




GROUP FITNESS SCHEDULE

WINTER 2026

1/5/2026

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 ★ SHIR/EX RM 2	FUNDAMENTAL FITNESS 8:00 - 8:50 AM KIMANI/EX RM 1	HIIT 8:30 - 9:20 AM ★ HECTOR/EX RM 2	FULL BODY BLAST 8:30 - 9:20 AM TIFFANY/EX RM 1	AQUA
CYCLING 9:30 - 10:15 AM JILL / MICHAEL CYCLING RM	BOOTCAMP X 9:00 - 9:50 AM KIMANI/TAUB GYNNASIUM	CARDIO BOOTY BARRE 9:30 - 10:20 AM MICHAL/EX RM 2	POWER ZONE 8:30 - 9:20 AM ANDREW/EX RM 2	SCULPT PILATES 8:30 - 9:20 AM DONNA/EX RM 1	BOOTCAMP X 9:00 - 9:50 AM KIMANI/TAUB GYNNASIUM	MIND/BODY
STRETCH, STRENGTH & ALIGN 9:30 - 10:20 AM ★ OFIRA/RM 207/208	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	OFF THE BARRE 9:30 - 10:20 AM SHIRA/EX RM 1	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	HITT CIRCUIT BLAST 9:30 - 10:20 AM TIFFANY/EX RM 2	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	CYCLING 9:30 - 10:15 AM DONNA/CYCLING RM	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/YOUTH ROOM 2	BODY BLAST 10:30 - 11:20 AM DONNA/EX RM 2	BARRE 10:30 - 11:20 AM MOIRA/EX RM 2	PILATES 10:30 - 11:20 AM SHIRA/EX RM 1	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	AGE LESS, PLAY MORE 10:30 - 11:20 AM MARGARET/EX RM 2	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	ZUMBA 11:30 AM - 12:20 PM JEN/EX RM 1	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	STRONG AND STEADY 11:30 - 12:20 PM TAMAR K/EX RM 2	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	AQUA AEROBICS 11:30 AM - 12:15 PM MARGARET/INDOOR POOL	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	FUNDAMENTAL FITNESS 4:00 - 4:50 PM KIMANI/EX RM 1		SCAN HERE FOR CLASS DESCRIPTIONS!
	MAX STRENGTH 6:00 - 6:50 PM SHIRA/EX RM 1	CYCLING 6:30 - 7:15 PM ★ SUZANNE/CYCLING RM	YOGA 6:00 - 6:55 PM JILL/EX RM 2	ELITE STRENGTH 6:00 - 6:50 PM RONNIE/EX RM 1 ★		
	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	BALANCE BY THE BARRE 6:00 - 6:50 PM OFIRA/EX RM 2		
	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.



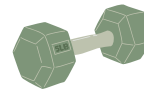
ARRIVE EARLY

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



GROUP FITNESS CLASS DESCRIPTIONS

Age Less, play More (Beginner): Age is not a limitation! This low impact workout is designed to work on strength, stability, alignment and balance while having fun. We will use dumbbells, bands and floor exercises to make you feel and look better.

Aqua Aerobics (Beginner): This low-impact class will get you moving safely and with a smile. Join others from the community who are looking to improve circulation, regain range of motion and support strength development. Exercise class in the pool reduces stress on the joints and increases stamina and range of motion. water aerobic is beneficial for individuals with arthritis.

Aquafit (All Levels): This fast-paced Aqua class will get your heart rate pumping as you alternate between fast and slower-paced movements utilizing the resistance of the water to improve strength, endurance, and cardio efficiency.

Balance Your Body (Beginner-Intermediate): This low-impact class focuses on strength, increased range of motion and improvement of posture and balance. You will utilize and be familiarized with many modalities including: free weights, medicine balls, body bars, resistance bands, steps and mat work. Just because you are lying down does not mean you will be relaxed!

Barre (All Levels): This total body class utilizes ballet-inspired movement for a deep burn. Isometric exercises increase endurance, strength and coordination. The core, glutes, quads and arms will be challenged in this precise and disciplined class.

Body Sculpt (Intermediate): Nothing will be left out of this one: kettlebells, weighted bars, dumb bells, BOSUs and more! This total body class leaves nothing left in the tank. Come ready to work!

Breakfast Club (Intermediate): Start your day with the Breakfast Club workout. Build muscles and strengthen your core and add some cardio intervals.

Cardio Booty Barre (Beginner-Intermediate): A total body workout that combines Pilates, Ballet and Yoga to target the core from all sides: glutes, abdominals, obliques and pelvic floor. Isometric exercises, increase time under tension, sculpt lean lines.

Cardio Conditioning (Intermediate-Advanced): Push your body to the limit in this class that is designed to leave you breathless. Challenge your cardiovascular capacity and muscular endurance in this fast-paced, non-stop, super satisfying class.

Cardio Strength Conditioning (intermediate-Advanced): Condition the body through cardio and strength intervals. Movements designed to maximize time and define the body.

Cycling (All Levels): Rock out to great jams while you climb hills, fight wind tunnels and sprint your way to to finish. Designed for anyone who wants to feel stronger and part of a team. Clips are SPD, cages available to those without cycling shoes.

Elite Strength (Intermediate-Advanced): A twist on Fundamental Fitness, this version uses a variety of implements to help you build strength.

Fit & Strong (Beginner): This low-impact class keeps you on your toes using steps, weights, bands and medicine balls! Work on stability, balance and bone-density while singing along with your favorite tunes from the 50's through to today.

Full Body Blast (All Levels): This HIIT workout will leave you feeling breathless and stronger than ever! Designed to burn the fat into lean muscle while increasing stamina, endurance, and overall strength. Grab those weights and get ready to work!

Fundamental Fitness (Intermediate-Advanced): Move through all planes of motion while challenging your strength, endurance and power through a combination of body weight, plyometric and dumbbell exercises!

HIIT (Intermediate): High Intensity Interval Training will challenge your aerobic capacity combining calisthenics, light to moderate weights and a wide variety of equipment. This class will leave you feeling sweaty in the best way possible.

HIIT Circuit Blast (Intermediate): This fast paced workout targets every muscle group as you switch from weights to cardio in three circuits. Conclude each class with an intense abdominal sequence.

Kids Yoga (Ages 10-13): The children will work on their strength, balance and flexibility through yoga sequences and games. They will learn mindfulness tools, breathing exercises and relaxation practices. These classes promote self love and kindness through meaningful themes each week.

Lean Body Burn: High intensity, Low impact, total body workout. Designed to increase balance, strengthen and sculpt the entire body.

MAT Pilates (Beginner): This class teaches an approach to strength that starts at the core and extends throughout the body. A focused and deliberate approach, Pilates will teach core and breath that supports and strengthens your body.

MAT Pilates Fusion (All Levels): A dynamic workout designed to enhance your core strength, build muscle, improve balance, and increase flexibility. This class blends traditional Pilates with elements of strength training, balance + deep stretching.

Max Strength (Advanced): Strengthen your mind and body by pushing yourself to achieve maximum results Pure strength, NO cardio!

Metabolic Conditioning (All Levels): A full body workout using a variety of movements and equipment with a focus on conditioning. Includes both high intensity aerobic and anaerobic intervals to increase your metabolism for hours after.

Off The Barre: Everything you know and love about BARRE, but OFF the Barre! Ballet-inspired movement, isometric exercises, deep core and muscle work will challenge you in this precise, targeted and disciplined class.

Pilates Stretch: This unique class is designed to increase mobility, flexibility, and overall strength. Low lighting and weekly playlists lends itself to a unique "flow state" experience needed to function and perform at optimum capacity. Leave feeling rejuvenated and restored. Grab a mat, roller and a yoga block. No weights.

Power Pump: Join us for an exhilarating fitness class designed to ignite your energy and sculpt your physique.

Power Sculpt (Beg - Intermediate): Full body conditioning workout designed to enhance muscle definition, balance, strength and endurance on major muscle groups. Use different types of equipment each week to add to your workout library.

Power Vinyasa Yoga (Intermediate- Advanced): This Yoga practice will challenge your strength and push you to new levels. The poses and flows increase both strength and resilience.

Qigong: Join us for this holistic practice that combines movement, breathing techniques, sound and self-massage. Improve your strength, balance, blood pressure, brain function and so much more!

Sculpt & Stretch (All Levels): The perfect lunchtime break to get it all in! Low impact total body workout, designed to challenge the core while sculpting and toning. The stretch component of this class makes this just what the doctor ordered.

Slow Flow (Beginner): This Yoga class is designed to unify mind, body and soul. Create body awareness, improve circulation, develop strength and access your parasympathetic system. This is a class for anyone looking to take a mindful moment.

Stretch, Strength and Align (Beginner): Led by our Occupational Therapist, this class is designed to create strong foundation to support the activities of daily living. Focus on mobility, stability, and posture utilizing Pilates, Yoga and Feldenkrais.

Stretch & Recovery (All Levels): An all-over body stretching and mobility program that will revitalize and rejuvenate. Using progressive stretching techniques you will gain a greater range of motion and an improved body recovery state.

The Surge: Grab weights and get ready to work! Full body workout broken into rounds of strength with focus on core work. Leave the room feeling strong and energized!

Total Body Fusion (All Levels): Full body workout combining strength and cardio, followed by pilates core work.

Yoga (All Levels): Vinyasa Yoga is all about the flow -- with each cycle you will add something to increase complexity. Let this class increase your yoga toolbox! It will leave you feeling accomplished, centered and ready for your next challenge.

Zumba (All Levels): Get up and DANCE! This Latin-inspired dance class teaches dance segments that are threaded together into fun and fulfilling movement.

QUESTIONS? HAGIT TAL, FITNESS & WELLNESS DIRECTOR / HTAL@JCCOTP.ORG 201.408.1472
NO PHONES IN CLASS. AGE MINIMUM IS 14. ARRIVE AT LEAST 5 MIN PRIOR, OR SPOT WILL BE GIVEN TO WAITLIST. KINDLY RETURN ALL EQUIPMENT.