

GROUP EXERCISE SCHEDULE July 2026



MONDAY

- 6 AM RHYTHMIC SPIN** BEGINS JULY 20
WITH JESSE G.
- 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.
- 8 AM POWER VINYASA****
WITH MAYA A.
- 9 AM VINYASA**
WITH NICK P.
- 9 AM STEP AEROBICS**
WITH EILEEN S.
- 9 AM BARRE**
WITH ALE Y.
- 9 AM RHYTHMIC SPIN**
WITH JESSE G.
- 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 SCOTT P.
- 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.
- 9 AM BARRE**
WITH CHELSEA H.
- 9 AM RHYTHMIC SPIN**** BEGINS JULY 21
WITH MEGHAN M.
- 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.
- 6 PM AGE WITH VITALITY** JULY 21 ONLY
WITH ANU
- 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 RHYTHMIC SPIN**
WITH JESSE G.
- 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 POWER VINYASA**
WITH MAYA A.
- 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.
- 6 PM BARRE**
WITH CHELSEA H.
- 7 PM VINYASA YOGA**
WITH MEG L.

Class reservations must be cancelled no later than 7 PM the evening before class.

Reservations are required for all 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



Scan to make a reservation.

KEY

***NEW TIME **NEW CLASS**

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

GROUP EXERCISE SCHEDULE July 2026



THURSDAY

- 6 AM WARRIOR BOOTCAMP**
WITH JENNY O.
- 7 AM SPINNING ENERGY ZONES**
WITH SCOTT P.
- 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.
- 9 AM BARRE**
WITH CHELSEA H.
- 9 AM RHYTHMIC SPIN**** BEGINS JULY 23
WITH MEGHAN M.
- 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.
- 7 AM RHYTHMIC SPIN** BEGINS JULY 24
WITH JESSE G.
- 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.
- 9 AM RHYTHMIC SPIN**
WITH JESSE G.
- 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 WATT WHAT!**
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.
- 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.

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.

Scan to make
a reservation



DELL JCC HOURS

Monday–Thursday 5 AM–10 PM
Friday 5 AM–6 PM
Saturday & Sunday 7 AM–8 PM

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