

Group Fitness Schedule | January 2026

Subject to change | Edited 12-24-25



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

TUESDAY
5:45-6:30am BOOTCAMP DAVE Studio 1/Zoom A
8:30-9:00am LES MILLS CORE KATHY Studio 1/Zoom B
9:15-10:10am HIIT 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 P90X LIZ Studio 1/Zoom A
7:30-8:05am SILVER STRENGTH JOAN Zoom - ID: 343-218-359 Password: 123456
8:15-9:00am J CYCLE KIM Cycle Studio
9:00-9:45am DEEP H2O RUN JAINE Pool
9:15-10:00am BARRE 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
10:30-11:15am DYNAMIC STRENGTH Carmen Studio 1
11:15am-12:00pm CHAIR YOGA MAX Studio 1
NEW! 6:00-6:30pm BOOTY BLAST 2.0 SAM Studio 2
6:00-7:00pm ZUMBA TBA Studio 1

THURSDAY
5:45-6:30am IGNITE & ALIGN FARRAH Cycle Studio/Studio 2
5:45-6:45am INSANITY LIZ Studio 1/Zoom A
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 HIIT LAURA Studio 1/Zoom B
10:00-10:45am CARDIO SPLASH ANDY Pool
10:15-11:00am TAI CHI & QI GONG PETE Studio 1
11:15am-12:00pm SILVER STRENGTH DAVE Studio 1
1:00-2:00pm ECC CLASSES Studio 1
5:30-6:15pm TOTAL BODY CYCLE KIM Cycle Studio
6:30-7:30pm BODYPUMP DIANE Studio 1
6:30-7:15pm BUTTS & GUTTS ANDY Studio 2

FRIDAY
NEW TIME! 5:45-6:45am BODYPUMP KATHY Studio 1
6:45-7:30am DEEP H2O RUN LIZ Pool
7:30-8:05am SILVER STRENGTH JOAN Zoom - ID: 343-218-359 Password: 123456
8:15-9:00am J CYCLE ANDY Cycle Studio
8:30-9:00am LES MILLS CORE Virtual Studio 1
NEW TIME! 8:30-9:05am SILVER STRENGTH JOAN Zoom - ID: 343-218-359 Password: 123456
9:15-10:00am BUTTS & GUTTS ANDY Studio 2
9:15-10:15am BODYPUMP FARRAH Studio 1
10:00-10:45am CARDIO SPLASH JESSICA Pool
10:30-11:10am DYNAMIC STRENGTH ANDY Studio 1
11:15am-12:00pm SILVER STRENGTH BECCA Studio 1
1:00-2:00pm ECC CLASSES Studio 1

SATURDAY
7:45-8:35am INSANITY FARRAH Studio 1/Facebook Group
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
8:00-8:45am J CYCLE ARI Cycle Studio
9:00-10:00am BODYPUMP JEFF Studio 1
9:00-9:45am MAT PILATES LINDSEY Studio 2
10:15-11:15am ZUMBA TIM/JOHN Studio 1
10:30-11:30am YOGA FLOW RACHEL Studio 2

Mandell JCC Group Fitness Descriptions

BARRE (Mind Body, Strength) Tone, trim and transform your body with a fusion of ballet, Pilates and resistance training. This class is suitable for all fitness levels, with many modifications and challenges.

BODYBALANCE (Formerly Bodyflow - Mind & Body) Ideal for anyone and everyone, BODYBALANCE is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background.

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 FUSION (Cardio, Strength) Cardio fusion is a full-body workout in the water that combines cardio and Pilates-based exercises into a full fitness experience!

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

P90X (Cardio, Strength) P90X is a group-focused, total-body strength and cardio class that incorporates proven principles from functional strength coaching. We will push you through personal plateaus, rock out to hardcore music together, and get in the best shape of our lives!

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 soothe 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