Group Fitness Schedule | November 2026

Subject to change | Edited 10-26-26

MANDELL JCC
Greater Hartford

MONDAY

5:45-6:30am
STRENGTH
FARRAH | Studio 1/Zoom B

7:30-8:05am
SILVER STRENGTH
JOAN | Zoom - ID: 343-218-359
Password: 123456
No class Nov 2, 9

8:30-9:00am
CORE FUSION
FARRAH | Studio 1/Zoom B

8:30-9:05am
SILVER STRENGTH
JOAN | Zoom - ID: 343-218-359
Password: 123456

9:00-9:45am
DEEP H20 RUN
JAINE | Pool

9:15-10:00am
J CYCLE
KIM | Cycle Studio

9:15-10:00am
STRENGTH
LAURA | Studio 1

10:00-10:45am
CARDIO SPLASH
LIEBA | Pool

10:15-11:00am
TAI CHI & QI GONG
JUDITH | Studio 1

11:15am-12:00pm
SILVER STRENGTH
CARMEN | Studio 1

5:45-6:45pm
YOGA FLOW
NAIMA | Studio 2

5:30-6:30pm
ZUMBA
ALINA | Studio 1

6:35-7:35pm
BODYCOMBAT
DIANE | Studio 1

TUESDAY

5:45-6:30am
HIIT
ASTRID | Studio 1

8:30-9:00am
LES MILLS CORE
KATHY | Studio 1/Zoom B

9:15-10:10am
STRENGTH
JESSICA | Studio 2

9:15-10:15am
BODYCOMBAT
CARMEN | Studio 1

10:00-10:45am
CARDIO SPLASH
JAINE | Pool

10:15-11:00am
MAT PILATES
CARMEN | Studio 1

10:30-11:45am
GENTLE YOGA
ELLEN | Studio 2

11:15am-12:00pm
SILVER STRENGTH
DAVE | Studio 1

12:30-1:30pm
ECC PROGRAM
Studio 2

1:00-2:00pm
BRAIN SAVERS
Studio 1

5:30-6:15pm
J CYCLE
JACKIE | Cycle Studio

6:15-7:00pm
MAT PILATES
SOL | Studio 2/Zoom A

6:30-7:30pm
BODYPUMP
JEFF | Studio 1

WEDNESDAY

5:45-6:45am
STRENGTH
JESSICA/ASTRID | Studio 1

7:30-8:05am
SILVER STRENGTH
JOAN
Zoom - ID: 343-218-359
Password: 123456

8:00-8:30am
BUTTS & GUTTS
ANDY | Studio 2

8:15-9:00am
J CYCLE
KIM | Cycle Studio

9:00-9:45am
DEEP H20 RUN
JAINE | Pool

9:15-10:00am
BARRE FUSION
CARMEN | Studio 2

9:15-10:15am
BODYPUMP
KATHY | Studio 1

10:00-10:45am
CARDIO SPLASH
DAVE | Pool

10:15-11:15am
YIN YOGA
ELLEN | Studio 2

10:25-11:10am
STRENGTH
CARMEN | Studio 1

11:15am-12:00pm
SILVER STRENGTH
MAX | Studio 1

6:00-6:45pm
TOTAL BODY CONDITIONING
ANDY | Studio 2

NEW INSTRUCTOR!
6:15-7:15pm
ZUMBA
BRAD | Studio 1

THURSDAY

5:45-6:30am
IGNITE & ALIGN
FARRAH | Cycle Studio/Studio 2

8:00-9:00am
YOGA
ELISSA | Studio 2

8:30-9:00am
LES MILLS CORE
FARRAH | Studio 1/ Zoom B

9:15-10:15am
BODYCOMBAT
CARMEN | Studio 2

9:15-10:10am
METABOLIC STRENGTH
LAURA | Studio 1/Zoom B

10:00-10:45am
CARDIO SPLASH
ANDY | Pool

10:15-11:00am
TAI CHI & QI GONG
PETE | Studio 1

10:30-11:30am
GENTLE YOGA
DEBBIE | Studio 2

11:15am-12:00pm
SILVER STRENGTH
DAVE | Studio 1

1:30-2:30pm
ECC CLASSES
Studio 1

5:30-6:15pm
J CYCLE
ARI | Cycle Studio

6:30-7:30pm
BODYPUMP
DIANE | Studio 1

6:30-7:15pm
BUTTS & GUTTS
ANDY | Studio 2

FRIDAY

5:45-6:45am
BODYPUMP
KATHY | Studio 1

6:45-7:30am
DEEP H20 RUN
KEN | Pool

7:30-8:05am
SILVER STRENGTH
JOAN
Zoom - ID: 343-218-359
Password: 123456
No class Nov 6

8:15-9:00am
J CYCLE
ANDY | Cycle Studio

8:30-9:00am
LES MILLS CORE
Virtual | Studio 1

8:30-9:05am
SILVER STRENGTH
JOAN
Zoom - ID: 343-218-359
Password: 123456

9:15-10:15am
YOGA FLOW
BRITTNEY | Studio 2

9:15-10:15am
BODYPUMP
FARRAH | Studio 1

10:00-10:45am
CARDIO SPLASH
JESSICA | Pool

10:25-11:10am
STRENGTH
ANDY | Studio 1

NEW INSTRUCTOR!
11:15am-12:00pm
SILVER STRENGTH
BECCA | Studio 1

1:30-2:30pm
ECC CLASSES
Studio 1

SATURDAY

7:45-8:35am
INSANITY
FARRAH
Studio 1/Zoom B

9:00-10:00am
YOGA FLOW
NATALIE | Studio 2

9:00-10:00am
BODYPUMP
AHMAD | Studio 1

10:15-11:15am
ZUMBA
ALINA | Studio 1

SUNDAY

8:00-8:50am
J CYCLE
ARI | Cycle Studio

9:00-10:00am
BODYPUMP
JEFF | Studio 1

9:00-9:45am
MAT PILATES
LINDSEY | Studio 2

NEW INSTRUCTOR!
10:15-11:15am
ZUMBA
JOHN | Studio 1

10:30-11:30am
YOGA FLOW
RACHEL | Studio 2

Mandell JCC **Group Fitness Descriptions**

BARRE FUSION (Cardio, Strength) Barre Fusion is a low-impact, high-rep workout combining classic Barre with athletic Pilates. Designed to challenge balance, elevate heart rate, and strengthen from head to toe.

BODYCOMBAT (Cardio, Strength) The Les Mills high-energy, martial arts inspired, non-contact workout. Punch, kick, and strike your way to fitness.

BODYPUMP (Strength) BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the workout feeling challenged and motivated, ready to come back for more.

BUTTS AND GUTTS (Strength) This class is a combination of squat and lunge variations along with some old school mat exercises designed to target and tone those problem areas like the tummy, hips, butt, inner thighs and outer thighs. All levels are welcome and all the exercises can be modified. All you'll need is a mat and a desire to feel the burn!

CARDIO SPLASH (Cardio, Strength) An energetic water workout with lots of jumping, strengthening, stretching and fun.

CORE FUSION (Strength) Strengthen the muscles that support your core to improve stability, balance, and posture. This efficient workout builds a stronger, leaner midsection while helping you move with greater power and confidence.

DEEP H2O RUN (Cardio, Strength) An advanced class at the deeper end of the main pool. Feet are off the pool bottom and the body is suspended with the aid of an aqua jogger.

GENTLE YOGA (Mind & Body) A beginning yoga class to help with releasing, calming, and restorative postures.

HIIT (Cardio, Strength) Designed to take you through a series of High Intensity cardio drills, strength training, & core focused exercises with relatively brief rest periods. This workout will include the usage of tubing, weights, and your own body weight to ensure fast dramatic fitness results.

IGNITE & ALIGN (Cardio, Mind Body) This class blends the best of both worlds: high-energy sprint 8 training to fire up your metabolism, followed by grounding Body Balance Yoga to restore strength, balance and flexibility. Leave feeling refreshed, recharged, and centered.

INSANITY (Cardio, Strength) Your Insanity instructor will push you past your limits through plyometric drills with non-stop intervals of strength, power, resistance, and core training moves.

J CYCLE (Cardio) Take cardio to the next level with a group cycle class at the J. With different rides to choose from, there is something for everybody. This aerobic workout allows you to burn lots of calories as you ascend steep hills and sprint on flat terrain with high-energy music to motivate you along the way. Join us for a ride that will tone your legs, condition your core and test your endurance.

LES MILLS CORE (Strength) Exercising muscles around the core of your body, Les Mills CXWORX provides the vital ingredient for a stronger, leaner core.

MAT PILATES (Mind Body, Strength) An exciting class that incorporates a Pilates-based workout that will simultaneously stretch, strengthen, tone and align your body uniformly.

METABOLIC STRENGTH is an interval-based strength class that combines functional, compound movements to build strength while elevating your heart rate. By engaging multiple muscle groups with each exercise, you'll improve strength, endurance, coordination, and overall fitness in an efficient, full-body workout.

SILVER STRENGTH (Active Adults) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for seated and/or standing support.

STRENGTH (Cardio, Strength) Challenge your entire body with this dynamic, circuit-based workout using dumbbells, resistance bands, and body weight. You'll target every major muscle group while elevating your heart rate through timed intervals. Work at your own pace, with intensity options that make this energizing class suitable for all fitness levels.

TAI CHI & QI GONG (Mind & Body) Tai Chi is a traditional Chinese form of exercise that uses graceful movement and breathing techniques to improve posture, coordination, circulation, and restore a sense of well-being. Everyday professionals to runners, athletes and all levels of fitness are welcome to explore the practice of Tai Chi.

TOTAL BODY CONDITIONING Build strength, improve endurance, and challenge your entire body in this energizing full-body workout. Using a variety of equipment and functional movements, you'll strengthen every major muscle group while boosting cardiovascular fitness. All fitness levels are welcome, with options to modify or increase intensity.

YIN YOGA (Mind & Body) Yin Yoga is a slower paced, more meditative version of the physical discipline of yoga. Poses are held for several minutes in order to target the connective tissues rather than the muscles. Practiced with attention and intention, Yin Yoga can benefit the deep fascial connective tissues and joints, as well as sooth the nervous system.

YOGA (Mind & Body) Relax and quiet your mind, body and spirit with ancient yoga postures and controlled breathing techniques while you improve your flexibility and balance.

YOGA FLOW (Mind & Body) This 60 min Yoga class will focus on flexibility and strength while linking movement with breath through a sequence of asanas. The class will begin and end with a brief meditation to allow students to feel more connected both mentally and physically and is suitable for all levels.

ZUMBA (Cardio) Using a fusion of Latin and International music, this class will get you dancing with dynamic, exciting, and high-energy steps and rhythms, creating a fun cardio based workout.

Virtual Classes

Held on Zoom (Insanity on Saturdays held on Mandell JCC On-Demand Fitness Facebook Group) Recorded Virtual Classes are uploaded into a video library on the Mandell JCC On-Demand Fitness Facebook group for your convenience. Please join FB group for access to these classes.

In Person Classes

Indoor Classes held in Studios 1 & 2 and the Cycle Studio. Capacity varies based on class format and space.

Water Group Fitness

Classes are held in either the lap pool or training pool.

All group fitness classes open to members 12 years and older. For an introductory class, class recommendation, or for questions and concerns, please contact Carmen Erian, Group Fitness Director, 860-231-6348, Cerian@mandelljcc.org

- Please help keep our studios clean and safe by not wearing "outdoor " shoes to class
- Place all coats, boots, and purses in the locker rooms or hooks outside the studio
- Please return all equipment to storage areas
- Please refrain from wearing colognes & perfumes
- Turn off cell phones
- No gum chewing
- Be courteous – no talking during class
- Please wait for previous class participants to return their equipment and exit the room before entering the room for the next class