





















GROUP EXERCISE SCHEDULE

June 2026






















MONDAY

-  **6 AM WARRIOR BOOTCAMP**
WITH MELISA C.
-  **7 AM POWER YOGALATES**
WITH DEBBIE R.
-  **8 AM STRENGTH FUSION**
WITH ANGIE H.
-  **8 AM AQUA AEROBICS**
WITH NICK P.
-  **9 AM VINYASA**
WITH NICK P.
-  **9 AM STEP AEROBICS**
WITH EILEEN S.
-  **9 AM BARRE**
WITH ALE Y.
-  **10 AM YOGA ALIGN**
WITH LULU G.
-  **10 AM STRENGTH EXPLOSION**
WITH DAVID G.
-  **11 AM FUNCTIONAL MOVEMENT**
WITH JESSICA R.
-  **11 AM - 12 PM JEWISH MEDITATION**
WITH RABBI COHEN
-  **11 AM LOW IMPACT ZUMBA**
WITH DIANA S.
-  **11 AM CHAIR YOGA**
WITH NICHOLAS P.
-  **12 PM TAI CHI - FEE BASED***
WITH JULIE W.
-  **12 PM SIT & BE FIT**
WITH JESSICA R.
-  **12 PM FOREVER FIT**
WITH DIANA S.
-  **5 PM STRENGTH**
WITH JESSICA R.
-  **5 PM POSTURE & MOBILITY**
WITH SHAWN F.
-  **6 PM YIN YOGA**
WITH DOMINIQUE S.
-  **6 PM WERQ**
WITH ROCHELLE K.
-  **7 PM BREATH & BODY ALIGN**
WITH REVITAL H.

TUESDAY

-  **6 AM WARRIOR BOOTCAMP**
WITH JENNY O.
-  **7 AM SPINNING ENERGY ZONES**
WITH NICK S.
-  **8-8:45 AM SPIN**
WITH ANGIE H.
-  **8 AM MIND BODY FUSION**
WITH ZOE M.
-  **8 AM HIGH FITNESS**
WITH SARAH B.
-  **9 AM VINYASA**
WITH VICKIE K.
-  **10 AM MAT PILATES**
WITH LEE V.
-  **10 AM ZUMBA**
WITH LOS PAPIS
-  **11 AM LOW IMPACT AEROBICS**
WITH ANGIE H.
-  **11-11:30 AM OPTIMIZE STABILITY**
WITH BECKY S.
-  **11 AM BODY ENGINEERING**
WITH LEE V.
-  **12 PM 60 MIN- POWER VINYASA**
WITH ROBYN S.
-  **12 PM STRENGTH FUSION**
WITH MELISA C.
-  **5 PM WARRIOR BOOTCAMP**
WITH MELISA C.
-  **5 PM ROLL & RELEASE**
WITH SHAWN F.
-  **5 PM RHYTHMIC SPIN**
WITH MEGHAN M.
-  **6 PM WERQ**
WITH SUE K.
-  **7 PM 60 MIN- POWER VINYASA**
WITH ROBYN S.
-  **7 PM AQUA AEROBICS**
WITH TINA M.

WEDNESDAY

-  **6 AM WARRIOR BOOTCAMP**
WITH MELISA C.
-  **7 AM MAT PILATES**
WITH EMMI C.
-  **7 AM STRENGTH FUSION**
WITH MELISA C.
-  **8 AM STRENGTH FUSION**
WITH ANGIE H.
-  **8 AM GENTLE YOGA**
WITH ZOE M.
-  **8 AM AQUA AEROBICS**
WITH NICK P.
-  **9 AM BEAT SCULPT**
WITH JENNIFER W.
-  **9 AM POSTURE & MOBILITY**
WITH SHAWN F.
-  **9 AM MAT PILATES**
WITH EMMI C.
-  **10 AM STRENGTH EXPLOSION**
WITH DAVID G.
-  **10 AM MAT PILATES**
WITH EMMI C.
-  **11 AM CLASSICAL HATHA YOGA**
WITH KATHY J.
-  **11 AM ZUMBA GOLD**
WITH BECKY S.
-  **12 PM LOW IMPACT ZUMBA**
WITH SERGIO R.
-  **12-12:45 PM GENTLE CHAIR YOGA**
WITH BECKY S.
-  **5 PM VINYASA YOGA**
WITH VICKIE K.
-  **5 PM WARRIOR BOOTCAMP**
WITH MELISA C.
-  **6 PM YIN YOGA**
WITH DOMINIQUE S.
-  **7 PM VINYASA YOGA**
WITH MEG L.

Class reservations must be cancelled no later than 7 PM the evening before class. An accountability fee of \$10 will be applied for missing a class.

Reservations are required for all of our in-person group fitness classes.

Reservations open on Sundays and Wednesdays at 1 PM.

Sunday at 1 PM – Register for Wednesday to Saturday

Wednesday at 1 PM – Register for Sunday to Tuesday

Scan here for our cancellation policy



KEY

*NEW TIME **NEW CLASS

-  **GROUP EXERCISE**
-  **MIND/BODY**
-  **SPIN**
-  **BARBARA TOCKER EDUCATION CENTER**
-  **ZIMMERMAN MULTI-PURPOSE ROOM**
-  **FERDMAN FAMILY AQUATIC CENTER**
-  **KOGUT TERRACE**
-  **JCC STUDIO**

GROUP EXERCISE SCHEDULE

June 2026



THURSDAY

- 6 AM WARRIOR BOOTCAMP**
WITH JENNY O.
- 7 AM SPINNING ENERGY ZONES**
WITH NICK S.
- 7 AM HIGH***
WITH KATIE H.
- 8 AM BOUNCE**
WITH NICOLE S.
- 8 AM MIND BODY FUSION**
WITH ZOE M.
- 8 AM SPIN**
WITH ANGIE H.
- 9 AM MAT PILATES**
WITH EMMI C.
- 10 AM SCULPT & BURN**
WITH CORTNEY Z.
- 10 AM POWER VINYASA**
WITH ROBYN S.
- 11 AM LOW IMPACT ZUMBA**
WITH DIANA S.
- 11 AM FUNCTIONAL MOVEMENT**
WITH JESSICA R.
- 12 PM FOREVER FIT**
WITH DIANA S.
- 12 PM FAST & FIT - FEE BASED**
NOTE: FOR AGES 8-12
WITH ALAN S. & JESSE C.
- 5 PM STRENGTH**
WITH JESSICA R.
- 5 PM RHYTHMIC SPIN**
WITH MEGHAN M.
- 6 PM WERQ**
WITH BETH D.
- 7 PM RESTORATIVE YOGA**
WITH REVITAL H.
- 7 PM AQUA AEROBICS**
WITH TINA M.

FRIDAY

- 7 AM POWER YOGALATES**
WITH DEBBIE R.
- 7 AM STRENGTH FUSION**
WITH MELISA C.
- 8 AM CARDIO STRENGTH**
WITH JENNIFER W.
- 8 AM RISE & FLOW HATHA YOGA**
WITH NICK P.
- 9 AM CARDIO DANCE**
WITH APRIL K.
- 9 AM VINYASA YOGA**
WITH VICKIE K.
- 10 AM YOGA ALIGN**
WITH LULU G.
- 10 AM STRENGTH EXPLOSION**
WITH DAVID G.
- 11 AM TAI CHI - FEE BASED***
WITH JULIE W.
- 11 AM ROTATE & FLOW - FEE BASED**
WITH TIMOTHY D.
- 11 AM RHYTHMIC SPIN**
WITH DAVID G.
- 11 AM AQUA AEROBICS**
WITH ANGIE H.
- 11 AM BARRE**
WITH ALE Y.
- 12 PM LOW IMPACT AEROBICS**
WITH ANGIE H.
- 1 PM 60 MIN - POWER VINYASA**
WITH ROBYN S.
- 1 PM ROTATE & FLOW - FEE BASED**
WITH TIMOTHY D.

SATURDAY

- 8 AM HATHA**
WITH RYAN U.
- 8 AM SPINNING ENERGY ZONES**
WITH NICK S.
- 9 AM CARDIO DANCE**
WITH APRIL K.
- 9 AM POWER VINYASA**
WITH BEN J.
- 10 AM VINYASA**
WITH RYAN U.
- 10 AM MAT PILATES - FEE BASED**
WITH LEE V.
- 11 AM BODY ENGINEERING - FEE BASED**
WITH LEE V.
- 11 AM CLASSICAL HATHA YOGA**
WITH KATHY J.
- 12 PM HIGH**
WITH KATEI H.

Scan here to
make a reservation



JCC HOURS

MONDAY-THURSDAY 5 AM-10 PM
FRIDAY 5 AM-6 PM
SATURDAY & SUNDAY 7 AM-8 PM

SUNDAY

- 8 AM SPIN**
WITH ANGIE H.
- 9 AM STRENGTH FUSION**
WITH ANGIE H.
- 10 AM WERQ**
WITH SUE K.
- 11 AM CLASSICAL HATHA YOGA**
WITH DOMINIQUE S.
- 11 AM BOUNCE**
WITH NICOLE S.
- 12 - 1:30 PM ISRAELI DANCING**
WITH REBEKKA P.

All Group Exercise classes are
50 minutes unless specified.

KEY

*NEW TIME **NEW CLASS

- GROUP EXERCISE**
- MIND/BODY**
- SPIN**
- BARBARA TOCKER
EDUCATION CENTER**
- ZIMMERMAN MULTI-
PURPOSE ROOM**
- FERDMAN FAMILY
AQUATIC CENTER**
- KOGUT TERRACE**
- JCC STUDIO**