

# GROUP EXERCISE

NOVEMBER 1 - DECEMBER 30 2025

IN THE POOL

EAST WEST  
AEROBICS STUDIO

STUDIO 1

STUDIO 4/5

IN THE CYCLE  
STUDIO

STUDIO 7

*\*PREMIUM PROGRAMS*

UPDATED ON NOV 14, 2025  
(11 AM) SUBJECT TO CHANGE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RESTOR. PILATES W/ SHANNON 8:30 - 9:15 AM	YOGA PILATES FUSION W/ GHAZAL 8:30 - 9:25 AM	CYCLE W/ LIA 7:00 - 7:45 AM	PILATES W/ MELISSA 8:30 - 9:25 AM	BEGINNER TAI CHI W/ LIA F. 8:30 - 9:25 AM	CYCLE W/ MIKE 8:30 - 9:15 AM	AQUAFIT W/ SHEELA 8:30 - 9:15 AM
20/20/20 W/ ALEXANDRA 9:30 - 10:25 AM	ZUMBA W/ KARMIEL 9:30 - 10:25 AM	20/20/20 (LOW IMPACT) W/ DEVON 8:30 - 9:25 AM	BARRE W/ ALEXANDRA 9:30 - 10:25	20/20/20 W/ MARY 9:30 - 10:20 AM	AQUAFIT W/ EMRE 8:30 - 9:15 AM	GENTLE YOGA W/ KARMIT 9:30 - 10:25 AM
BARS + PLATES W/ LIA 9:30 - 10:25 AM	BARRE W/ MARY 9:30 - 10:20 AM	RESTOR. PILATES & YOGA W/ CAMMY 9:30 - 10:25 AM	ESSENTRICS W/ NANCY 9:30 - 10:25	DEEP WATER AQUAFIT W/ CONNIE 9:30 - 10:15 AM	BARS + PLATES W/ KARINA 9:30 - 10:25 AM	KETTLEBELL W/ VERLAJ 10:30 - 11:25 AM
AQUAFIT W/ STIVA 9:30 - 10:15 AM	BEG-INT OSTEOFIT W/ TERRY 10:30AM - 11:25 AM	AQUAFIT W/ LIA 9:30 - 10:15 AM	BEG-INT OSTEOFIT W/ NANCY 10:30 - 11:25 AM	AQUAFIT W/ CONNIE 10:30 - 11:15 AM	GROOVE W/ LEIGH 10:30 - 11:25 AM	CYCLE W/ MIKE 10:30 - 11:15 AM
AQUAFIT W/ CHARLES 10:30 - 11:15 AM	AQUAFIT W/ LIA 10:30 - 11:15 AM	AQUAFIT W/ SARA 10:30 AM - 11:15	ZUMBA W/ EDGAR 10:30 -11:25 AM	GENTLE YOGA W/ 10:30 - 11:20 AM	POWER YOGA W/ JANET 11:30 AM - 12:30 PM	POWER YOGA W/ ABDOU 12:30 - 1:25 PM
YOGA PILATES FUSION W/ KARMIT 10:30 - 11:25 AM	20/20/20 W/ STIVA 10:30 - 11:25 AM	STRONG NATION W/ EDGAR 10:30 - 11:25 AM	AQUAFIT W/ REZA 10:30 -11:15 AM	ZUMBA W/ KARINA 10:30 - 11:25 AM	LOWER BODY BLAST W/ LUIS 12:30 - 1:15 PM	ZUMBA W/ FABIO 1:30 - 2:25 PM
CARDIO MIX W/ EDGAR 10:30 - 11:20 AM	CARDIO DANCE + W/ STIVA* 11:30 AM - 12:25 PM	FALLS PREVENTION W/ DEVON 10:30 - 11:25AM	20/20/20 W/ STIVA 11:30 AM - 12:25 PM	CHAIR YOGA W/ DALE 10:30 - 11:25 AM	CYCLE W/ JULIA 12:30 - 1:15 PM	RESTORATIVE YOGA-STRETCH W/ DALE 2:30 - 3:25 PM
PILATES W/ JOYCE 11:30 AM - 12:25 PM	PILATES W/ ADRIENNE 12:30 - 1:25 PM	PILATES W/ ADRIENNE 11:30 AM - 12:25 PM	BARS + PLATES W/ EDGAR 12:30 - 1:25 PM	PILATES W/ ADRIENNE 11:30 AM - 12:25 PM	AQUAFIT W/ KATIE 12:45 - 1:30 PM	
BARRE W/ LISA 11:30 AM - 12:20 PM	GROOVE W/ FABIO 4:30 - 5:25 PM	STRETCH + STRENGTH W/ EDGAR 12:30 - 1:15 PM	GENTLE STRETCH W/ NANCY 1:30 - 2:30 PM	OSTEOFIT PLUS W/TERRY* 11:30 AM - 12:25 PM		
OSTEOFIT W/ C.P. 12:30 - 1:25 PM	BARS AND PLATES W/ ANA 4:30 - 5:25 PM	PILATES W/ JOYCE 4:30 - 5:20 PM	PILATES W/ ADRIENNE 4:30 - 5:25 PM	CARDIO BOX W/ LUIS 12:30 - 1:15 PM		
ESSENTRICS W/ NANCY 12:30 - 1:25 PM	CYCLE W/ GUS 5:30 - 6:15 PM	5:30 - 6:25 PM BOOTCAMP W/ANGEL	BOOTCAMP W/ KARINA 5:30 - 6:15 PM	STABILITY BALL + MOBILITY W/ WAYNE 1:30 - 2:15 PM		
CORE SCULPT W/MARY 3:30 - 4:25 PM	BODY SHRED W/ CONNIE 5:30 - 6:15 PM	CYCLE W/ ANGEL 6:30 - 7:15 PM	CYCLE W/ ANA 5:30 - 6:15 PM	ZUMBA W/ MELISSA 4:30 - 5:25 PM		
GROOVE W/ MARY 4:30 - 5:25 PM	POWER YOGA W/ CAMMY 6:30 - 7:25 PM	PILATES W/ SABRINA 7:30 - 8:30 PM	HIIT PILATES W/ MITHRA 6:30 - 7:25 PM	BARS + PLATES W/ NIMA 4:30 - 5:25 PM		
BARS + PLATES W/ KARINA 5:30 - 6:25 PM	CARDIO BOX W/ CAROLINA 7:30 - 8:30 PM		ZUMBA W/ CAROLINA 7:30 - 8:30 PM	BARRE W/ MARY 5:30 - 6:25 PM		
PILATES W/ SABRINA 6:30 - 7:25 PM			POWER YOGA W/ CAMMY 7:30 - 8:30 PM	REST. PILATES-STRETCH W/ RIKA 5:30 - 6:25 PM		
ZUMBA W/ CAROLINA 7:30 - 8:30 PM				KETTLEBELL W/ NIMA 6:30 - 7:30 PM		

# CLASS DESCRIPTIONS

MNJCC.ORG/GROUPEX

## **20/20/20**

Three different workouts in one! This class offers 20 min of cardio, 20 min of strength training and 20 min of core and stretching.

## **Beginner Tai Chi**

Discover the true joy of Tai Chi. Decrease stress and improve stability, strength and flexibility through flowing movements.

## **Cardio Box**

A high-energy, music-driven workout that features cardio kickboxing combinations, sports drills and dancing in a fun atmosphere.

## **CycleFit**

Prepare for a great cardiovascular workout! Pedal through hill climbs, sprints, and many other challenging drills.

## **Gentle Yoga**

This is a gentle, slower moving yoga class. Options and props will be provided including weights, blocks and straps.

## **Kettlebell Conditioning**

A high-intensity workout that can help you meet your toughest fitness goals. Best suited for regular gym-goers who have an established level of fitness.

## **Restorative Pilates**

A class specifically designed to improve balance and flexibility, as well as assist in rehabilitation from injury or surgery.

## **Stretch + Strength**

This class will first target all of your muscles with a strength training workout and then move into a relaxing stretch workout that will rebalance your body.

## **Yoga**

Create a union between your body, mind and spirit through movements as you gain strength, flexibility, and concentration.

## **Aquafit**

This low-impact class is performed in the shallow or deep end of our saltwater pool and is designed to improve joint stability, coordination, heart health, and strength.

## **Beginner-Intermediate Osteofit**

This program is a low-intensity, slow-paced, weight-bearing and resistance workout incorporating functional movements.

## **Cardio Mix**

A blend of hi-low impact aerobics, dance, athletic intervals, cardio box and more.

## **Essentrics™**

A dynamic, full-body workout that simultaneously combines stretching and strengthening, while engaging all muscles.

## **Groove**

A dance class that is great for beginners! Dance to different rhythms and have fun while burning calories.

## **Masters Swim**

A great workout and training provided by one of our experienced coaches who can help you achieve your swimming goals.

## **Restorative Yoga & Stretch**

A restful practice that holds yoga poses (asanas) and stretches for a longer duration using yoga blocks, blankets, and bolsters.

## **Stretch/Gentle Stretch**

Include stretches for the entire body with classical, dynamic, static, and/or yoga postures to stretch and strengthen the body, calm the mind, and reduce the risk of injury.

## **Yoga Pilates Fusion**

A wonderful blend of both disciplines, this class harnesses flowing meditative and creative sequences.

## **Barre**

Barre fitness is a hybrid workout class that is inspired by elements of ballet, Pilates, dance and strength training.

## **BODYSHRED**

A high intensity, endurance-based 30 min interval workout. Includes 4 sets of exercises broken down into Strength (3 min), Cardio (2 min), and Core/Active Recovery (1 min).

## **Chair Yoga**

A gentle practice with postures performed while seated and/or with the aid of a chair. A great form of yoga for beginners and seniors.

## **Falls Prevention**

A class is designed for individuals experiencing challenges with balance and mobility to reduce the risk of falls.

## **Hatha Yoga**

Combining breath and movement with traditional sun salutations, the movements in this yoga class will help you to develop strength, flexibility, and concentration.

## **Pilates**

A beginner-friendly method of exercise that will help to develop your strength, flexibility, and endurance.

## **Stability Ball & Mobility**

Expect a serious core workout in this class that works your lower back and hip flexors while improving your range of motion.

## **Strong Nation**

Combines body weight, muscle conditioning, cardio and plyometric training in a high-intensity, music-driven class. Expect HIIT style movements (skaters, jumping jacks, drills, etc).

## **Zumba™**

A workout that feels like a dance party! Sweat and sway while you perform simple choreography to great Latin music.

## **Bars + Plates**

A high-rep strength training workout that targets all of your major muscle groups. Designed to burn calories and improve bone health.

## **Bootcamp & Bar Strength**

A high-intensity, athletic agility and strength training class. Expect high-rep strength training with bars and plates, as well as cardiovascular challenges.

## **Core Sculpt**

A dynamic workout designed to strengthen and tone your core muscles. Build stability, improve posture, and enhance strength.

## **Functional Fitness**

A crossfit-inspired, intense strength workout that readies your body for everyday activities. For intermediate to adv. exercisers.

## **HIIT Pilates**

This class combines intense, 100% effort bursts of exercise, followed by with active recovery periods of Pilates movements.

## **Power Yoga**

Power Yoga is a flowing Ashtanga yoga practice with a focus on building strength and stamina while calming the mind.

## **Strength**

A Total Body Workout that may include free weights, bands, and more, targeting all muscles, including the hips, glutes, thighs, chest, back, shoulders, and arms.

## **Swim Fit (15+)**

Designed for more adv. swimmers who have a strong understanding and proficient front crawl, back crawl, and breaststroke. Must be able to swim 400m continuously.

## **Zumba Gold**

A low-impact, dance-inspired workout designed for active older adults, or anyone looking for a gentler fitness option.