

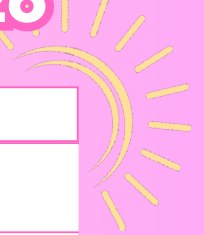


GROUP FITNESS SCHEDULE

SUMMER 2026

6/22/2026

SUN	MON	TUES	WED	THURS	FRI	SAT
BARRE 8:15 AM - 9:05 AM MICHAL/EX RM 2	METABOLIC CONDITIONING 7:30 - 8:20 AM ROSALIE/EX RM 1	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	YOGA 8:15 - 9:15 AM JILL/EX RM 2	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	CARDIO STRENGTH 8:30 - 9:20 AM TAMAR/EX RM 1	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	PILATES AMPED 9:30 - 10:20 AM TAMAR/EX RM 1	HIIT 8:30 - 9:20 AM SHIR/EX RM 2	FUNDAMENTAL FITNESS 8:00 - 8:50 AM KIMANI/EX RM 2	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	POWER PUMP 9:30 - 10:20 AM MICHAL/EX RM 2	CARDIO BOOTY BARRE 9:30 - 10:20 AM MICHAL/EX RM 2	POWER ZONE 9:30 - 9:20 AM ANDREW/EX RM 1	SCULPT PILATES 8:30 - 9:20 AM DONNA/EX RM 1	POWER ZONE 9:30 - 10:20 AM TAMAR/EX RM 1	MIND/BODY
STRETCH, STRENGTH & ALIGN 9:30 - 10:20 AM OFIRA/RM 207/208	CYCLING 9:30 - 10:15 AM MICHAEL/ CYCLING ROOM	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	CYCLING 9:30 - 10:15 AM ADEENA/CYCLING RM	CYCLING
CARDIO STRENGTH 9:45 - 10:35 AM SHIRA/EX RM 1	BALANCE YOUR BODY 10:30 - 11:20 AM OFIRA/EX RM 2	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	BARRE 9:30 - 10:20 AM MICHAL/EX RM 2	CARDIO/STRENGTH
ZUMBA 10:45 - 11:35 AM CECILIA/EX RM 1	POWER SCULPT 10:30 - 11:20 AM HAGIT/EX RM 1	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	STRETCH & RECOVERY 10:30 - 11:20 AM RONNIE/EX RM 1	ZUMBA/DANCE
BARRE 10:45 - 11:35 AM SHIRA/EX RM 2	ZUMBA GOLD 11:30 AM - 12:20 PM SALONEY/EX RM 1	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	ZUMBA 10:30 - 11:20 AM MORIA/EX RM 2	VIRTUAL
	AQUA AEROBICS 12:00 - 12:45 PM ALISON/INDOOR POOL	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	BALANCE YOUR BODY 11:30 AM - 12:20 PM OFIRA/EX RM 1	NEW FITNESS STUDIO LOCATION
	PILATES STRETCH 12:30 - 1:20 PM TIFFANY/EX RM 2	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	MAT PILATES FUSION 11:30 AM - 12:20 PM MORIA/EX RM 2	
	MAX STRENGTH 6:00 - 6:50 PM SHIRA/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	AQUA AEROBICS 1:00 - 1:45 PM ALISON/INDOOR POOL	
	CYCLING 6:30 - 7:15 PM MICHAEL/CYCLING RM	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		
	FUNDAMENTAL FITNESS 7:00 - 7:50 PM KIMANI/EX RM 1	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!
		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		
		DANCE FITNESS 7:00 PM - 7:50 PM AVITAL/EX RM 1	METABOLIC CONDITIONING 6:30 - 7:20 PM RONNIE/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.



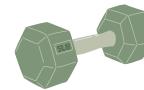
ARRIVE EARLY

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

