JCC PROSSERMAN JCC

Group Exercise Schedule

November -December

MORNING SESSIONS

Registration opens at 8:00 AM (3 days prior / 4 days prior on Tuesdays)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
6:15	Muscle Sculpt Ashley	Bootcamp **Antonio**		Muscle Sculpt **Ivanna**	Bootcamp **Antonio**			6:15
7:15	Full Body Burn **Gayle**	HIIT Cycle **Mahshid**	**Strength & Balance** Lauren	Full Body Burn Ashley	HIIT Cycle **Ashley**			7:15
	Gentle Yoga David	Therapeutic Yoga David	Gentle Yoga Mary		**Strength & Balance** Hali			
8:05							Aquafit Lora	8:05
8:30	Muscle Fusion Ivanna	Body Weight Blast Alin	Muscle Fusion Ivanna	Strength & Balance Paloma	Muscle Mix Audrey	Pilates **Gail**	Bootcamp Antonio	8:30
	Therapeutic Yoga David	Core & Balance Mahshid	Therapeutic Yoga David		Pilates Hali	Performance Cycle Fern		
						Muscle Mix **TBD**		
9:05	Aqua Zumba Fabio	Aquafit Fariba	Aquafit Simin	**Aquafit** **Marina**	Aquafit Lora			9:05
9:30	Muscle Sculpt Ashley	**Body Weight Sculpt** **Alin**	Muscle Mix Lisa	Pilates Debra	Bootcamp Gayle	Pilates Gail	Barre Dani	9:30
	Mobility & Stretch Ivanna	Strength & Balance Paloma						
	Therapeutic Yoga David	Pilates Foam Roll Nadine	Therapeutic Yoga David	Nia Dance Natalie	Iyengar for Beginners Sam	Iyengar Yoga Sam	Flow Yoga **Lisa**	
	Cycle Fern	Cycle **Audrey**	Cycle Melissa	Performance Cycle Gayle	Cycle Michelle B.	Beat-based Cycle Fern	Cycle Michelle B.	
10:05	Aquafit Hali	Aquafit Fariba	Aquafit Simin	Aquafit **Marina**	Aquafit Hali			10:05
	Chair Fitness Melissa							
10:30	Step & Sculpt Audrey	Barre Sculpt Dani	Pilates Nadine	Muscle Sculpt Gayle	Muscle Mix Lisa	Bootcamp Lana	Barre Sculpt Dani	10:30
	Flow Yoga Fern	Pilates Sandi	Therapeutic Yoga David	Iyengar Yoga **Sam**	Iyengar Yoga Sam	Flow Yoga Fern	Flow Yoga Lisa	
	Nia Dance Natalie	Chair Yoga Orli	**Chair Intermediate Pilates** Gillian	**Chair Fitness** **Mahshid**	30 min Chair Zumba Sid		Performance Cycle Gayle	
		Stretching Mabel						
10:30		Back to Strength Nadine						

Baby-Steps classes

Teens classes

indicates low-intensity class

ROOM LOCATION COLOUR CODE:
211
MAIN STUDIO
MIND & BODY STUDIO
ROOM 1-130
CYCLE STUDIO
SWIMMING POOL
GYMNASIUM
ROOM 112

visit: www.prossermanjcc.com
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Group Exercise Schedule

November-December

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LATE MORNING/AFTERNOON/EVENING SESSIONS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
11:15	Chair Fitness **Melissa**				11:15am Chair Zumba Sid			11:15am
11:30	Zumba Lift **Dina**	Barre Dani	Latin Zumba Karmiel	Zumba **Alla**	Zumba Gail	Zumba German	Zumba Gayle	11:30
	Gentle Yoga **Natalie**	Gentle Yoga Lisa	**Hatha Yoga** **Menucha**	Iyengar Yoga Sam	Gentle Yoga Lisa	75 min - Iyengar Yoga Sam	Yogalates Lisa	
		Chair Yoga Orli	Chair Pilates **Gillian**					
11:40			Pee Wee Pilates Nadine					11:40
12:00	Aquafit Simin		Aquafit Ashley					12:00pm
	75 min- Iyengar Yoga Joanne							
12:30	Pilates Debra	Therapeutic Yoga **Neeta**	Pilates Sandi	30-min Tone Cathy	Therapeutic Yoga David	Barre Dani	**Muscle Mix** **Guest Instructor**	12:30
	Restorative Yoga Natalie	30-min Tone & Stretch Cathy	Stretching Menucha	Gentle Yoga Orli	Pilates Andrea			
				Post Natal Body Pump **Alla**				
1:05		Aqua Zumba Fabio			Aquafit Elena			1:05pm
1:30	Iyengar for Beginners Joanne	Therapeutic Yoga Neeta	Strength & Balance **Quinn**	Restorative Yoga Orli	Therapeutic Yoga David			1:30
4:30		**Muscle Mix** **Ivanna**		Muscle Mix Alin				4:30
5:00			BPM (14-17 YO) Ivanna					
5:30	Muscle Sculpt Beth	Zumba Alla	Muscle Sculpt Beth	Abs & Glutes Alin				5:30
	Teen Cycle (14-17YO) Sammy	Cycle Alyson						
6:30	Coach By Color Sammy			Cycle Sammy				6:30
6:30	Barre Dani	Muscle Sculpt Lesley	Abs & Glutes Beth	Barre Dani				6:30
	Vinyasa Yoga Mary	Vinyasa Yoga **Shawn**	Iyengar Yoga Martha	Vinyasa Yoga Neeta				
7:30	Zumba **German**		**Zumba** **Nancy**					7:30
	Pilates Fusion Mary		Vinyasa Yoga Mary	**Pilates Fusion** Neeta				

Baby Step Classes

Teens classes

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Group Exercise
Class Descriptions

Prosserman JCC

Aqua Fit	Barre Sculpt	Chair Pilates
Low-impact water aerobics for mobility, strength, and cardio. A great alternative to weight-bearing exercise.	This class challenges your strength and stamina while maintaining the approach of traditional barre. Low-impact exercises.	Seated Pilates for strength, posture, and stress relief.
Aqua Zumba	**Beat-Based Cycle**	**Chair Yoga**
Combines upbeat dance moves with the resistance of water for a fun, low-impact cardio workout for all fitness levels.	This class transforms traditional indoor cycling into a high-energy, full-body experience where every pedal stroke matches the beat.	Gentle yoga using chairs for support, relaxation, and mobility.
Full Body Burn	**Body Weight Blast**	**Chair Zumba**
Strength and cardio combined for a total-body challenge.	This class is a blend of cardio and strength training using your body weight.	This class brings the upbeat energy of dance fitness to a fully seated format
Abs & Glutes	**Body Weight Sculpt**	**Core & Balance**
Focus on building a strong core and glutes to support all workouts.	This is a full body weight workout designed to tone and shape every muscle. Look good, feel strong!	Low impact class where the focus is on improving overall Core strength and Balance exercises.
Baby & Me Yoga	**Bootcamp**	**Cycle**
Nurturing class designed for parents and their little ones to bond through movement, breath, and play.	A mix of strength and aerobic training for a powerful, full-body challenge.	Ride through challenging endurance and strength intervals timed to the music. Push your limits and build stamina.
Barre	**Chair Fitness**	**Flow Yoga**
Ballet-inspired workout combining Pilates, strength, and mobility.	Low-impact class that uses a chair for seated and standing exercises to build strength, improve range of motion, and increase muscular endurance	Flow Yoga links breath with movement in a smooth, continuous sequence designed to build strength, flexibility, and focus

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Gentle Yoga	Muscle Fusion	Pilates
Slow-paced yoga for balance, relaxation, and all levels.	This workout combines three key components. Strength, cardio, and functional movement in one .	Strengthen your core and improve posture with controlled movements.
Hatha Yoga	**Muscle Mix**	**Pilates Foam Roll**
Improve mobility and strength with posture and breath-focused practice.	A blend of cardio and strength with adjustable intensity.	Pilates with foam rolling for strength, stretching, and recovery.
HIIT Cycle	**Muscle Sculpt**	**Postnatal Power Pump**
Power through high-intensity intervals (HIIT) that push your limits and elevate your fitness	Resistance training that tones and strengthens the whole body.	Rebuild strength and energy with postnatal-focused cardio, strength, core, and stretching in a supportive environment for new moms.
Iyengar Yoga	**Nia Dance**	**Power Yoga**
This practice focuses on the structural alignment of the body through poses held for longer periods.	A fusion of dance, martial arts, and yoga that energizes body and mind.	This dynamic class blends the vigor of Ashtanga with the seamless flow of Vinyasa, creating a powerful and energizing practice
Iyengar Yoga for Beginners	**Pee Wee Pilates**	**Restorative Yoga**
Slower pace practice that focuses on the structural alignment through poses held for longer periods.	A low-impact class for new moms to regain strength, improve posture, and bond with their babies through gentle movement.	Relax deeply with supportive poses and mindful breathing.
Mobility & Stretch	**Performance Cycle**	**Step & Sculpt**
A class designed to improve flexibility, joint mobility, and overall movement quality. Guided stretches, controlled mobility drills to support better posture.	Ride through a challenging mix of both strength and endurance intervals with the goal of ultimate performance.	Dynamic class that will get your heart rate up with fun step choreography.

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Strength & Balance	Vinyasa Yoga	30 min Stretch & Tone
This class focus is improving overall strength by working large and small muscle groups, on stability and balance	Flow through postures using breath to build strength, flexibility, and focus.	A 30 minute Tone and stretch combined workout designed to strengthen your Full body.
Stretching	**Yogalates**	**30- min Tone**
Gentle movements and static holds will be used to open up and stretch out the whole body.	A mix of yoga and Pilates for flexibility, strength, and balance.	A 30 minute full body resistance workout designed to tone and shape every muscle.
Therapeutic Yoga	**Zumba/ Latin Zumba**	**Body Weight Strength**
Learn the importance of proper movement and how it supports strength, longevity, and overall health at any fitness level.	Dance to fun music with easy-to-follow moves. A workout that feels like a party!	This class is designed to help you build proper alignment, body weight strength and confidence.
Toning & Conditioning	**Zumba Lift**	**Coach by color (cycle)**
This class is designed for new moms and their little ones, combining postnatal toning exercises with playful baby interaction to support physical recovery and emotional connection	ZumbaLift is a high-energy fusion of dance and light strength training, mixing Zumba rhythms with easy-to-follow weight-lifting choreography for a fun, full-body workout	This class is a structured cycle training, coached by color that helps every rider train smarter, push safely, and perform effectively