

JCC GROUP EXERCISE CLASSES • MORNING

JULY 2025

SUNDAY

8:15 am
Group Power
KDS, Molly
Live and Virtual

8:15 am
Spinning
Spin Studio, Raelyn

9 am
On Your Mark HIIT
Kaufmann Gym, Moya

9:30 am
Group Fight
KDS, Lauren

9:30 am
Spinning
Spin Studio, Molly

10:30 am
Yoga
KDS, Moya

11 am
Stretch and Roll
Spin Studio, Alida

MONDAY

6:15 am
On Your Mark HIIT
Kaufmann Gym, Bill

6:15 am
Group Blast
KDS, Rachael

6:15 am
Spinning
Spin Studio, Marsha

8 am
Group Centergy
KDS, Laurie
Live and Virtual

8 am
On Your Mark HIIT
Kaufmann Gym, Justin

8:15 am
Pilates
Levinson Hall, Lena

9:15 am
Group Active
KDS, Molly
Live and Virtual

9:15 am
Spin 30
Spin Studio, Laurie

10:30 am
Move 30
KDS, Annie

TUESDAY

6:15 am
Group Power
KDS, Laurie

7 am
On Your Mark HIIT
Kaufmann Gym, Alida

7:30 am
Group Core
KDS, Evan

8 am
Group Power
KDS, Evan

8:30 am
On Your Mark HIIT
Kaufmann Gym, Bill

8:30 am
Pilates
Spin Studio, Annie

9 am
Group Power
KDS, Molly
Live and Virtual

9:30 am
Spinning
Spin Studio, Alida

10:30 am
Active Recovery
Spin Studio, Alida

10:30 am
Balance and Barre
KDS, Lena

12:15 pm
3D30
KDS, Annie

NEW!

WEDNESDAY

6 am
Boot Camp
Kaufmann Gym, Bill

6:15 am
Spin
Spin Studio, Marsha

6:15 am
Group Fight
KDS, Laurie

7 am
On Your Mark HIIT
Kaufmann Gym, Alida

7:30 am
3D30
KDS, Mike

8 am
Group Centergy
KDS, Evan

8:15 am
Yoga Stretch
Levinson Hall, Marsha

8:30 am
On Your Mark HIIT
Kaufmann Gym, Alida

9 am
Group Blast
KDS, Laurie

9:15 am
Spin 30
Spin Studio, Annie

10 am
Active Recovery
Spin Studio, Annie

10:15 am
Group Active
KDS, Evan

THURSDAY

6:15 am
Group Power
KDS, Marsha

6:30 am
On Your Mark HIIT
Kaufmann Gym, Bill

7:30 am
Group Core
KDS, Laurie

8 am
Group Power
KDS, Laurie

8 am
On Your Mark HIIT
Kaufmann Gym, Alida

8:30 am
Stretch and Roll
Spin Studio, Annie

9 am
Group Power
KDS, Molly
Live and Virtual

9 am
On Your Mark HIIT
Kaufmann Gym, Bill

9:30 am
Spinning
Spin Studio, Alida

10:45 am
Pilates
KDS, Annie

12 pm
Group Centergy
KDS, Annie

NEW!

FRIDAY

6:15 am
Spinning
Spin Studio, Laurie

6:15 am
Group Fight
KDS, Lauren

6:30 am
On Your Mark HIIT
Kaufmann Gym, Jermaine

7:15 am
Blast 30
KDS, Molly

7:30 am
Spinning
Spin Studio, Evan

8 am
Group Centergy
KDS, Laurie
Live and Virtual

8 am
Yoga Stretch
Levinson Hall, Marsha

8:30 am
On Your Mark HIIT
Kaufmann Gym, Jermaine

9:15 am
Group Active
KDS, Molly
Live and Virtual

9:15 am
Yoga
RDS, Pamela

9:30 am
On Your Mark HIIT
Kaufmann Gym, Jermaine

10:30 am
Move 30
KDS, Evan

SATURDAY

8:30 am
On Your Mark HIIT
Kaufmann Gym, Jermaine

8:45 am
Group Blast
KDS, Evan

10 am
Group Centergy
KDS, Evan

11 am
Group Active
KDS, Evan

Room Key
KDS
Kaufmann Dance Studio

RDS
Robinson Dance Studio

FRIDAY, JULY 4 CLASSES:

8:15 am
Spinning
Evan

9:30 am
Group Active
Evan



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

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

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

July 2025 Launch Events

Group Power	Sunday, July 13	8:15 am
Group Fight	Sunday, July 13	9:30 am
Group Core	Tuesday, July 15	7:30 am
3D30	Wednesday, July 23	7:30 am
Group Blast	Saturday, July 26	8:15 am
Group Centergy	Saturday, July 26	10 am

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.

Active Recovery is a low-intensity class that focuses on reducing muscle tightness and knots, and myofascial release. Massage guns, 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.

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.

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.

Stretch and Roll is a full-body class that targets specific muscles and tendons using a foam roller and lacrosse balls 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.