



# Group Exercise Schedule

Winter 2026 (Effective 1/12/2026)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am   Spin Becca   S1	6:30am   Bootcamp Kim   Virtual	7:00am   VIIT Dawn   Virtual	7:00am   Bootcamp Dawn   Virtual	7:00am   S&C Allie   S2	6:30am   Bootcamp Kim   Virtual	8:00am   Mat Pilates Kim   S1
9:30am   Zumba Nancy   S1	8:15am   Cardio Dance Kim   S1	7:00am   Muscle Sculpt Allie   S2	8:15am   Deep H2O Allie   Pool	9:00am   S&C Kim   S2	8:15am   Cardio Dance Kim   S1	8:30am   Cardio Dance Orion   S1
10:30am   Restorative Yoga Rotating Coaches   S1	9:00am   Mat Pilates Kim   S1	9:00am   S&C Allie   SH	8:15am   Barre Kim   S1	9:05am   Deep H2O Allie   Pool	9:00am   TRX Circuit Rob   S2	9:00am   Barre Bootcamp Kim   Virtual
	9:05am   Deep H2O Allie   Pool	11:00am   Get Moving Allie   S1	9:05am   Aquafit Shallow Allie   Pool	10:45am   Senior Water Aerobics Kim   Pool	9:05am   Aquafit Shallow Allie   Pool	10:00am   Muscle Sculpt Kim   Virtual
	11:00am   Juggling Harry   Gym	12:00pm   Mobility Rob   S1	11:00am   Iyengar Senior Yoga Naama   S1	11:00am   Get Moving Allie   S1	11:00am   Senior Mobility Kim   S1	
	12:00pm   Senior Strength Allie   S1	4:00pm   S&C Allie   S2	12:00pm   Senior Strength Allie   S1	12:00pm   Mobility Rob   S1	12:00pm   Cardio Strength Kim   S2	
	4:00pm   Step Allie   S1	5:00pm   Zumba Maria   S1	4:00pm   Hard Core Allie   S2	4:00pm   TRX Allie   S2		<p><b>Location of Classes</b></p> <p><b>S1 - Studio 1</b></p> <p><b>S2 - Studio 2</b></p> <p><b>P - Pool</b></p> <p><b>\$ - Specialty Class – registration required</b></p> <p><b>SH – Social Hall</b></p> <p><b>V  - Virtual Only (Zoom)</b></p> <p><b>Hybrid Class.</b> Full Members can choose to attend LIVE in the studio or virtually from home through Zoom.</p>
	5:00pm   TRX Allie   S2	6:00pm   Cardio Core Kim   S2	4:00pm   Rental in S1	5:00pm   Barre Kim   S1		
	5:30pm   Spin Becca   S1		5:00pm   Cardio Strength Allie   S2	6:00pm   Mindful Power Yoga Kim   S1		
	6:30pm   Deep H2O Allie   Pool		5:30pm   Spin Becca   S1			

**Missing out on Group Ex. updates?**

Join remind.com by emailing your name & cell # and/or email address to [kdoe@jewishallianceri.org](mailto:kdoe@jewishallianceri.org)

## **CARDIO & STRENGTH**

### **Bootcamp**

A total body sculpting workout using aerobic and strength training. Emphasis varies by class and instructor, but you can be sure you will walk out tired and toned.

### **Variable Intensity Interval Training (VIIT)**

Rotate between high-intensity interval training (HIIT), medium-intensity (strength/endurance), and low-intensity (mind/body) recovery periods for a full-body workout!

### **TRX®/Power Circuit**

A mix of body weight strength exercises, calisthenics, and foundational movements performed mainly in circuit style.

### **Cardio Core**

This High Intensity Interval Training (HIIT) class will get your heart rate up and strengthen your core muscles through a variety of Tabata or interval style exercises.

### **Cardio Strength**

This class targets every muscle and is designed to make you sweat and burn calories while also building muscular strength.

### **Spin**

Hop on a stationary bike for a heart pumping workout. Climb, sprint, and train to great music for a full body workout.

### **Step**

Get an intense cardio workout, using an adjustable step and combinations of step patterns set to music. Low impact movements on and around the step will create variety.

### **Zumba/Cardio Dance**

A fusion of Latin and International rhythms that create a dynamic, exciting, dance fitness class that is based on the principle that a workout should be "FUN AND EASY TO DO."

### **Strength and Conditioning/Muscle Sculpt**

These classes are designed to increase physical strength through weight-bearing and resistance exercise. All major muscle groups are worked from head to toe. We finish with core.

### **TRX®**

Suspension Training® is a revolutionary method of leveraged bodyweight exercise that builds a strong core, strength, flexibility, and endurance. This workout harnesses the way your body naturally moves to improve your athletic performance.

### **Hard Core**

Challenge your core muscles and learn how to strengthen the muscles that stabilize your back, hips, and shoulders.

### **MIND & BODY**

#### **Mat Pilates**

A holistic approach to total body conditioning emphasizing the use of the mind and breath for the execution of controlled and concentrated movements.

#### **Barre / Barre Bootcamp**

A non-impact total body workout combining elements of Pilates, yoga, and ballet. Target all major muscle groups to reshape the entire body. No ballet or dance experience needed!

#### **Chair Yoga**

A gentle Iyengar yoga class which focuses on alignment and using a chair to modify the poses when needed. Includes mindfulness, relaxation, and breathing exercises.

#### **Mobility & Stretch**

Flow through a series of full-body static and dynamic stretches to improve flexibility and joint mobility.

#### **Mindful Strength Power Yoga**

Tone your body and mind and improve strength, stamina, flexibility, structural alignment, and balance. You will leave feeling relaxed and refreshed.

#### **Restorative Yoga**

Class begins with a short vinyasa flow, and then moves into holding passive stretches using props as needed. This class is for anyone looking to slow down, open the body, and relax.

## **ACTIVE OLDER ADULTS**

### **Get Moving!**

Let's move and have fun! Energetic, low-impact aerobics class.

### **Senior Strength**

This class uses gentle functional training exercises for full body strengthening. All you need is light weights and a chair!

### **Senior Movement & Mobility**

This class uses strength and functional training as well as balance exercises. Range of motion exercises focus on the joints to help maintain quality of living.



## **Hours of Operation**

Monday-Thursday | 6:00am - 8:00pm

Friday | 6:00am - 6:00pm

Saturday | 7:00am - 2:00pm

Sunday | 7:00am - 2:00pm

## **Group Exercise Class Rules**

- Participants must be on time to class. Due to safety concerns classes may not be joined more than 5 minutes after they begin.
- Appropriate and functional attire and footwear must be worn at all times.
- All equipment must be wiped down after use.
- Coats, bags, etc. are not allowed in the exercise studios. J-Fitness is not responsible for lost personal items and recommends securing your belongings.
- Schedule and instructors are subject to change.
- **Classes with fewer than 5 participants are subject to cancellation.**