

JCC GROUP EX SCHEDULE: MARCH 2024						
Sunday MAR 3	Monday MAR 4	Tuesday MAR 5	Wednesday MAR 6	Thursday MAR 7	Friday MAR 8	Saturday MAR 9
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Cardio Fusion: Pam	8-8:45 Muscle Conditioning: Lisa	8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Sadaf	
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: Heather	9:30-10:30 Strong & Sculpted: Sadaf
	*10-11 Therapeutic Yoga for Pain: Alan Quiet Cmr Rm	10:15-11 Active Aging Strength: Susan	10-11 MELT: Betsy register: susand@jccnh.org	*10:15-11 Active Aging Cardio Mix: Pam	10:15-11 Active Aging: Terri	*10:45-11:45 Yoga & Deep Stretch: Linda
1:30-3 PM FOUNDATIONS YOGA WKSHP: register jccnh.org/wellnessworkshops	10:15-11 Active Aging Combo: Susan		11:15-12 Active Aging Combo: Pam	*11-12 AUTOGENIC TRNG SERIES register jccnh.org/wellnessworkshops	*11:15-12:15 Tai Chi: Higgy	
	11:15-12 Active Aging Combo: Lisa				*12:15-1:15 INTRO to Tai Chi: Higgy no sign up required	
	5-5:45 Body Cond. Xpress: Danielle	*5-5:45 Cardio Kick-Box: Anna	*5-5:45 Vinyasa Yoga: Sarah	5-6 Therapeutic Yoga for Pain: Alan		
	6-7 Functional Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Maria	*6:30-7:30 Kripalu Yoga: Julie		
Sunday MAR 10	Monday MAR 11	Tuesday MAR 12	Wednesday MAR 13	Thursday MAR 14	Friday MAR 15	Saturday MAR 16
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Cardio Fusion: Pam	8-8:45 Muscle Conditioning: Vicki	8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Sadaf	
9-10 Zumba: Heather	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: Lisa	9:30-10:30 Strong & Sculpted: Maria
	*10-11 Therapeutic Yoga for Pain: Alan Quiet Cmr Rm	10:15-11 Active Aging Strength: Susan	10-11 MELT: Betsy register: susand@jccnh.org	*10:15-11 Active Aging Cardio Mix: Pam	10:15-11 Active Aging: Terri	*10:45-11:45 Yoga & Deep Stretch: Linda
1:30-3 PM FOUNDATIONS YOGA WKSHP: register jccnh.org/wellnessworkshops	10:15-11 Active Aging Combo: Susan		11:15-12 Active Aging Combo: Pam	*11-12 AUTOGENIC TRNG SERIES register jccnh.org/wellnessworkshops	*11:15-12:15 Tai Chi: Higgy	
	11:15-12 Active Aging Combo: Lisa					
	5-5:45 Body Cond. Xpress: Danielle	*5-5:45 Cardio Kick-Box: Anna	*5-5:45 Vinyasa Yoga: Sarah	5-6 Therapeutic Yoga for Pain: Alan		
	6-7 Functional Yoga: Alan	6-7 Zumba: Lisa	6-7 Total Body Cond: Maria	*6:30-7:30 Kripalu Yoga: Linda		
Sunday MAR 17	Monday MAR 18	Tuesday MAR 19	Wednesday MAR 20	Thursday MAR 21	Friday MAR 22	Saturday MAR 23
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Cardio Fusion: Pam	8-8:45 Muscle Conditioning: Lisa	8-8:50 Zumba: Chanel	8-8:45 Pilates Sculpt: Sadaf	
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: Lisa	9:30-10:30 Strong & Sculpted: Sadaf
	*10 NO THERAPEUTIC YOGA CLASS	10:15-11 Active Aging Strength: Susan	10-11 MELT: Betsy register: susand@jccnh.org	*10:15-11 Active Aging Cardio Mix: Pam	10:15-11 Active Aging: Terri	*10:45-11:45 Yoga & Deep Stretch: Linda
1:30-3 PM FOUNDATIONS YOGA WKSHP: register jccnh.org/wellnessworkshops	10:15-11 Active Aging Combo: Susan		11:15-12 Active Aging Combo: Pam	*11-12 AUTOGENIC TRNG SERIES register jccnh.org/wellnessworkshops	*11:15-12:15 Tai Chi: Higgy	
	11:15-12 Active Aging Combo: Lisa		*11-12 PELVIC FLOOR TRNG #1 register jccnh.org/wellnessworkshops			
	5-5:45 Body Cond. Xpress: Danielle	*5-5:45 Cardio Kick-Box: Anna	*5-5:45 Vinyasa Yoga: Sarah	5-6 Therapeutic Yoga for Pain: Alan		
	6-7 Functional Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Maria	*6:30-7:30 Kripalu Yoga: Linda		
Sunday MAR 24	Monday MAR 25	Tuesday MAR 26	Wednesday MAR 27	Thursday MAR 28	Friday MAR 29	Saturday MAR 30
	8-8:45 Pilates Fusion: Sadaf	8-8:45 Cardio Fusion: Pam	8-8:45 Muscle Conditioning: Vicki	8-8:50 Zumba: Chanel	8-8:45 Roll & Sculpt: Susan	
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: Lisa	9:30-10:30 Strong & Sculpted: Lisa
	*10-11 Therapeutic Yoga for Pain: Alan Quiet Cmr Rm	10:15-11 Active Aging Strength: Susan	10-11 MELT: Betsy register: susand@jccnh.org	*10:15-11 Active Aging Cardio Mix: Pam	10:15-11 Active Aging: Terri	*10:45-11:45 Yoga & Deep Stretch: Linda
1:30-3 PM FOUNDATIONS YOGA WKSHP: register jccnh.org/wellnessworkshops	10:15-11 Active Aging Combo: Susan		11:15-12 Active Aging Combo: Pam	*11-12 AUTOGENIC TRNG SERIES register jccnh.org/wellnessworkshops	*11:15-12:15 Tai Chi: Higgy	
	11:15-12 Active Aging Combo: Lisa		*11-12 PELVIC FLOOR TRNG #2 register jccnh.org/wellnessworkshops			
	5-5:45 Body Cond. Xpress: Danielle	*5-5:45 Cardio Kick-Box: Anna	*5-5:45 Vinyasa Yoga: Sarah	5-6 Therapeutic Yoga for Pain: Alan		
	6-7 Functional Yoga: Alan	6-7 Zumba: Heather	6-7 Total Body Cond: Maria	*6:30-7:30 Kripalu Yoga: Julie		

CLASSES ARE FREE FOR JCC MEMBERS

*UNLESS *NOTED in BLUE*

***Hybrid (virtual option) unless noted in red**

CARDIO & STRENGTH

Aerobic drills combined with strength focused weight training

CARDIO FUSION

A variety of cardio styles including kick-box, low-impact, interval training, etc fused with muscle conditioning

CARDIO KICK-BOX:

A fusion of boxing and cardio

ZUMBA / ZUMBA TONING

Popular dance workout with easy to follow choreography and great music, **ZUMBA TONING** uses Toning sticks (light weights)

TOTAL BODY CONDITIONING / MUSCLE CONDITIONING

Full body workout for strength, muscle endurance, flexibility, and core training

STRONG & SCULPTED

Dynamic resistance training using weights and other props for effective strength gains

STRENGTH & YOGA

30 min strength trng / 30 min yog postures

PILATES FUSION

Popular method of Core conditioning done on the mat for strength and length of muscles

FUNCTIONAL CORE

Core stability training using elements of Pilates for function and foundational strength

BARRE / PILATES FUSION

Ballet inspired moves with elements of Pilates for core conditioning

ACTIVE AGING COMBO

Age appropriate muscle conditioning, cardio, balance, & flexibility workout

ACTIVE AGING CARDIO

Age appropriate variety of low-impact cardio styles and dance workout

ACTIVE AGING STRENGTH

Age appropriate exercises using weights for muscle & bone strength

***VINYASA YOGA**

Popular yoga style sequenced for flow, moving through postures with breath

***KRIPALU YOGA**

A practice that uses poses, breath, and meditation to foster inner focus and spiritual transformation

***YOGA & DEEP STRETCH**

A flow class, connecting breath and movement, ending with deeper stretches to create space in the body and calm the mind.

FUNCTIONAL GENTLE YOGA

Yoga with a postural alignment and neuromuscular focus

THERAPEUTIC YOGA FOR PAIN RELIEF

Gentle movement addressing musculo-skeletal imbalances to restore function

***MONDAY 10AM on-site only**

TAI CHI

Moving meditation for balance, body awareness, and coordination

***MELT METHOD (fee based)**

Self-treatment using special foam rollers or small balls to rehydrate connective tissue and release discomfort and pain.

JCC SPIN SCHEDULE MARCH 2024

Sunday MARCH 3	Monday MARCH 4	Tuesday MARCH 5	Wednesday MARCH 6	Thursday MARCH 7	Friday MARCH 8	Saturday MARCH 9
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth		8:30-9:15 SPIN: Deb
9-10 SPIN: Michelle			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	
		6-6:45 SPIN: Michelle		6-6:45 SPIN: Maria		
Sunday MARCH 10	Monday MARCH 11	Tuesday MARCH 12	Wednesday MARCH 13	Thursday MARCH 14	Friday MARCH 15	Saturday MARCH 16
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth		8:30-9:15 SPIN: Susan
9-10 SPIN: Michelle			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	
		6-6:45 SPIN: Michelle		6-6:45 SPIN: Maria		
Sunday MARCH 17	Monday MARCH 18	Tuesday MARCH 19	Wednesday MARCH 20	Thursday MARCH 21	Friday MARCH 22	Saturday MARCH 23
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Susan		8-8:45 SPIN: Beth		8:30-9:15 SPIN: Deb
9-10 SPIN: Michelle			9-10 SPIN: Vicki		9-9:45 SPIN: Susan	
		6-6:45 SPIN: Michelle		6-6:45 SPIN: Maria		
Sunday MARCH 24	Monday MARCH 25	Tuesday MARCH 26	Wednesday MARCH 27	Thursday MARCH 28	Friday MARCH 29	Saturday MARCH 30
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth		8:30-9:15 SPIN: Susan
9-10 SPIN: Michelle			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	
		6-6:45 SPIN: Michelle		6-6:45 SPIN: Maria		

***Spin classes are 45 minutes, except for Sundays and Wednesday mornings / 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**