

GROUP EXERCISE

SEP 1 2026 TO AUG 31 2027

	IN THE POOL		STUDIO 5
	AEROBICS STUDIO		STUDIO 6
	STUDIO 1		STUDIO 7

UPDATED ON AUG 31, 2026
SUBJECT TO CHANGE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES FOUNDATIONS WITH JOYCE 8:30 - 9:25AM	ESSENRICS/BARRE W/ NANCY 8:30 - 9:25AM	CYCLE W/ LIA 7 - 7:45AM	PILATES W/ MELISSA 8:30 - 9:25AM	MINDFUL MOVEMENT 8:30 - 9:25AM	CYCLE W/ MIKE 8:30 - 9:15AM	AQUAFIT W/ SHEELA 8:30 - 9:15AM
20/20/20 W/ ALEXANDRA 9:30 - 10:30AM	YOGA PILATES FUSION W/ ABDOU 8:30 - 9:25AM	BALLROOM DANCE W/ ANTOINE 8:30 - 9:25AM	BARRE W/ ALEXANDRA 9:30 - 10:25AM	KETTLEBELL W/ LUIS 9:30 - 10:30AM	AQUAFIT W/ EMRE 8:30 - 9:15AM	GENTLE YOGA W/ KARMIT 9:30 - 10:25AM
BARS + PLATES W/ LIA 9:30 - 10:30AM	ZUMBA WITH KARMIEL 9:30 - 10:25AM	RESTOR. PILATES & YOGA W/ CAMMY 9:30 - 10:25AM	ESSENRICS W/ NANCY 9:30 - 10:25AM	20/20/20 W/ EDGAR 9:30 - 10:25AM CLASS STARTS SEPT 25	BARS + PLATES W/ KARINA 9:30 - 10:25AM	
AQUAFIT W/ STIVA 9:30 - 10:15AM	OSTEOFIT W/ TERRY 10:30 - 11:25 AM	AQUAFIT W/ LIA 9:30 - 10:15AM	BEG-INT OSTEOFIT W/ NANCY 10:30 - 11:25AM	DEEP WATER AQUAFIT W/ CONNIE 9:30 - 10:15AM	GROOVE W/ LEIGH 10:30 - 11:25AM	KETTLEBELL W/ VERLAJ 10:30 - 11:25AM
AQUAFIT W/ CHARLES 10:30 - 11:15AM	AQUAFIT W/ LIA 10:30 - 11:15 AM	AQUAFIT W/ SABRINA 10:30 - 11:15AM	ZUMBA W/ EDGAR 10:30 - 11:25AM	AQUAFIT W/ CONNIE 10:30 - 11:15AM	POWER YOGA W/ JANET 11:30AM - 12:25PM	
CHAIR PILATES W/ JOYCE 10:30 - 11:25AM	20/20/20 W/ STIVA 10:30 - 11:25AM	STRONG NATION W/ EDGAR 10:30 - 11:25AM	20/20/20 W/ STIVA 11:30AM - 12:25PM	GENTLE YOGA W/ TERRY 10:30 - 11:25AM	BARRE W/ MELISSA 12:30 - 1:25PM	CYCLE W/ MIKE 10:30 - 11:15AM
YOGA PILATES FUSION W/ KARMIT 10:30 - 11:25AM	CARDIO DANCE W/ STIVA 11:30AM - 12:25PM	FALL PREVENTION W/ TERRY 10:30 - 11:25AM	OSTEOFIT W/ CP 12:30 - 1:25PM	ZUMBA W/ KARMIEL 10:30 - 11:25AM		
CARDIO MIX W/ EDGAR 10:30 - 11:25AM	PILATES W/ ADRIENNE 12:30 - 1:25PM	RESTORATIVE PILATES YOGA W/ CAMMY 11:30AM - 12:15PM	BARS & PLATES WITH EDGAR 12:30 - 1:30PM	CHAIR YOGA W/ DALE 10:30 - 11:25AM	CYCLE W/ JULIA 12:30 - 1:15PM	POWER YOGA W/ ABDOU 12:30 - 1:25PM
PILATES W/ JOYCE 11:30AM - 12:25PM	CHAIR YOGA W/ KARMIT 1:30 - 2:30PM	GENTLE STRETCH W/ NANCY 1:30 - 2:30PM	CYCLE W/ MIKE 12:30 - 1:15PM	OSTEOFIT W/ TERRY 11:30AM - 12:30PM	HATHA YOGA W/ TERRY 1:30 - 2:25PM	
BARRE W/ LISA 11:30AM - 12:25PM	GROOVE W/ FABIO 4:30 - 5:25PM	STRETCH + STRENGTH W/ EDGAR 12:30 - 1:30PM	PILATES W/ ADRIENNE 4:30 - 5:25PM	PILATES W/ ADRIENNE 11:30AM - 12:25PM	KETTLEBELL W/ LIA 1:30 - 2:25PM	ZUMBA W/ FABIO 1:30 - 2:25PM
OSTEOFIT W/ C.P. 12:30 - 1:25PM	BARS AND PLATES W/ LUIS 4:30 - 5:25PM	HIIT W/ CONNIE 3:30 - 4:15PM	CYCLE W/ GUS 5:30 - 6:15PM	CARDIO BOX W/ LUIS 12:30 - 1:25PM	AQUAFIT W/ KATIE 12:45 - 1:15PM	
ESSENRICS W/ NANCY 12:30 - 1:25PM	CYCLE W/ GUS 5:30 - 6:15PM	PILATES W/ MELISSA 4:30 - 5:25PM	PILATES W/ SABRINA 6:30 - 7:25PM	STABILITY BALL + MOBILITY W/ WAYNE 1:30 - 2:15PM	FUNCTIONAL FITNESS W/ ADAM 2:30 - 3:25PM	RESTORATIVE YOGA-STRETCH W/ DALE 2:30 - 3:30PM
FALL PREVENTION W/ JOYCE 12:30 - 1:30PM	BODY SHRED W/ CONNIE 5:30 - 6:15PM	BOOTCAMP W/ NIMA 5:30 - 6:25PM	ZUMBA W/ CAROLINA 7:30 - 8:30PM	BARS + PLATES W/ NIMA 4:30 - 5:25PM		
MINDFUL MOVEMENT W/ ELIZABETH 3:30 - 4:25PM	POWER YOGA W/ CAMMY 6:30 - 7:30PM	PILATES W/ SABRINA 7:30 - 8:30 PM	POWER YOGA W/ CAMMY 7:30 - 8:30PM	REST. PILATES-STRETCH W/ RIKA 5:30 - 6:25PM		
BARS + PLATES W/ KARINA 5:30 - 6:25PM						
ZUMBA W/ JENN 6 - 6:45 PM						
PILATES W/ SABRINA 6:30 - 7:25 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.

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.

Ballroom

Learn the basics of classic ballroom styles like waltz, tango, and foxtrot in a fun and supportive environment. Improve your coordination, confidence, and rhythm—no partner or experience required!

Barre

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

Bars + Plates

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

Beginner-Intermediate Osteofit

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

Beginner Tai Chi

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

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).

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.

Cardio Box

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

Cardio Mix

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

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.

Chair Pilates

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

Core Sculpt

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

CycleFit

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

Essentrics™

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

EEssentrics Barre:

Enjoy the benefits of a full-body Essentrics class that incorporates the barre to help strengthen muscles, improve posture, increase flexibility, and build balance and coordination by targeting the muscles at more effective angles.

Fall Prevention

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

Functional Fitness:

A full-body workout focused on building strength, mobility, balance, and everyday movement patterns using a variety of equipment such as dumbbells, kettlebells, resistance bands, and medicine balls.

Gentle Yoga

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

Groove

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

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.

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.

Masters Swim

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

Pilates

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

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Pilates Foundations:

Pilates Foundations uses step-by-step progressions, starting with breathing and building toward core strength and full-body conditioning. Simple movements improve body awareness, pelvic and spinal stability, and overall alignment.

Restorative Pilates

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

Restorative Yoga & Stretch

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

Rhythm and Beats Pilates

A contemporary Pilates class that focus on strengthening the core, improving spine mobility, stretching and lengthening the body while following a cheerful music that will create a vibrant atmosphere.

Stability Ball & Mobility

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

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.

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.

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).

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.

Yoga

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

Yoga Pilates Fusion

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

Zumba™

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

Zumba Gold

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