

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 Express** 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]
POP-UP! 7:45-8:30 PM: **Les Mills BodyPump Heavy** with Dory [GFS]

THURSDAY

POP-UP! 6:15-7:00 AM: **Les Mills BodyPump Heavy** with Amy [GFS]
 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]
NEW! 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]
POP-UP! 2:00-3:00 PM: **Les Mills BodyPump Heavy** with Dory [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

