

JCC GROUP EX SCHEDULE: November 27 - December 17, 2022

Sunday Nov 27	Monday Nov 28	Tuesday Nov 29	Wednesday Nov 30	Thursday Dec 1	Friday Dec 2	Saturday Dec 3
	8-8:45 Core Fusion: Sadaf	8-8:45 Cardio Fusion: Pam	8-8:45 Bands & Balls(Muscle Cond): Vicki/Susan	8-8:50 Zumba: Chanel	8-8:45 Strong & Sculpted: Sadaf	
9-10 Zumba: Loren	9-9:55 Cardio & Strength: Lisa	9-10 Functional Core: Susan	9-9:45 Barre Fusion: Betsy	9-10 Smart Strength: Jess	9-10 Zumba Toning: Lisa K	
	10:05-10:50 Therapuetic Yoga for Pain: Alan		10-10:55 MELT: to register: betsyo@jccnh.org		10:15-11 Active Aging (Silver Sneakers): Terri	9:30-10:30 Strong & Sculpted: Nicole
	11-11:45 Active Aging Silver Sneakers: Lisa		11-11:45 Active Aging Silver Sneakers: Pam		11:15-12:15 Tai Chi on-site only: Higgy	
	5-5:45 Body Cond. Xpress: Nicole	6-7 Zumba: Shelley	5-5:45 Vinyasa Yoga on-site only: Sarah	5-6 Therapuetic Yoga for Pain: Alan		
	6-7 Functional Yoga: Alan	7:7:45 Roll, Rejuvenate & Recover: Pam	6-7 Total Body Cond: Maria	6:45-7:45 Kripalu Yoga: Julie		
Sunday Dec 4	Monday Dec 5	Tuesday Dec 6	Wednesday Dec 7	Thursday Dec 8	Friday Dec 9	Saturday Dec 10
	8-8:45 Core Fusion: Sadaf	8-8:45 Cardio Fusion: Pam	8-8:45 Bands & Balls(Muscle Cond): Vicki/Susan	8-8:50 Zumba: Chanel	8-8:45 Strong & Sculpted: Sadaf	
9-10 Zumba: Lisa	9-9:55 Cardio & Strength: Lisa	9-10 Functional Core: Susan	9-9:45 Barre Fusion: Betsy	9-10 Smart Strength: Jess	9-10 Zumba Toning: Lisa K	
	10:05-10:50 Therapuetic Yoga for Pain: Alan		10-10:55 MELT: to register: betsyo@jccnh.org		10:15-11 Active Aging (Silver Sneakers): Terri	9:30-10:30 Strong & Sculpted: Nicole
	11-11:45 Active Aging Silver Sneakers: Lisa		11-11:45 Active Aging Silver Sneakers: Pam		11:15-12:15 Tai Chi on-site only: Higgy	
	5-5:45 Body Cond. Xpress: Nicole	6-7 Zumba: Heather	5-5:45 Vinyasa Yoga on-site only: Sarah	5-6 Therapuetic Yoga for Pain: Alan		
	6-7 Functional Yoga: Alan	7:7:45 Roll, Rejuvenate & Recover: Pam	6-7 Total Body Cond: Maria	6:45-7:45 Kripalu Yoga: Julie		
Sunday Dec 11	Monday Dec 12	Tuesday Dec 13	Wednesday Dec 14	Thursday Dec 15	Friday Dec 16	Saturday Dec 17
	8-8:45 Core Fusion: Sadaf	8-8:45 Cardio Fusion: Pam	8-8:45 Bands & Balls(Muscle Cond): Vicki/Susan	8-8:50 Zumba: Chanel	8-8:45 Strong & Sculpted: Sadaf	
9-10 Zumba: Heather	9-9:55 Cardio & Strength: Lisa	9-10 Functional Core: Susan	9-9:45 Barre Fusion: Betsy	9-10 Smart Strength: Jess	9-10 Zumba Toning: Lisa K	
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	5-5:45 Body Cond. Xpress: Nicole	6-7 Zumba: Heather	5-5:45 Vinyasa Yoga on-site only: Sarah	5-6 Therapuetic Yoga for Pain: Alan		
	6-7 Functional Yoga: Alan	7:7:45 Roll, Rejuvenate & Recover: Pam	6-7 Total Body Cond: Maria	6:45-7:45 Vinyasa Yoga: Sarah		

Barre Fusion

Ballet inspired moves with elements of Pilates for muscular conditioning (at the barre or using a chair)

Cardio & Strength

Aerobic movement combined with strength focused weight training

Cardio Fusion

A variety of style of cardio including kick-box, hi-low, interval training, etc fused with muscle conditioning exercises

Zumba™

Fun and easy to follow Latin / International style Dance!

Zumba™ Toning

Zumba dance with light weights (toning sticks)

Active Aging (Silver Sneakers) Workout

Age appropriate exercises for cardio, strength, range of movement, and balance

Total Body Conditioning

Full body workout for muscular strength and endurance

Smart Strength / Strong & Sculpted

Dynamic resistance training for effective strength and muscle conditioning

Core Fusion

Connects strength and flexibility fusing core exercises and body conditioning

Functional Core

Stability exercises for function using elements of Pilates and muscle conditioning

Active Aging Drum-Fit

Fitness based drumming using a Swiss ball and drumsticks for a body / brain workout

Muscle Conditioning

Muscle endurance training, combined with drumming (Pound™ style with special Ripstix) for a rhythmic body / brain workout

Tai Chi

Often called 'moving meditation' for increased body awareness, balance, and coordination

Vinyasa Yoga

Breath and movement sequenced for flow, balance, agility and strength

Krupalu Yoga

A combination of yoga styles sequenced with flow and a focus on breath, meditation, and body/brain connection

Functional Gentle Yoga

Functionally based yoga postures with focus on alignment and neuromuscular balance

Therapeutic Yoga for Pain

(Formally Pain Free Yoga) A therapeutic approach to musculoskeletal imbalances using gentle postures to restore function, postural alignment, and relieve pain

Roll, Rejuvenate & Recover

Using a foam roller for muscle release along with flexibility stretches to rejuvenate the body

JCC NOVEMBER 27 - DECEMBER 17, 2022 SPIN SCHEDULE

SUNDAY Nov 27	MONDAY Nov 28	TUESDAY Nov 29	WEDNESDAY Nov 30	THURSDAY Dec 1	FRIDAY Dec 2	SATURDAY Dec 3
			6-6:45 SPIN: Deb			
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth		8:30-9:30 SPIN & CORE: Susan
9-10 SPIN: Michelle			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	
		6-6:45 SPIN: Michelle		6-7 SPIN & CORE: Maria		
SUNDAY DEC 4	MONDAY DEC 5	TUESDAY DEC 6	WEDNESDAY DEC 7	THURSDAY DEC 8	FRIDAY DEC 9	SATURDAY DEC 10
			6-6:45 SPIN: Deb			
	8-8:45 SPIN: Lisa	8-8:45 SPIN: Willa		8-8:45 SPIN: Beth		8:30-9:30 SPIN & CORE: Deb
9-10 SPIN: Michelle			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	
		6-6:45 SPIN: Beth		6-7 SPIN & CORE: Maria		
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			6-6:45 SPIN: Deb			
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9-10 SPIN: Michelle			9-10 SPIN: Vicki		9-9:45 SPIN: Willa	
		6-6:45 SPIN: Michelle		6-7 SPIN & CORE: Maria		