



FEE BASED SPECIALTY SESSION WEEKLY SCHEDULE: OCTOBER 2026

SUNDAY				
9:00 AM	Pilates Reformer	Lisa	Pilates Studio	
9:00 AM	MetCon	Gene	Functional Training Suite	
MONDAY				
12:00 PM	Pilates Reformer	Lisa	Pilates Studio	
6:00 PM	Pilates Reformer	Isabel	Pilates Studio	
TUESDAY				
9:00 AM	TRX Circuit	Pam	Functional Training Suite	
11:15 AM	YOGA for Bone Health	Julie	Group Ex Studio	
4:30 PM	Pilates Reformer	Isabel	Pilates Studio	
WEDNESDAY				
9:00 AM	Pilates Reformer	Isabel	Pilates Studio	
9:00 AM	TRX Circuit	Pam	Functional Training Suite	
10:00 AM	TRX Basics	Pam	Functional Training Suite	
10:00 AM	MELT Method	Betsy	Group Ex Studio	
12:00 PM	Pilates Reformer	Isabel	Pilates Studio	
12:00 PM	Regain Stronger Today	Gene	Functional Training Suite	October 14th
2:00 PM	Regain Stronger Today	Gene	Functional Training Suite	October 14th
6:00 PM	DEKA Fit	Danny	Functional Training Suite	
THURSDAY				
8:00 AM	TRX Circuit	Pam	Functional Training Suite	
11:15 AM	Pelvic Floor & Core	Susan	Group Ex Studio	Oct 8 & Oct 15
11:00 AM	DVRT	Pam O/H	Functional Training Suite	
12:30 PM	Adaptive Fitness	Pam O	Functional Training Suite	
5:00 PM	Pilates Reformer	Elena	Pilates Studio	
FRIDAY				
7:00 AM	Pilates Reformer	Lisa	Pilates Studio	
2:00 PM	Pilates Reformer	Lisa	Pilates Studio	
SATURDAY				
9:00 AM	Pilates Reformer	Isabel	Pilates Studio	No class 10/3
Six sessions \$99 / Twelve sessions \$192 / Twenty sessions \$300 / Single session \$20				
To Register: jaimer@jccnh.org / For more info: pamelao@jccnh.org				
For Pilates Reformer, contact stevef@jccnh.org to register & sign up				

TRX:

Suspension Training that uses straps to leverage gravity against your own body weight. Improves strength, balance, coordination and core stability. Very effective when combined with BOSUs, medicine balls & weights for a total body workout.

METCON TRAINING:

This high-energy class will fire up your metabolic conditioning, torching fat and boosting endurance. Led by Gene, you'll push your limits and transform your fitness. Sweat, conquer, and unleash your potential - Get ready for MetCon Madness!!

DEKA FIT:

Get your heart pumping as Danny leads you through ten functional fitness moves that combine strength, cardio, mobility and foundational movements to build endurance, burn fat, and boost confidence. A challenge for all levels – new exerciser or seasoned pro – this session is designed to challenge all

MELT:

A science-backed self-care technique using foam roller & small balls to rehydrate connective tissue and erase common aches & pains enhancing performance and restoring balance to the body. Taught by MELT Practitioner and holistic health coach Betsy Bell-Osterholm. Also offered as a virtual option via Zoom. More information: betsyo@jccnh.org

YOGA for STRONG BONES & HEALTHY JOINTS:

Essential yoga postures that develop flexibility, strength, balance and agility to support bone health with breathing techniques to improve respiratory function. Taught by Certified Yoga Practitioner, Julie Luciani

ADAPTIVE FITNESS:

An inclusive fitness program designed to help participants build strength, improve mobility, and increase confidence in a supportive and welcoming environment, while receiving individual support, encouragement, and direction every step of the way

PILATES REFORMER:

A dynamic, full-body workout using a specialized sliding carriage apparatus with adjustable spring resistance to build core strength, improve joint range of motion and flexibility

PELVIC FLOOR & CORE:

Workshops to focus on the deep core musculature in how the pelvic floor affects movement and potential dysfunction while learning effective ways to both strengthen and release these tissues

six sessions \$99 / twelve sessions \$192 / twenty sessions \$300

or single sessions: \$20 mbr / \$25 nmb

more info: pamelao@jccnh.org

to purchase: jaimer@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 GROUP EX SCHEDULE October 2026 FREE for JCC MEMBERS!						
SUN Oct 4	MON Oct 5	TUES Oct 6	WED Oct 7	THURS Oct 8	FRI Oct 9	SAT Oct 10
	8-8:45 Core & Restore: Pam	8-8:45 Cardio Sculpt: Debra	8-8:45 Body Cond: Vicki	*8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Erin G	*7:30-8:15 Yoga for Guys: Linda
9-10 Zumba: Erin	9-9:55 Cardio & Strength: Lisa	9-10 Functional Core: Susan	9-9:45 Pilates Barre: Betsy	9-10 Strength & Yoga: Beth	9-10 Zumba Toning: Lisa	9:30-10:30 Strength & Sculpt: Lisa
	10:15-11 Tough Agers: Pam	10:15-11 AAging Strength: Susan	11:15-12 AAging Combo: Pam	*10:15-11 AAging Dance: Susan	10:15-11 AAging Strength: Susan	*10:45-11:45 Yoga: Linda
	11:15-12 AAging 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 Oct 11	MON Oct 12	TUES Oct 13	WED Oct 14	THURS Oct 15	FRI Oct 16	SAT Oct 17
	8-8:45 Core & Restore: Pam	8-8:45 Cardio Sculpt: Debra	8-8:45 Body Cond: Vicki	*8-8:50 Zumba: Chanel	8-8:45 Yoga Sculpt: Sarah	*7:30-8:15 Yoga for Guys: Linda
9-10 Zumba: Erin	9-9:55 Cardio & Strength: Lisa	9-10 Functional Core: Susan	9-9:45 Pilates Barre: 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 AAging Strength: Susan	11:15-12 AAging Combo: Pam	*10:15-11 AAging Dance: Susan	10:15-11 AAging Strength: Susan	*10:45-11:45 Yoga: Linda
	11:15-12 AAging Combo: Lisa				*11:15-12:15 TAI CHI: Higgsy	
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	6-7 Gentle Yoga: Alan	*7-8 Slow Flo Yoga:Linda	6-7 Total Body Cond: Maria	6-7 Zumba: Liza		
SUN Oct 18	MON Oct 19	TUES Oct 20	WED Oct 21	THURS Oct 22	FRI Oct 23	SAT Oct 24
	8-8:45 Core & Restore: Pam	8-8:45 Cardio Sculpt: Debra	8-8:45 Body Cond: Vicki	*8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Erin G	*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: Betsy	9-10 Strength & Yoga: Beth	9-10 Zumba Toning: Lisa	9:30-10:30 Strength & Sculpt: Debra
	10:15-11 Tough Agers: Susan	10:15-11 AAging Strength: Susan	11:15-12 AAging Combo: Willa	*10:15-11 AAging Cardio: Pam	10:15-11 AAging Strength: Susan	*10:45-11:45 Yoga: Linda
	11:15-12 AAging 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 Oct 25	MON Oct 26	TUES Oct 27	WED Oct 28	THURS Oct 29	FRI Oct 30	SAT Oct 31
	8-8:45 Core & Restore: Pam	8-8:45 Zumba: Erin	8-8:45 Body Cond: Vicki	*8-8:50 Zumba: Chanel	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: Betsy	9-10 Strength & Yoga: Beth	9-10 Zumba Toning: Lisa	9:30-10:30 Strong & Sculpted: Maria
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	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 CLASS SCHEDULE: October 2026 FREE for JCC MEMBERS!

SUN Oct 4	MON Oct 5	TUES Oct 6	WED Oct 7	THURS Oct 8	FRI Oct 9	SAT Oct 10
	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
		9-10 SPIN: Michelle C		6-6:45 SPIN: Maria		
SUN Oct 11	MON Oct 12	TUES Oct 13	WED Oct 14	THURS Oct 15	FRI Oct 16	SAT Oct 17
	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 Oct 18	MON Oct 19	TUES Oct 20	WED Oct 21	THURS Oct 22	FRI Oct 23	SAT Oct 24
	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 Oct 25	MON Oct 26	TUES Oct 27	WED Oct 28	THURS Oct 29	FRI Oct 30	SAT Oct 31
	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		

***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**