

JCC GROUP EX SCHEDULE MAY 3 - 30, 2026 FREE for JCC MEMBERS!						
SUN May 3	MON May 4	TUES May 5	WED May 6	THURS May 7	FRI May 8	SAT May 9
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Cardio Fusion: Pam	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: 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: Susan	
	5-5:45 Pilates Sculpt: Erin	6-6:55 Zumba: Liza	*5-5:45 Vinyasa Yoga: Sarah	5-5:55 Therapeutic Yoga: Alan	*12:15-1:15 TAI CHI: Higggy	
	6-7 Gentle Yoga: Alan	*7-8 Slow Flo Yoga:Linda	6-7 Total Body Cond: Maria	6-7 Zumba: Liza		
SUN May 10	MON May 11	TUES May 12	WED May 13	THURS May 14	FRI May 15	SAT May 16
	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: 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: Debra
	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 Dance: Susan	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: Terri	
	5-5:45 Pilates Sculpt: Erin	6-6:55 Zumba: Heather	*5-5:45 Vinyasa Yoga: Sarah	5-5:55 Therapeutic Yoga: Alan	*12:15-1:15 TAI CHI: Higggy	
	6-7 Gentle Yoga: Alan	*7-8 Slow Flo Yoga:Linda	6-7 Total Body Cond: Anna	6-7 Zumba: Liza		
SUN May 17	MON May 18	TUES May 19	WED May 20	THURS May 21	FRI May 22	SAT May 23
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Cardio & Strength: Pam	8-8:45 Total Body Conditioning: Vicki	*8-8:50 Zumba: Chanel	JCC CLOSED in observance of SHAVUOT	*7:30-8:15 Yoga for Guys: Linda
9-10 Zumba: Lisa	9-9:55 Cardio & Strength: Lisa	9-10 Pilates Core: Sadaf	9-9:45 Pilates Barre Fusion: Betsy	9-10 Strength & Yoga: Beth		9:30-10:30 Strong & Sculpted: Michelle C
	10:15-11 Tough Agers: Pam	10:15-11 Active Aging Strength: Sadaf	11:15-12 Active Aging Combo: Pam	*10:15-11 Active Aging Cardio: Pam		*10:45-11:45 Yoga & Deep Stretch: Linda
	11:15-12 Active Aging Combo: Lisa					
	5-5:45 Pilates Sculpt: Erin	6-6:55 Zumba: Heather	*5-5:45 Vinyasa Yoga: Sarah	JCC CLOSE EARLY		
	6-7 Gentle Yoga: Alan	*7-8 Slow Flo Yoga:Linda	6-7 Total Body Cond: Anna			
SUN May 24	MON May 25	TUES May 26	WED May 27	THURS May 28	FRI May 29	SAT May 30
	MEMORIAL DAY JCC OPEN 8-12	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: Shelley	9:30-10:15 Body Conditioning	9-10 Pilates 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: Lisa
		10:15-11 Active Aging Strength: Sadaf	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: Terri	
		6-6:55 Zumba: Heather	*5-5:45 Vinyasa Yoga: Sarah	5-5:55 Therapeutic Yoga: Alan	*12:15-1:15 TAI CHI: Higggy	
		*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 CLASS SCHEDULE MAY 3 - 30, 2026 FREE for JCC MEMBERS!

SUN May 3	MON May 4	TUES May 5	WED May 6	THURS May 7	FRI May 8	SAT May 9
	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 May 10	MON May 11	TUES May 12	WED May 13	THURS May 14	FRI May 15	SAT May 16
	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 May 17	MON May 18	TUES May 19	WED May 20	THURS May 21	FRI May 22	SAT May 23
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth	JCC CLOSED in observance of Shavuot	
9-10 SPIN: Michelle G			9-10 SPIN: Vicki			8:30-9:15 SPIN: Debra
		6-6:45 SPIN: Michelle G		JCC Close early		
SUN May 24	MON May 25	TUES May 26	WED May 27	THURS May 28	FRI May 29	SAT May 30
	MEMORIAL DAY JCC open 8am- 12pm	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth		
9-10 SPIN: Michelle G	8:30-8:45 SPIN: Beth		9-10 SPIN: Vicki		9-9:45 SPIN: Susan	8:30-9:15 SPIN: Susan
		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