

CENTER HOURS	
MON-THU, 5:30 AM-11 PM	
FRI, 5:30 AM-10 PM	
SAT-SUN, 7 AM-10 PM	

SUN, SEP 29	
8:30-9:15 AM 3M	JCC Ride Lisa Raphael
9-9:55 AM 4FL	Zumba Alet Taylor
9-9:55 AM 5FL	Pilates Mat Cindy Thrall
10-10:55 AM 4FL	Fluidity® Barre Cariann Chan/ Olivia Westergaard
10-11:25 AM 5FL	Aligned Flow Yoga Jorge Sevillano
11:05 AM-12:05 PM 4FL	Total Body Core Liz Barkan
12:05-1:05 PM 4FL	MELT®/A.I. Stretch Liz Barkan

EREV ROSH HASHANAH
JCC BUILDING HOURS
7 AM-4 PM
(Pool always closes 30 minutes before)

SEE REVERSE
FOR OCT 6-9
LISTINGS

MON, SEP 30
ROSH HASHANAH
JCC CLOSED

TUE, OCT 1
ROSH HASHANAH
JCC CLOSED

6-6:45 AM 3M	JCC Ride Lisa Raphael
7-8 AM MAIN POOL	Coed Water Exercise ♦ Jacob Sum
7:15-8:30 AM 5FL	Yoga Diana Rilov
7:30-8:30 AM MAKOM	Meditation FREE Peter Silverman ♥
8-8:55 AM 4FL	MELT® Length Sue Hitzmann
9-10 AM 4FL	Fitness Plus ♦ Sara Berg
9-10 AM 5FL	Let's Dance Tori Pence
9:15-10 AM 3M	JCC Ride Sue Hitzmann
10:10-11:05 AM 5FL	Basic Fitness ♦ Sara Berg
10:15-11:10 AM 4FL	MELT® Strength ♦ Sue Hitzmann
11:15 AM-12:10 PM 4FL	Zumba Don Philpott
12:15-1:10 PM 4FL	Pilates Mat Julia Lopez
12:15-1:45 PM 5FL	Hatha Yoga ♦ Jackie Prete
5:45-6:45 PM MAKOM	Meditation FREE Igal Harmelin
6-6:25 PM 5FL	CORE Power Jessica Gumora
6:05-7:05 PM TRAINING POOL	Aquability ♦ Robin Mandel
6:15-7:10 PM 4FL	Nia Dance Caroline Kohles
6:15-7 PM 3M	Rhythm Ride NEW Jodi Brockington
6:30-7:45 PM 5FL	Vinyasa Flow Yoga Jessica Gumora
7:15-8:15 PM 4FL	SWEATCamp Jodi Brockington

7:30-8:30 AM MAKOM	Meditation Sheila Lewis
8-9 AM MAIN POOL	Coed Water Exercise ♦ Chris LaCour
8:30-9:25 AM 4FL	Nia Dance Caroline Kohles
9:30-10:25 AM 4FL	Intense Conditioning Jonathan Wood
9:30-10:30 AM MAIN POOL	Water Ex for Women Only ♦ Jennilynn Patterson ♥
10:30-11:30 AM MAIN POOL	Water Ex for Women Only ♦ Jennilynn Patterson ♥
10:30-11:45 AM 4FL	Aligned Flow Yoga Adele Munisteri
11:30 AM-12:30 PM 5FL	Chi Gong Julia Kulakova
11:50 AM-12:45 PM 4FL	Body Conditioning Liz Barkan
12:50-1:50 PM 4FL	MELT®/A.I. Stretch (Intermediate) Liz Barkan
5:45-6:45 PM MAKOM	Meditation FREE Sheldon Lewis
6-6:30 PM 4FL	HIIT Circuit NEW Brett Gordon
6:05-7:05 PM TRAINING POOL	Aqua Aerobics ♦ Will Madera
6:15-7:25 PM 5FL	Gentle Yoga Seth Lieberman
6:40-7:25 PM 4FL	TRX Jonathan Wood
7:30-8:15 PM 4FL	Cardio and Core Jonathan Wood
7:30-8:15 PM 5FL	MELT® Length Liz Barkan/Jeanene Garro

6-6:45 AM 3M	JCC Indoor Ride Lisa Raphael
7-8 AM 5FL	Pilates Mat Kathleen Smith
7:15-8:15 AM MAIN POOL	Coed Water Exercise ♦ DeJuan Lewis
7:30-8:30 AM MAKOM	Meditation FREE Sheila Lewis
8-8:55 AM 4FL	MELT® Length Whitney Chapman/ Julia Kulakova
9-9:55 AM 4FL	Fitness Plus ♦ Sara Berg
9-9:55 AM 5FL	Modern Jazz Tyler Brown
9:15-10 AM 3M	JCC Ride Danielle Landau
10-10:55 AM 4FL	Fluidity® Barre Myra Thibault
10-11 AM 5FL	Basic Fitness ♦ Sara Berg
11:10 AM-12:10 PM 4FL	Zumba Don Philpott
12:15-1:10 PM 4FL	Feldenkrais® Pilates Sonja Johansson NEW
12:15-1:30 PM 5FL	Yoga Diana Rilov

8-9:15 AM 5FL	Iyengar Yoga Kavi Patel
8:30-9:15 AM 4FL	Cardio Intervals Lisa Raphael
9:15-10:15 AM 3M	JCC Power Hour Ride John Mudd
9:30-10:25 AM 4FL	Stretch. Release. Align. NEW Claudia Brown
9:30-10:30 AM 5FL	Dance Fit Flow NEW Florian Fructuoso
10:30-11:25 AM 4FL	Nia Dance Roger/Kari/Caroline
11:30 AM-12:25 PM 4FL	Pilates Mat Robin Powell
12:30-1:30 PM 4FL	MELT® + Weights (Int.) Liz Barkan
12:30-1:15 PM 5FL	ELDOA: Stretch Your Spine Brandi Ong
1:45-2:45 PM 4FL	Tai Chi NEW Robert Woodbine
4-5 PM 5FL	Gentle Yoga Whitney Chapman/ Jeanene Garro
6-7:15 PM	Nia Jam FREE 9/21, 10/19, 11/16, 12/14 Caroline, Jayne + Guests

PLEASE NOTE:

- ♦ Fitness and Pool members only; class passes do not apply.
- ♦ You must sign in at the Fitness desk to obtain a number to attend this class. Priority is given to Fitness Center Members, then class passes and guests. Classes marked **FREE** are free for everyone.
- In order to bring you the most up-to-date programming, classes, instructors, and times are subject to change.
- Classes must maintain an average of 8 participants to remain on the schedule. Class pass participants may attend classes on a space available basis.
- For safety reasons, please do not enter a class 10 minutes or more after class start time.

CENTER HOURS

MON-THU, 5:30 AM-11 PM
FRI, 5:30 AM-10 PM
SAT-SUN, 7 AM-10 PM

SUN, OCT 6

8:30-9:15 AM 3M	JCC Ride Lisa Raphael
9-9:55 AM 4FL	Zumba Alet Taylor
9-9:55 AM 5FL	Pilates Mat Cindy Thrall
10-10:55 AM 4FL	Fluidity® Barre Cariann Chan/ Olivia Westergaard
10-11:25 AM 5FL	Aligned Flow Yoga Jorge Sevillano
11:05 AM-12:05 PM 4FL	Total Body Core Liz Barkan
12:05-1:05 PM 4FL	MELT®/A.I. Stretch Liz Barkan
1:30-2:45 PM 5FL	Basic Yoga Susan Genis
5:15-6:15 PM 4FL	Boxing Krudner Fiote, Jr., "JR"
5:30-6:15 PM 3M	JCC Ride Jonathan Wood
6-7:15 PM 5FL	Restorative Yoga Jayne Mielo
6:30-7:30 PM 4FL	Sculpt + Tone Jonathan Wood

GET THE JCC APP

Download the new **JCC app** in the App Store and have the group exercise schedule sent straight to your phone.

MON, OCT 7

7:15-8:15 AM MAIN POOL	Coed Water Exercise ♠ Will Madera
7:30-8:30 AM MAKOM	Meditation FREE Michele Sapanaro
8-8:55 AM 4FL	MELT® Length Claudia Brown/Liz Barkan
8-8:55 AM 5FL	Basic Fitness ♦ Sara Berg
9-10 AM 4FL	Fitness Plus ♦ Sara Berg
9-10 AM 5FL	Just Dance Winter Gabriel
9:15-10 AM 3M	JCC Ride Louisa Plous
10:15-11:10 AM 4FL	MELT® Strength Edya Kalev
10:10-11:10 AM 5FL	Basic Fitness ♦ Sara Berg
11:15 AM-NOON 4FL	MELT® Length Edya Kalev
11:15 AM-12:15 PM 5FL	Sit 'N Fit: Exercise for Arthritis + More Brian Hurley
12:15-1:15 PM 4FL	Pilates Mat Frances Taylor Brown
12:15-1:45 PM 5FL	Hatha Yoga ♦ Jackie Prete
5:45-6:45 PM MAKOM	Meditation FREE Jonathan Slater
6-6:55 PM 4FL	Fluidity® Barre Myra Thibault
6:05-7:05 PM TRAINING POOL	Coed Water Exercise ♠ Will Madera
6:15-7:30 PM 5FL	Yoga Diana Rilov
6:30-7:15 PM 3M	Party Ride Brett Gordon
6:15-6:45 PM 4FL MAT	Fitness + Wellness Concierge Jessica Gumora/ Caroline Kohles
7-8 PM 4FL	Nia Dance Caroline Kohles

TUE, OCT 8

7-8 AM 4FL	Pilates Mat Olivia Westergaard
7:30-8:30 AM MAKOM	Meditation FREE Linda Thal
8:30-9:25 AM 4FL	Nia Dance Caroline Kohles
9:30-10:25 AM 4FL	"Try Club" Lisa Raphael
9:30-10:25 AM 5FL	Pilates Mat (Int.) Robin Powell
10:30-11:25 AM 5FL	Pilates Intermediate Flow Robin Powell
10:30-11:30 AM MAIN POOL	Water Ex for Women Only ♠ Jennilynn Patterson ♥
10:30-11:45 AM 4FL	Embodied Breath Yoga Roxlyn Moret

EREV YOM KIPPUR
 JCC BUILDING HOURS
 5:30 AM-4 PM
 (Pool always closes 30 minutes before)

WED, OCT 9

YOM KIPPUR JCC CLOSED

THU, OCT 10

7:30-8:30 AM MAKOM	Meditation Sheila Lewis
8-9 AM MAIN POOL	Coed Water Exercise ♠ Chris LaCour
8:30-9:25 AM 4FL	Nia Dance Caroline Kohles
9:30-10:25 AM 4FL	Intense Conditioning Jonathan Wood
9:30-10:30 AM MAIN POOL	Water Ex for Women Only ♠ Jennilynn Patterson ♥
10:30-11:30 AM MAIN POOL	Water Ex for Women Only ♠ Jennilynn Patterson ♥
10:30-11:45 AM 4FL	Aligned Flow Yoga Adele Munisteri
11:30 AM-12:30 PM 5FL	Chi Gong Julia Kulakova
11:50 AM-12:45 PM 4FL	Body Conditioning Liz Barkan
12:50-1:50 PM 4FL	MELT®/A.I. Stretch (Intermediate) Liz Barkan
5:45-6:45 PM MAKOM	Meditation FREE Sheldon Lewis
6-6:30 PM 4FL	HIIT Circuit NEW Brett Gordon
6:05-7:05 PM TRAINING POOL	Aqua Aerobics ♠ Will Madera
6:15-7:25 PM 5FL	Gentle Yoga Seth Lieberman
6:40-7:25 PM 4FL	TRX Jonathan Wood
7:30-8:15 PM 4FL	Cardio and Core Jonathan Wood
7:30-8:15 PM 5FL	MELT® Length Liz Barkan/Jeanene Garro

FRI, OCT 11

6-6:45 AM 3M	JCC Indoor Ride Lisa Raphael
7-8 AM 5FL	Pilates Mat Kathleen Smith
7:15-8:15 AM MAIN POOL	Coed Water Exercise ♠ DeJuan Lewis
7:30-8:30 AM MAKOM	Meditation FREE Sheila Lewis
8-8:55 AM 4FL	MELT® Length Whitney Chapman/ Julia Kulakova
9-9:55 AM 4FL	Fitness Plus ♦ Sara Berg
9-9:55 AM 5FL	Modern Jazz Tyler Brown
9:15-10 AM 3M	JCC Ride Danielle Landau
10-10:55 AM 4FL	Fluidity® Barre Myra Thibault
10-11 AM 5FL	Basic Fitness ♦ Sara Berg
11:10 AM-12:10 PM 4FL	Zumba Don Philpott
12:15-1:10 PM 4FL	Feldenkrais® Pilates Sonja Johansson NEW
12:15-1:30 PM 5FL	Yoga Diana Rilov

SAT, OCT 12

8-9:15 AM 5FL	Iyengar Yoga Kavi Patel
8:30-9:15 AM 4FL	Cardio Intervals Lisa Raphael
9:15-10:15 AM 3M	JCC Power Hour Ride John Mudd
9:30-10:25 AM 4FL	Stretch. Release. Align. NEW Claudia Brown
9:30-10:30 AM 5FL	Dance Fit Flow NEW Florian Fructuoso
10:30-11:25 AM 4FL	Nia Dance Roger/Kari/Caroline
11:30 AM-12:25 PM 4FL	Pilates Mat Robin Powell
12:30-1:30 PM 4FL	MELT® + Weights (Int.) Liz Barkan
12:30-1:15 PM 5FL	ELDOA: Stretch Your Spine Brandi Ong
1:45-2:45 PM 4FL	Tai Chi NEW Robert Woodbine
4-5 PM 5FL	Gentle Yoga Whitney Chapman/ Jeanene Garro
6-7:15 PM	Nia Jam FREE 9/21, 10/19, 11/16, 12/14 Caroline, Jayne + Guests

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