

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 am Group Power KDS, Molly <i>Live and Virtual</i>	6:15 am On Your Mark HIIT Kaufmann Gym, Bill	6:15 am Group Power KDS, Laurie	6 am Boot Camp Kaufmann Gym, Bill	6:15 am Group Power KDS, Marsha	6:15 am Spinning Spin Studio, Laurie	8:30 am On Your Mark HIIT Kaufmann Gym, Jermaine
8:15 am Spinning Spin Studio, Raelyn	6:15 am Group Blast KDS, Rachael	7 am On Your Mark HIIT Kaufmann Gym, Alida	6:15 am Spin Spin Studio, Marsha	6:30 am On Your Mark HIIT Kaufmann Gym, Bill	6:30 am On Your Mark HIIT Kaufmann Gym, Jermaine	8:45 am Group Blast KDS, Evan
9 am On Your Mark HIIT Kaufmann Gym, Moya	6:15 am Spinning Spin Studio, Marsha	7:30 am Group Core KDS, Evan	6:15 am Group Fight KDS, Laurie	7:30 am Group Core KDS, Laurie	7:15 am Blast 30 KDS Molly	10 am Group Centergy KDS, Evan
9:30 am Group Fight KDS, Lauren	8 am Group Centergy KDS, Laurie <i>Live and Virtual</i>	8 am Group Power KDS, Evan	7 am On Your Mark HIIT Kaufmann Gym, Alida	8 am Group Power KDS, Laurie	7:30 am Spinning Spin Studio Evan	11 am Group Active KDS, Evan
9:30 am Spinning Spin Studio, Molly	8 am On Your Mark HIIT Kaufmann Gym, Justin	8:30 am On Your Mark HIIT Kaufmann Gym, Bill	7:30 am 3D30 KDS, Mike	8 am On Your Mark HIIT Kaufmann Gym, Alida	8 am Group Centergy KDS Laurie <i>Live and Virtual</i>	Room Key KDS Kaufmann Dance Studio RDS Robinson Dance Studio
10:30 am Yoga KDS, Moya	8:15 am Pilates Levinson Hall, Lena	8:30 am Pilates Spin Studio, Annie	8 am Group Centergy KDS, Evan	8:30 am Stretch and Roll Spin Studio, Annie	8 am Yoga Stretch Levinson Hall, Marsha	
11 am Stretch and Roll Spin Studio, Alida	9:15 am Group Active KDS, Molly <i>Live and Virtual</i>	9 am Group Power KDS, Molly <i>Live and Virtual</i>	8:15 am Yoga Stretch Levinson Hall, Marsha	9 am Group Power KDS, Molly <i>Live and Virtual</i>	8:30 am On Your Mark HIIT Kaufmann Gym, Alida	
	9:15 am Spin 30 Spin Studio, Laurie	9:30 am Spinning Spin Studio, Alida	8:30 am On Your Mark HIIT Kaufmann Gym, Jermaine	9 am On Your Mark HIIT Kaufmann Gym, Bill	9:15 am Group Active KDS Molly	
	10:30 am Move 30 KDS, Annie	10:30 am Active Recovery Spin Studio, Alida	9 am Group Blast KDS, Laurie	9:30 am Spinning Spin Studio, Alida	9:15 am Yoga RDS Pamela	
		10:30 am Balance and Barre KDS, Lena	9:15 am Spin 30 Spin Studio, Annie	10:45 am Pilates KDS, Annie	9:30 am On Your Mark HIIT Kaufmann Gym, Jermaine	
			10 am Active Recovery Spin Studio, Annie		10:30 am Move 30 KDS, Evan	
			10:15 am Group Active KDS, Evan			

Due to the Functional Fitness Renovation, Recovery Room and Weight Room classes are being relocated!

Please be sure to check out the JCCPGH app for the room locations when you register.



JCC GROUP EXERCISE CLASSES • EVENING

MAY 19-31, 2025

SUNDAY

Fees

Centerfit Platinum:
No fee

General Members:
4 classes for \$40

NEW PROGRAM

MOVE30® will improve your Movement Health. In only 30 minutes, you will move with more ease, less restriction and increased confidence in everything you do in life or athletics. Expert coaching, motivating music and working at your own pace will help you succeed.

MONDAY

4 pm

On your Mark HIIT
Kaufmann Gym,
Michael

5 pm

Zumba
KDS, Wendy

6 pm

Group Fight
KDS, Mike

6 pm

Spinning
Spin Studio, Molly

TUESDAY

4:15 pm

3D30
KDS, Annie

5 pm

Group Power
KDS, Evan

6 pm

Group Centergy
KDS, Evan

6:15 pm

Yoga
Levinson Hall, Taya

WEDNESDAY

5:00 pm

Yoga
Levinson Hall, Rebecca

5:30 pm

Group Core
KDS, Mike

6 pm

Group Fight
KDS, Mike

THURSDAY

4:15 pm

Zumba
KDS, Wendy

5:15 pm

Group Power
KDS, Evan

5:30 pm

Pilates Flow
Levinson Hall, Lauren

6:15 pm

Group Centergy
KDS, Evan

6:15 pm

Spinning
Spinning Studio, Lauren

FRIDAY

4 pm

On Your Mark HIIT
Kaufmann Gym
Nicole

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Memorial Day Schedule Monday, May 26

8:15 am • Group Centergy

9:30 am • Move 30

KDS, Laurie

Active Recovery is a low-intensity class that focuses on reducing muscle tightness and knots, and myofascial release. Foam rollers, lacrosse balls, yoga straps, and static and dynamic stretching are used to help you recover faster and perform better.

Boom, Muscle and Move is a 30-45 minute beginning to intermediate class, with weights provided, that improves strength, endurance and balance.

Free to members; \$2/AgeWell members

Boot Camp is a structured, high intensity workout modeled after military style training. For the exerciser who needs additional motivation and a huge calorie burn.

Group Active is a diverse one-hour workout that improves cardiovascular fitness, builds total-body strength and enhances Movement Health™ for daily life, with a wide variety of innovative and athletic exercises using dumbbells, body weight and the step.

Group Blast is 60 minutes of cardio training that uses the step in a wide variety of ways to get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power and strength with exciting music and motivational coaching.

Group Centergy is an invigorating 60-minute full-body workout that incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility and flexibility. Emotive music drives the experience as you breathe and sweat through this movement journey.

Group Core gives you a stronger core, from your shoulders to your hips, in 30 action-packed minutes. Motivating music will push you through a variety of innovative exercises that use your body weight, weight plates the step and a towel.

Group Fight is a gripping hour combining the hottest, adrenaline-fueled MMA (mixed martial arts) movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Motivational coaching and exciting music will get you fighting fit.

Group Power is a one-hour, cutting edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body exercises using an adjustable barbell, weight plates body weight, the step, heart pounding music and expert coaching.

3D30 is a full-body, three dimensional, loaded movement training workout using the ViPR PRO. Enhance your coordination, agility and athletic performance in this efficient 30 minute HIIT workout.

On Your Mark HIIT is 45 minutes of intense training with brief recovery periods. Lift, carry, push, pull, kneel, jump/step/climb over something, move from the ground to standing, row, bike and run to create a big calorie burn and improve overall fitness. Modifications for everyone, no matter your fitness level.

Pilates is a low-impact mat class focused on building strength, stability, and flexibility throughout the body with a focus on the core.

Stretch and Roll is a full-body class that targets specific muscles and tendons using a foam roller to increase flexibility, reduce tension and help you feel your best.

Yoga is a mind and body practice that combines physical postures, breathing techniques and meditation or relaxation to promote mental and physical well-being.

Spinning And Spin 30 (30 minute format) is a group cycling class focusing on endurance, strength, intervals and recovery. Strengthen your heart, be kind to your joints, go easy on your knees and enhance your mental strength.