
		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

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

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