



MONDAY

6:00-6:30 AM: Functional Circuit with Chava [GFS]
 6:35-7:05 AM: Spin Express with Chava [S]
 7:15-8:00 AM: Les Mills BodyPump Express with Dory [GFS]
 9:00-10:00 AM: Aqua Fit with Jess [P]
 9:05-9:30 AM: Strength & Conditioning with Aviv [GFS]
 9:45-10:30 AM: SilverSneakers Classic with Miki [GFS] 
 10:35-11:20 AM: Adv. SilverSneakers Circuit with Miki [GFS]
 11:30 AM-12:00 PM: Zumba Gold with Miki [GFS]
 12:15-1:00 PM: Barre Express with Melissa [GFS]
 4:20-4:50 PM: TRX with Dezarée [FTS]
 5:00-6:00 PM: Iyengar Yoga with Joanne [GFS]
 5:15-6:15 PM: Les Mills BodyPump with Amy [G]
 6:30-7:30 PM: Les Mills BodyCombat with Dory [GFS]
 7:35-8:05 PM: Les Mills BodyBalance Express with Dezarée [GFS]

TUESDAY

6:00-6:45 AM: Les Mills BodyPump Express with Jane [GFS]
 7:15-7:45 AM: Kettlebell Circuit with Justin [GFS]
 8:00-8:45 AM: Les Mills BodyCombat Express with Loli [G]
 8:20-9:20 AM: Mat Pilates with Bonnie [GFS]
 9:00-9:30 AM: Les Mills Sprint with Aviv [S]
 9:00-10:00 AM: Aqua Zumba with Vivian [P]
 9:30-10:15 AM: Les Mills BodyPump Express with Jo [GFS]
 10:30-11:30 AM: Chair Yogalates with Bonnie [GFS]
 11:30 AM-12:00 PM: Functional Circuit with Jess [FTS]
 11:45 AM-12:30 PM: Active Adults with Sharon [GFS]
 4:15-5:00 PM: Les Mills BodyPump Express with Colleen [GFS]
 5:15-6:00 PM: Les Mills BodyBalance Exp with Barbara [GFS]
 6:15-7:15 PM: Zumba Toning with Ashley [GFS]
 7:30-8:30 PM: Barre with Melissa [GFS]

WEDNESDAY

6:00-6:45 AM: Les Mills BodyCombat Express with Alexis [GFS]
 6:30-7:00 AM: Les Mills Sprint with Amy [S]
 7:05-7:35 AM: Sculpt with Amy [G]
 7:05-7:50 AM: Barre Express with Beth [GFS]
 8:00-8:45 AM: Mat Pilates Express with Bonnie [GFS]
 8:45-9:15 AM: Spin Express with Marianne [S]
 9:15-9:45 AM: Strength & Conditioning with Aviv [GFS]
 11:00 AM-12:00 PM: Iyengar Yoga with Joanne [GFS]
 12:15-12:45 PM: Zumba Gold: with Miki [GFS]
 1:00-1:45 PM: SilverSneakers Circuit with Miki [GFS] 
 4:30-5:15 PM: Barre Express with Beth [GFS]
 5:30-6:30 PM: Les Mills BodyCombat with Steph [GFS]
 6:35-7:35 PM: Zumba with Mirna & Vivian [GFS]
 6:45-7:15 PM: Les Mills Core with Steph [G]

THURSDAY

6:30-7:00 AM: Les Mills Sprint with Faheem [S]
 7:05-7:35 AM: Sculpt with Justin [G]
 7:15-8:15 AM: Mat Pilates with Bonnie [GFS]
 8:25-8:55 AM: Zumba with Janie [GFS]
 9:05-9:35 AM: Les Mills Grit Strength/Cardio with Aviv [GFS]
 9:45-10:30 AM: Les Mills BodyCombat Express with Jo [GFS]
 10:45-11:30 AM: Chair Yogalates with Bonnie [GFS]
 10:45-11:45 AM: Aqua Fit with Jess [P]
 11:45 AM-12:30 PM: Active Adults with Sharon [GFS]
 4:30-5:15 PM: Functional Circuit with Colleen [FTS]
 5:30-6:15 PM: Les Mills BodyPump Express with Barbara [GFS]
 6:30-7:30 PM: Les Mills BodyBalance with Barbara [GFS]

FRIDAY

6:00-6:30 AM: Strength & Conditioning with Aviv [GFS]
 7:00-7:55 AM: Iyengar Yoga with Joanne [GFS]
 8:00-9:00 AM: Les Mills BodyCombat/Core Combo with Steph [GFS]
 9:00-10:00 AM: Aqua Zumba with Vivian [P]
 9:15-9:45 AM: Strength and Conditioning with Aviv [GFS]
 10:00-10:45 AM: Spin with Marianne [S]
 10:15-10:55 AM: Active Adults with Aviv [GFS]
 11:15 AM- 12:00 PM: Zumba with Janie [GFS]
 12:15-1:00 PM: Les Mills BodyPump Express with Dory [GFS]
 4:10-4:55 PM: Step with Marianne [GFS] TRIAL 3/20 - 5/1
 5:00-6:00 PM: Iyengar Yoga with Anita [GFS]
 5:15-5:45 PM: Strong 30 with Mirna & Vivian [G]

SATURDAY

8:00-9:00 AM: Les Mills BodyPump with Alt Instructor [G]
 9:15-10:15 AM: Les Mills BodyCombat with Loli [GFS]
 10:30-11:00 AM: Functional Circuit with Chaz [FTS]
 10:30-11:30 AM: Barre with Beth [GFS]

SUNDAY

8:15-8:45 AM: Les Mills Grit Strength with Aviv [GFS]
 9:00-9:45 AM: Athletic Circuit with Chava [GFS]
 9:45-10:30 AM: Spin with Jim [S]
 10:00-10:45 AM: Les Mills BodyCombat Express with Dory [GFS]
 11:00 AM-12:00 PM: Zumba with Mirna [GFS]
 12:30-1:30 PM: Barre with Melissa [GFS]



Online Group Fitness Registrations



All classes included in Star Membership.

Ala Carte Fees:

\$15/Class/JCC Member (Ages 18-64)
 \$20/Class/Community Member (Ages 18-64)
 \$10/Class/JCC Member (Ages 12-17; 65+)
 \$15/Class/Community Member (Ages 12-17; 65+)

Included for all J Members. 

Class Locations:

S= Spin Studio • FTS= Functional Training Studio
 GFS= Group Fitness Studio • P= Pool • G= Gym
 FMR= Front Multipurpose Room

Ages 12+, may enjoy :

Aquatics ~ Athletic Circuit
 Les Mills BodyBalance
 Les Mills BodyCombat
 Zumba ~ Zumba Toning
 Strong 30

Ages 16+, may enjoy :

Barre ~ Cycling ~ Functional Circuit
 Kettlebell Circuit ~ Strength & Conditioning
 Iyengar Yoga ~ Mat Pilates
 Les Mills BodyPump ~ Les Mills Grit
 Les Mills Sprint

