JCC GROUP FITNESS & AQUATICS CLASS SCHEDULE

MAY 2026

NEW CLASSES are indicated in **PINK**

Classes with (R) indicate that registration is required due to limited space in class.
Fitness classes that do not require registration are on a first come first serve basis.

MONDAY			
TIME	**CLASS**	**ROOM**	**INSTRUCTOR**
6:15am	Cycling (R)	CYC	Luciana R
8:30am	Pilates	MB	Carrie B
7:30am	Cardio Step	UGX	Luciana R
9:00am	TRX: POWER (R)	TRX	Carrie K
9:45am	**Yin Yoga**	**MB**	**Ashley S.**
10:30am	Aquability	POOL	Susan S
10:15am	TRX: FUSION (R)	TRX	Carrie K
9:30am	ZUMBA	UGX	Katy R
10:45am	SilverSneakers BOOM Move	UGX	Andrea K
11:30am	SilverSneakers Classic	UGX	Andrea K
12:30pm	Gentle Yoga	UGX	Becky D
5:30pm	BODYPUMP	UGX	Joween O
6:00pm	Hatha Yoga	MB	Patricia D

TUESDAY			
TIME	**CLASS**	**ROOM**	**INSTRUCTOR**
6:00am	Sunrise Yoga	MB	Sarah H
9:00am	Aqua Body Strong Board (R)	POOL	Carrie K
9:00am	ZUMBA	UGX	Katy R
10:00am	FIT: Total Body	UGX	Carrie K
11:00am	[illegible]	UGX	Matthias F
12:00pm	[illegible] Dance	UGX	Netta Z
4:00pm	TRX: POWER (R)	TRX	Carrie K
5:00pm	Mindful Movement	MB	Gina F
5:30pm	WerQ	UGX	Lauren M
5:30pm	Cycling	CYCLE	Kim V
6:30pm	Aqua Zumba	POOL	Steve C

7:00pm	TRX Sculpt & Stretch(R)	TRX	Bill H

WEDNESDAY			
TIME	**CLASS**	**ROOM**	**INSTRUCTOR**
6:15am	Cycling (R)	CYC	Kim V
8:30am	Upbeat Barre	UGX	Sarah N
8:30am	Pilates	MB	Carrie B
8:45am	Vinyasa Yoga	DRAPER	Jessica P
9:00am	Aqua Aerobics	POOL	Carrie K
10:00am	ZUMBA	UGX	Carlos C
10:30am	Aquability	POOL	Susan S
11:15am	SilverSneakers Yoga	UGX	Carrie B
5:30pm	BODYPUMP	UGX	Jessica H
6:30pm	HydroRider (R)	POOL	Chris F

THURSDAY			
TIME	**CLASS**	**ROOM**	**INSTRUCTOR**
8:00am	Yoga Fusion	UGX	Jessica P
9:00am	Pilates	MB	Gina F
9:15am	**HydroRider (R)**	**POOL**	**Andrea K**
9:30am	BODYPUMP	UGX	Joween O
11:00am	Stability & Balance	UGX	Matthias F
12:30pm	Gentle Yoga	UGX	Becky D
5:15pm	TRX Sculpt & Stretch (R)	TRX	Andrea K
6:15pm	TRX: POWER (R)	TRX	Kim V
6:00pm	Alignment Yoga	MB	Sarah H
6:30pm	Aqua Zumba	POOL	Steve C

FRIDAY			
TIME	**CLASS**	**ROOM**	**INSTRUCTOR**
6:15am	Cycling (R)	CYC	Luciana R

8:30am	Upbeat Barre	UGX	Tia P
8:30am	Pilates	MB	Gina F
9:00am	Aqua Aerobics	POOL	Carrie K
9:30am	HIGH Fitness	UGX	Sarah N
10:30am	**ZUMBA**	**UGX**	**Charlene C**
9:30am	Vinyasa Yoga	DRAPER	Jessica P
11:30am	SilverSneakers Classic	UGX	Joween O

SATURDAY			
TIME	**CLASS**	**ROOM**	**INSTRUCTOR**
8:15am	Guided Stretch	UGX	Sanjay S
9:00am	BODYPUMP	UGX	Jessica H
9:00am	Hatha Yoga	MB	Patricia D
9:00am	HydroRider (R)	POOL	Margaret P
10:00am	TRX: HIIT	TRX	Bill H
10:00am	ZUMBA	UGX	Crisanta T
11:15am	Active Agers	UGX	Andrea K

SUNDAY			
TIME	**CLASS**	**ROOM**	**INSTRUCTOR**
8:30am	Pilates	UGX	Carrie B
9:00am	Cycling (R)	CYC	Luciana R
9:00am	Aqua Aerobics	POOL	Betsy L
9:30am	Alignment Yoga	MB	Sarah H
9:45am	WerQ	UGX	Ben E
11:15am	Silver & Fit	UGX	Andrea K

Active Agers Body Conditioning: (45 min) Low to moderate intensity: This class is geared towards moderately active older adults and is designed to increase muscular strength and cardiovascular endurance, while working on flexibility, joint stability, dynamic balance and coordination.

Alignment Yoga: (60 min) Low intensity: Modifications and props are used to adjust and adapt poses for all body types and skill levels.

Aqua Aerobics: (45 min) Moderate intensity: Gain strength and flexibility simultaneously working on your cardiovascular system.

Aquability: (60min) Low intensity A low-impact class, suitable for individuals with limited mobility or joint pain, that does not require swimming skills. Ideal for individuals with Arthritis, joint pain, and recovering from injuries.

Aqua Body Strong – Water Fitness Board: (45 min) Moderate Intensity: Focus on your balance and stability with our stand-up paddle boards. Activate your core strength and fire up major muscle groups.

Aqua: STATIONS: (45 min) An interval-based water workout where participants rotate through designated stations—such as noodles, trampoline, water treadmill. or drag equipment—to perform exercises targeting cardio, strength, and core

Aqua Zumba: (45 min) Moderate intensity: Water aerobics to Latin dance beats.

BODYPUMP: (50-60 min) Moderate to high intensity: The original barbell and weight class. Squat, press, curl, and lift your way to a new you. Please arrive 10 minutes early to set up.

Cardio Step: (45 min) Moderate to high intensity: Improve your fitness, agility, coordination and strength with using a step bench. Can be either high or low impact. All levels are welcome.

Cycling: (45 min) A high-energy indoor cycling class where the intensity and movements are choreographed to the beat of the music, focusing on a connection between pedaling, body movements, and the musical rhythm.

FIT: Total Body: (50min) Moderate Intensity This is a total body workout, with a combination of cardio and strength training.

Gentle Yoga: (60 min) Low intensity: Experience deep relaxation and gentle movement using basic yoga postures to build strength and flexibility.

Guided Stretching: (30 min) Low intensity: This full body stretching class will take you through movements focused primarily on tight muscles. Foam rollers, and other various props will be utilized.

Hatha Yoga: (60 min) Low intensity: This class is an all-levels practice incorporating breath, body, and mind. Attention to foundational and alignment principles with poses that offer an engaging yet mindful full-body experience.

HIIT: (45 min) High intensity Interval training incorporates short periods of intense anaerobic exercises, followed by short periods of recovery, delivering maximum results in less time.

HIGH Fitness: (45 min) a modern version of aerobics, which combines HIIT training and plyometric movements.

HydroRider: (60 min) Moderate intensity: Spin your wheels in the water in this aqua cycling class. Aqua shoes required.

Mindful Movement: (60 min) A gentle, intentional practice that focuses on connecting deeply with your body through movement, using breath awareness to cultivate present moment focus, promoting relaxation, flexibility, and increased body awareness, suitable for all levels and abilities, with modifications offered as needed.

Nia Dance: (60 min) Low intensity: An inspired barefoot dance style workout for body and soul. The class uses simple steps and free dance to create a fun and uplifting workout.

Pilates: (60min) Focuses on strength, stability, posture, proper breath control, and flexibility. Designed to strengthen your core, lengthen and balance your body.

Silver & Fit Experience: (45 min) Low to moderate intensity: This class is designed to increase and challenge flexibility, joint stability, dynamic balance, coordination, strength, and cardiovascular endurance. Class is done standing, with a chair.

SilverSneakers BOOM Move: (30 min) Low Intensity: A fun, dance-inspired cardio workout for older (55+) adults, featuring easy-to-follow steps set to upbeat music, improving heart health, agility, and mood.

Silver Sneakers Classic: (45 min) Low intensity: A variety of exercises designed for the senior adult to increase strength, range of movement, and activity for daily living. Uses hand weights, resistance bands, and a ball. The class remains seated for the majority of the class.

Silver Sneakers Yoga: (45 min) Low intensity: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement.

Basic Stability & Balance: (45 min) Low Intensity: Beginner-based class that focuses on exercises that enhance core strength, improve posture, and increase overall balance and coordination.
TRX: FUSION: (45min) Moderate Intensity: A classic suspension training class with strength, mobility, and a sprinkle of cardio all packed into a fun, total-body workout.
TRX POWER: (45 min) Moderate to High intensity: A strength-based dynamic full body workout using suspension training system.
TRX Sculpt & Stretch: (45 min) Moderate intensity: This TRX suspension workout uses body weight to develop strength, balance, flexibility, and core stability simultaneously. Class will end with guided stretching.
Upbeat Barre: (45 min) Moderate intensity: This is a muscular-endurance HIIT barre class. Cardio, strength, Pilates, and yoga, are combined with popular music to create an accessible, fun.
Vinyasa Yoga: (75 min) Low to moderate intensity: A class that challenges both beginners and advanced students alike, with a thoughtful arrangement of poses. This class offers proper modifications for beginners and options for advanced students.
WerQ: (60 min) Moderate to High intensity: A wildly addictive cardio dance workout based on the hottest pop and hip-hop music.
Yin Yoga: (45 min) Low Intensity: This is a slow-paced, meditative style of yoga that targets deep connective tissues—ligaments, joints, and fascia—by holding passive poses. It promotes deep relaxation, flexibility, and stress reduction, typically focusing on the hips, pelvis, and lower spine to improve energy flow and mental calm.
Yoga Fusion: (60 min) Low to Moderate Intensity: This energizing class blends traditional yoga postures with modern strength and mobility training for a well-rounded practice. Using weights, resistance bands, yoga blocks, and a Pilates ball, you will move through sequences that build core stability, functional strength, and joint mobility while staying grounded in mindful movement.
Zumba: (45-50 min) Moderate to high intensity: Dance your way through a good sweat! Infused with Latin, hip hop and international influences.

While registration is only required for the classes marked with a red (R), you are welcome to register for any class on the schedule. The benefit of registering is that if a class is canceled for any reason, you will receive an immediate email notification of the change.

Purchase Pilates Reformer Class Packs at Member Services

DAY	TIME	INSTRUCTOR
Monday	11:00am	Carrie B
Tuesday	6:15pm	Gina
Wednesday	9:45am	Carrie B
Thursday	10:30am	Gina
Friday	10:00am	Gina