



Group Exercise Schedule

Fall 2025 (Effective 9/8/2025)

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 S2	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	10:00am Beginner Tai Chi AI 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	11:00am Get Moving Allie 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	12:00pm Mobility Rob S1	12:00pm Senior Strength Allie S1	12:00pm Mobility Rob S1	12:00pm Cardio Strength Kim S2	
	4:00pm Step Allie S1	4:00pm S&C Allie S2	4:00pm Hard Core Allie S2	3:00pm Intermediate Tai Chi AI S1		
	5:00pm TRX Allie S2	5:00pm Zumba Maria S1	5:00pm Cardio Strength Allie S2	4:00pm TRX Allie S2		
	5:30pm Spin Becca S1	6:00pm Cardio Core Kim S2	5:30pm Spin Becca S1	5:00pm Barre Kim S1		
	6:30pm Deep H2O Allie Pool			6:00pm Mindful Power Yoga Kim S1		

Location of Classes

S1 - Studio 1

S2 - Studio 2

P - Pool

**\$ - Specialty Class – registration
required**

SH – Social Hall

V - Virtual Only (Zoom)

“Hybrid” Class. Full Members
can choose to attend LIVE in the
studio or virtually from home through
Zoom.

Missing out on Group Ex. updates?

Join remind.com by emailing your name & cell # and/or email address to 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.**