

GROUP EXERCISE

JANUARY 2 - FEBRUARY 28 2026

IN THE POOL
EAST WEST AEROBICS STUDIO
STUDIO 1

STUDIO 4/5
IN THE CYCLE STUDIO
STUDIO 7

**PREMIUM PROGRAMS*

UPDATED ON JAN 2, 2026
SUBJECT TO CHANGE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RESTOR. PILATES W/ SHANNON 8:30 - 9:15 AM	YOGA PILATES FUSION W/ ABDOU 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	HIIT PILATES W/ MITHRA 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	CHAIR PILATES W/ JOYCE 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	PILATES W/ ADRIENNE 11:30 AM - 12:25 PM	GENTLE STRETCH W/ NANCY 1:30 - 2:30 PM	<u>OSTEOFIT PLUS W/TERRY*</u> 11:30 AM - 12:25 PM		
OSTEOFIT W/ C.P. 12:30 - 1:25 PM	BARS AND PLATES W/ LUIS 4:30 - 5:25 PM	STRETCH + STRENGTH W/ EDGAR 12:30 - 1:15 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	PILATES W/ JOYCE 4:30 - 5:20 PM	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	BOOTCAMP W/ANGEL 5:30 - 6:25 PM	CYCLE W/ GUS 5:30 - 6:15 PM	BARS + PLATES W/ NIMA 4:30 - 5:25 PM		
GROOVE W/ MARY 4:30 - 5:25 PM	POWER YOGA W/ CAMMY 6:30 - 7:25 PM	ZUMBA W/ JENN 6:30-7:25PM	PILATES W/ SABRINA 6:30 - 7:25 PM	BARRE W/ MARY 5:30 - 6:25 PM		
BARS + PLATES W/ KARINA 5:30 - 6:25 PM	CARDIO BOX W/ CAROLINA 7:30 - 8:30 PM	CYCLE W/ ANGEL 6:30 - 7:15 PM	ZUMBA W/ CAROLINA 7:30 - 8:30 PM	REST. PILATES-STRETCH W/ RIKA 5:30 - 6:25 PM		
PILATES W/ SABRINA 6:30 - 7:25 PM		PILATES W/ SABRINA 7:30 - 8:30 PM	POWER YOGA W/ CAMMY 7:30 - 8:30 PM	HATHA YOGA W/ RIKA 6:30 - 7:30 PM		
ZUMBA W/ CAROLINA 7:30 - 8:30 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.

Core Sculpt

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

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.

CycleFit

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

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.

Essentrics™

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

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.

Chair Pilates

A low-impact, supportive workout using a chair to build strength, flexibility, balance, and core stability—accessible for all fitness levels.

Falls Prevention

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

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.