

# GROUP EXERCISE

SEP 1 2026 TO DEC 31 2026

STUDIO 1

STUDIO 2

STUDIO 5

STUDIO 6

STUDIO 7

IN THE POOL

AEROBICS STUDIO

UPDATED ON OCT 14, 2026  
SUBJECT TO CHANGE.

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