

# Group Fitness Schedule | February 2026

Subject to change | Edited 1-27-26



MONDAY
5:45-6:30am <b>STRENGTH</b> FARRAH   Studio 1/Zoom B
7:30-8:05am <b>SILVER STRENGTH</b> JOAN   Zoom - ID: 343-218-359 Password: 123456
8:30-9:00am <b>CORE FUSION</b> FARRAH   Studio 1/Zoom B
8:30-9:05am <b>SILVER STRENGTH</b> JOAN   Zoom - ID: 343-218-359 Password: 123456
9:00-9:45am <b>DEEP H2O RUN</b> JAINE   Pool
9:15-10:00am <b>STRENGTH</b> LAURA   Studio 1
9:15-10:10am <b>STRENGTH &amp; CORE</b> JESSICA   Studio 2
10:00-10:45am <b>CARDIO SPLASH</b> LIEBA   Pool
10:15-11:00am <b>YOGA SCULPT</b> BECCA   Studio 2
10:25-11:10am <b>TAI CHI &amp; QI GONG</b> PETE   Studio 1
11:15am-12:00pm <b>SILVER STRENGTH</b> CARMEN   Studio 1
5:45-6:45pm <b>YOGA FLOW</b> DEBBIE   Studio 2
5:30-6:30pm <b>ZUMBA</b> ALINA   Studio 1
6:35-7:35pm <b>BODYCOMBAT</b> Xavier   Studio 1

TUESDAY
5:45-6:30am <b>BOOTCAMP</b> DAVE   Studio 1/Zoom A
8:30-9:00am <b>LES MILLS CORE</b> KATHY   Studio 1/Zoom B
9:15-10:10am <b>HIIT</b> JESSICA   Studio 2
9:15-10:15am <b>BODYCOMBAT</b> CARMEN   Studio 1
10:00-10:45am <b>CARDIO SPLASH</b> JAINE   Pool
10:15-11:00am <b>MAT PILATES</b> CARMEN   Studio 1
10:30-11:45am <b>GENTLE YOGA</b> ELLEN   Studio 2
11:15am-12:00pm <b>SILVER STRENGTH</b> DAVE   Studio 1
12:30-1:30pm <b>ECC PROGRAM</b> Studio 2
1:00-2:00pm <b>BRAIN SAVERS</b> Studio 1
5:30-6:15pm <b>J CYCLE</b> JACKIE   Cycle Studio
6:15-7:00pm <b>MAT PILATES</b> SOL   Studio 2/Zoom A
6:30-7:30pm <b>BODYPUMP</b> JEFF   Studio 1

WEDNESDAY
5:45-6:45am <b>STRENGTH</b> JESSICA/VARIOUS Studio 1/Zoom A
7:30-8:05am <b>SILVER STRENGTH</b> JOAN Zoom - ID: 343-218-359 Password: 123456
8:15-9:00am <b>J CYCLE</b> KIM   Cycle Studio
9:00-9:45am <b>DEEP H2O RUN</b> JAINE   Pool
9:15-10:00am <b>BARRE FUSION</b> CARMEN   Studio 2
9:15-10:15am <b>BODYPUMP</b> KATHY   Studio 1
10:00-10:45am <b>CARDIO SPLASH</b> DAVE   Pool
10:15-11:15am <b>YIN YOGA</b> ELLEN   Studio 2
10:30-11:15am <b>DYNAMIC STRENGTH</b> Carmen   Studio 1
11:15am-12:00pm <b>CHAIR YOGA</b> MAX   Studio 1
6:00-6:30pm <b>BOOTY BLAST 2.0</b> SAM   Studio 2
<b>NEW TIME!</b> 6:15-7:15pm <b>ZUMBA</b> JOHN   Studio 1

THURSDAY
5:45-6:30am <b>IGNITE &amp; ALIGN</b> FARRAH   Cycle Studio/Studio 2
8:00-9:00am <b>YOGA</b> ELISSA   Studio 2
8:30-9:00am <b>LES MILLS CORE</b> FARRAH   Studio 1/ Zoom B
9:15-10:15am <b>BODYCOMBAT</b> CARMEN   Studio 2
9:15-10:10am <b>HIIT</b> LAURA   Studio 1/Zoom B
10:00-10:45am <b>CARDIO SPLASH</b> ANDY   Pool
10:15-11:00am <b>TAI CHI &amp; QI GONG</b> PETE   Studio 1
11:15am-12:00pm <b>SILVER STRENGTH</b> DAVE   Studio 1
1:00-2:00pm <b>ECC CLASSES</b> Studio 1
5:30-6:15pm <b>TOTAL BODY CYCLE</b> KIM   Cycle Studio
6:30-7:30pm <b>BODYPUMP</b> DIANE   Studio 1
6:30-7:15pm <b>BUTTS &amp; GUTTS</b> ANDY   Studio 2

FRIDAY
5:45-6:45am <b>BODYPUMP</b> KATHY   Studio 1
7:30-8:05am <b>SILVER STRENGTH</b> JOAN Zoom - ID: 343-218-359 Password: 123456
8:15-9:00am <b>J CYCLE</b> ANDY   Cycle Studio
8:30-9:00am <b>LES MILLS CORE</b> Virtual   Studio 1
8:30-9:05am <b>SILVER STRENGTH</b> JOAN Zoom - ID: 343-218-359 Password: 123456
9:15-10:00am <b>BUTTS &amp; GUTTS</b> ANDY   Studio 2
9:15-10:15am <b>BODYPUMP</b> FARRAH   Studio 1
10:00-10:45am <b>CARDIO SPLASH</b> JESSICA   Pool
10:30-11:10am <b>DYNAMIC STRENGTH</b> ANDY   Studio 1
11:15am-12:00pm <b>SILVER STRENGTH</b> BECCA   Studio 1
1:00-2:00pm <b>ECC CLASSES</b> Studio 1

SATURDAY
7:45-8:35am <b>INSANITY</b> FARRAH Studio 1/Facebook Group
9:00-10:00am <b>YOGA FLOW</b> NATALIE   Studio 2
9:00-10:00am <b>BODYPUMP</b> AHMAD   Studio 1
10:15-11:15am <b>ZUMBA</b> ALINA   Studio 1

SUNDAY
8:00-8:45am <b>J CYCLE</b> ARI   Cycle Studio
9:00-10:00am <b>BODYPUMP</b> JEFF   Studio 1
9:00-9:45am <b>MAT PILATES</b> LINDSEY   Studio 2
10:15-11:15am <b>ZUMBA</b> TIM   Studio 1
10:30-11:30am <b>YOGA FLOW</b> 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.

**BOOTY BLAST 2.0 (STRENGTH)** Booty Blast is designed to train the muscle groups that target your glute area! This workout is a combination of strength and hiit training using mini resistance bands which will also tone your legs and core and give you that firm juicy booty!

**BOOTCAMP (Strength, Cardio)** Back to basics training! Learn to move strong, determined and effective. This class will fatigue your muscles and teach you how to get the BEST out of You!! Bodyweight only class, just bring your mat!

**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.

**CHAIR YOGA (ACTIVE ADULTS)** In this Yoga class, we will use the chair for support and balance, making it accessible to those who may struggle with balance and flexibility and who do not want to practice Yoga on the mat. This class incorporates traditional yoga elements but is adapted to be gentle, slow and safe.

**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.

**DYNAMIC STRENGTH (Cardio, Strength)** Incorporating dumbbells, bands and body weight, this class promises a dynamic workout hitting all muscles groups! Work out at your own pace during each interval, and intensity options makes this class accessible to all.

**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.

**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)** Hit every muscle in your body with this circuit based strength workout. Your muscles will fatigue, your heart rate will rise and you will feel incredible!

**STRENGTH & CORE (Cardio, Strength)** In this Strength and Core class, you will get a full body strength workout that finishes on the mat with focused core training. We use a variety of equipment to keep classes fun, dynamic and challenging! All levels welcome.

**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.

**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.

**YOGA SCULPT (STRENGTH, MIND BODY)** Ignite your strength from the inside out in this dynamic, music-driven fusion class. Yoga Sculpt blends traditional yoga postures with strength training, heart-pumping cardio and Pilates—all designed to build endurance, tone muscles, and boost your mood! Each class ends with a grounding moment of mindfulness, leaving you feeling empowered and centered. This is not your average yoga class—expect to sweat, challenge yourself, and have fun!

**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