



GROUP FITNESS SCHEDULE



FALL 2025



EFFECTIVE SEPTEMBER 7, 2025

SUN	MON	TUES	WED	THURS	FRI	SAT
BARRE 8:15 AM - 9:05 AM MICHAL/EX RM 2	FIT & STRONG 6:45 - 7:30 AM ANNETTE/VIRTUAL	BREAKFAST CLUB 6:15 - 7:05 AM KIMANI/EX RM 1	CARDIO STRENGTH CONDITIONING 6:00 - 6:50 AM SHIRA/EX RM 1	THE SURGE 7:00 - 7:50 AM RONNIE/EX RM 1	FIT & STRONG 6:45 - 7:30 AM ANNETTE/VIRTUAL	
CYCLING 8:30 - 9:20 AM JILL / MICHAEL CYCLING RM	METABOLIC CONDITIONING 7:30 - 8:20 AM ROSALIE/EX RM 1	CARDIO CONDITIONING 7:30 - 8:20 AM SHIRA/EX RM 1	FIT & STRONG 6:45 - 7:30 AM ANNETTE/VIRTUAL	BODY SCULPT 7:30 - 8:25 AM SHIRA/VIRTUAL	LEAN BODY BURN 7:30 - 8:20 AM TIFFANY/EX RM 1	
HIIT 8:30 - 9:20 AM TAMAR/EX RM 1	YOGA 8:15 - 9:15 AM JILL/EX RM 2	MAX STRENGTH 8:30 - 9:20 AM SHIRA/EX RM 1	TOTAL BODY FUSION 7:00 - 7:50 AM MICHAL/EX RM 1	YOGA 7:30 - 8:25 AM ALISON/EX RM 2	YOGA 8:30 - 9:20 AM SHIRA G./EX RM 2 ★	SCHEDULE KEY
SLOW FLOW 9:15 - 10:10 AM HARRY/EX RM 2	CARDIO STRENGTH 8:30 - 9:20 AM ADEENA/EX RM 1	HIIT 8:30 - 9:20 AM ★ JAYLEENG/EX RM 2	FUNDAMENTAL FITNESS 8:00 - 8:50 AM KIMANI/EX RM 1	SCULPT PILATES 8:30 - 9:20 AM DONNA/EX RM 1	FULL BODY BLAST 8:30 - 9:20 AM TIFFANY/EX RM 1	AQUA
CYCLING 9:30 - 10:15 AM JILL / MICHAEL CYCLING RM	THE WORKOUT ★ 9:00 - 9:50 AM KIMANI/KAPLEN GYNNASIUM	CARDIO BOOTY BARRE 9:30 - 10:20 AM MICHAL/EX RM 2	POWER ZONE 9:30 - 9:20 AM ANDREW/EX RM 2	OFF THE BARRE 9:30 - 10:20 AM SHIRA/EX RM 1	THE WORKOUT ★ 9:00 - 9:50 AM KIMANI/KAPLEN GYNNASIUM	MIND/BODY
STRETCH, STRENGTH & ALIGN ★ 9:30 - 10:20 AM OFIRA/CAMP BUILDING	POWER PUMP 9:30 - 10:20 AM MICHAL/EX RM 2	CYCLING 9:30 - 10:20 AM DONNA/CYCLING RM	BARRELETICS 9:30 - 10:20 AM SHIRA/EX RM 1	HITT CIRCUIT BLAST 9:30 - 10:20 AM TIFFANY/EX RM 2	POWER ZONE 9:30 - 10:20 AM TAMAR/EX RM 1	CYCLING
CARDIO STRENGTH 9:45 - 10:35 AM ★ SHIRA/EX RM 1	PILATES AMPED 9:30 - 10:20 AM TAMAR/EX RM 1	FULL BODY BLAST 9:30 - 10:20 AM TIFFANY/EX RM 1	CYCLING 9:30 - 10:15 AM MICHAEL/CYCLING RM	CYCLING 9:30 - 10:15 AM DONNA/CYCLING RM	CYCLING 9:30 - 10:15 AM ADEENA/CYCLING RM	CARDIO/STRENGTH
ZUMBA 10:45 - 11:35 AM CECILIA/EX RM 1	CYCLING 9:30 - 10:15 AM MICHAEL/ CYCLING ROOM	PILATES STRETCH 10:30 - 11:20 AM TIFFANY/EX RM 1	POWER VINYASA FLOW 9:30 - 10:25 AM CHAVIE/EX RM 2	PILATES 10:30 - 11:20 AM SHIRA/EX RM 1	BARRE 9:30 - 10:20 AM MICHAL/EX RM 2	ZUMBA/DANCE
BARRE 10:45 - 11:35 AM SHIRA/EX RM 2	BARRE 10:30 - 11:20 AM ★ TAMAR/STUDIO A	BODY BLAST 10:30 - 11:20 AM DONNA/EX RM 2	BARRE 10:30 - 11:20 AM MOIRA/EX RM 2	AGE LESS, PLAY MORE 10:30 - 11:20 AM MARGARET/EX RM 2	STRETCH & RECOVERY 10:30 - 11:20 AM RONNIE/EX RM 1	VIRTUAL
	BALANCE YOUR BODY 10:30 - 11:20 AM OFIRA/EX RM 2	TAI CHI 11:30 AM - 12:30 PM DIMITRI/EX RM 2	STRENGTH, STRETCH & ALIGN 10:30 - 11:15 AM OFIRA/EX RM 1	ZUMBA 11:30 AM - 12:20 PM JEN/EX RM 1	ZUMBA 10:30 - 11:20 AM MORIA/EX RM 2	NEW FITNESS STUDIO LOCATION
	POWER SCULPT 10:30 - 11:20 AM ADEENA/EX RM 1	ZUMBA 11:30 AM - 12:20 PM CECILIA/EX RM 1	STRETCH & RECOVERY 11:30 AM - 12:20 PM RONNIE/EX RM 1	STRONG AND STEADY ★ 11:30 - 12:20 PM TAMAR K/EX RM 2	BALANCE YOUR BODY 11:30 AM - 12:20 PM OFIRA/EX RM 1	★ NEW CLASS ADDITION
	ZUMBA GOLD 11:30 AM - 12:20 PM SALONEY/EX RM 1	BALANCE YOUR BODY 12:30 - 1:20 PM OFIRA/EX RM 2	ZUMBA 11:30 AM - 12:20 PM ★ SALONEY/EX RM 2	AQUA AEROBICS 11:30 AM - 12:15 PM MARGARET/INDOOR POOL	MAT PILATES FUSION 11:30 AM - 12:20 PM ★ MORIA/EX RM 2	
	AQUA AEROBICS 12:00 - 12:45 PM ALISON/INDOOR POOL	STRETCH, STRENGTH & ALIGN 5:00 - 5:50 PM OFIRA/EX RM 1	AQUA AEROBICS 11:45 AM - 12:30 PM ALISON/INDOOR POOL	FUNDAMENTAL FITNESS 4:00 - 4:50 PM KIMANI/EX RM 1	AQUA AEROBICS ★ 1:00 - 1:45 PM ALISON/INDOOR POOL	
	PILATES STRETCH 12:30 - 1:20 PM TIFFANY/EX RM 2	MAX STRENGTH 6:00 - 6:50 PM ★ TIFFANY/EX RM 1	FUNDAMENTAL FITNESS 12:30 - 1:20 PM KIMANI/EX RM 1	ELITE STRENGTH 6:00 - 6:50 PM RONNIE/EX RM 1		SCAN HERE FOR CLASS DESCRIPTIONS!
	MAX STRENGTH 6:00 - 6:50 PM SHIRA/EX RM 1	CYCLING 7:00 - 7:45 PM SUZANNE/CYCLING RM	YOGA 6:00 - 6:55 PM JILL/EX RM 2	BALANCE BY THE BARRE 6:30 - 7:20 PM OFIRA/EX RM 2		
	CYCLING 6:30 - 7:15 PM MICHAEL/CYCLING RM	DANCE FITNESS 7:00 PM - 7:50 PM ★ ALVARO/EX RM 1	METABOLIC CONDITIONING 6:30 - 7:20 PM RONNIE/EX RM 1			
	FUNDAMENTAL FITNESS 7:00 - 7:50 PM KIMANI/EX RM 1					



GROUP FITNESS GUIDELINES



GOOD VIBES ONLY

BE KIND AND RESPECTFUL TO STAFF AND FELLOW MEMBERS.
KEEP THINGS CLEAN – USE BINS AND DON'T LEAVE STUFF BEHIND.



SAFETY FIRST

FOLLOW INSTRUCTOR GUIDANCE, STAY AWARE OF YOUR SURROUNDINGS, AND USE PROPER FORM AND EQUIPMENT. IF SOMETHING DOESN'T FEEL RIGHT—STOP AND ASK FOR HELP.



NO PHONES IN CLASS

PLEASE SILENCE AND STORE YOUR PHONE TO MAINTAIN FOCUS AND RESPECT FOR OTHERS.



AGE REQUIREMENT 14+

ALL PARTICIPANTS MUST BE AT LEAST 14 YEARS OLD TO ATTEND GROUP EXERCISE CLASSES.



RESERVATIONS AND CANCELLATIONS

RESERVATIONS FOR ALL CLASSES ARE REQUIRED AND CAN BE MADE ON THE JCCOTP APP. CLASS CANCELLATIONS MUST BE MADE 1 HOUR BEFORE CLASS BEGINS.



ARRIVE EARLY

PLEASE ARRIVE AT LEAST 5 MINUTES BEFORE CLASS BEGINS. SPOTS MAY BE GIVEN TO WAITLISTED MEMBERS IF YOU'RE NOT PRESENT.



LATE ARRIVALS

IF YOU ARRIVE BETWEEN 1-5 MINUTES LATE, ENTER QUIETLY AND RESPECTFULLY TO AVOID DISRUPTING THE CLASS. LATE ARRIVALS MORE THAN 5 MINUTES AFTER CLASS BEGINS WILL NOT BE ADMITTED FOR SAFETY REASONS.



RETURN EQUIPMENT

PLEASE RETURN ALL EQUIPMENT TO ITS PROPER PLACE AFTER CLASS.



GUESTS

GUESTS MUST BE PRE-REGISTERED ONLINE. MAX 3 VISITS PER GUEST/YEAR. MEMBERS MUST ACCOMPANY THEIR GUESTS.



JUST IN CASE

KNOW WHERE THE EXITS, FIRST AID, AND STAFF ARE. REPORT ISSUES RIGHT AWAY.

THANKS FOR BEING PART OF OUR COMMUNITY AND FOR DOING YOUR PART TO KEEP OUR CLASSES SAFE, WELCOMING, AND ENJOYABLE FOR ALL!

FOR QUESTIONS, PLEASE EMAIL HAGIT TAL, FITNESS DIRECTOR, AT HTAL@JCCOTP.ORG OR CALL 201.408.1472

