



Group Fitness Schedule

Effective July 24, 2026

▶ siegeljcc.org/gex

Class Category Key

◆ Spin

◆ Mind/Body

◆ Cardio/Conditioning

◆ Water

◆ Senior

◆ Specials

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		Ninja Boot Camp6:20 AMJFit/GymnasiumMimi	Spin6:10 AMSpin RoomLinda	Muscle Pump6:10 AMStudio 2Linda	Spin6:10 AMSpin RoomLinda	Muscle Pump6:10 AMStudio 2Michele	
8:00 AM							Water Aerobics8:35 AMindoor PoolDebbie
9:00 AM	Yoga All Levels9:00 AMShalom CentralMaryann	Total Body9:00 AMMercazEllie	TRX9:00 AMJFitAJ	Circuit Training9:00 AMJFitJake	Zumba9:00 AMStudio 2Talia	SoulBody Barre9:00 AMStudio 2Ellie	Boot Camp9:00 AMJFitNoel
	TRX Lite9:00 AMJFitAJ	Aqua Zumba9:05 AMIndoor PoolLisa	Strength & Balance9:00 AMMercazEllie	Cycle to the Beat9:00 AMSpin RoomMichele	Toned to the Core9:00 AMStudio 3Merav	Cycle to the Beat9:00 AMSpin RoomMichele	
	TRX9:30 AMJFitAJ		Aqua Deep9:05 AMIndoor PoolDebbie	Aqua Zumba9:05 AMIndoor PoolLisa	Tai Chi Easy9:00 AMMercazSeth	Weights & Water9:05 AMIndoor PoolSherri	
					Aqua Strength9:05 AMIndoor PoolDebbie		
10:00 AM	Power Sculpt10:00 AMStudio 2Alexis	Yoga Slow Flow10:00 AMStudio 3Amy	Yoga Flow10:00 AMMercazMerav	Yoga Flow10:00 AMMercazNicole	Yoga Slow Flow10:00 AMStudio 3Merav	Yoga Slow Flow10:00 AMMercazAmy	Yoga Slow Flow10:00 AMStudio 3Jen
	Aqua Zumba10:00 AMOutdoor PoolLisa	Qi Gong10:00 AMMercazSeth	Zumba10:00 AMStudio 2Lisa	Strength & Balance10:00 AMStudio 2Ellie	Qi Gong10:00 AMMercazSeth	Strength & Balance10:00 AMStudio 2Ellie	Zumba10:00 AMStudio 2Lisa
			Sr Water Aerobics10:00 AMIndoor PoolDebbie		Sr Water Aerobics10:00 AMIndoor PoolDebbie		
11:00 AM		Move it or Lose it11:00 AMMercazAJ	Chair Yoga11:00 AMMercazLaura	Chair Yoga11:00 AMMercazLaura	Sr Deep Water11:00 AMIndoor PoolDebbie	JFit for Life11:00 AMMercazAJ	SoulBody Barre11:00 AMStudio 2Ellie
		Chair Yoga11:00 AMStudio 2Susan	Sr Deep Water11:00 AMIndoor PoolDebbie				
1:00 PM	Zumba1:00 PMStudio 2Talia						
3:00 PM							Virtual POUND3:00 PMZOOMNoel
5:00 PM		Pilates Fusion5:30 PMStudio 2Lexi	TKO Cardio Boxing5:30 PMStudio 3Kamal	Circuit Training5:30 PMJFitNoel	Pilates5:30 PMStudio 3Leo		
6:00 PM		TRX6:00 PMJFitNoel	Sweat to the Beat6:00 PMStudio 2Noel	Zumba6:30 PMStudio 2Noel	Strong 30 + Strength6:00 PMStudio 2Noel		
			Spin6:00 PMSpin RoomAlexis				
7:00 PM		Yin Yoga7:00 PMStudio 3Felina	Yin Yoga7:00 PMStudio 3Felina	Yoga Flow7:00 PMStudio 3Laura	Yin Yoga7:00 PMStudio 3Susan		
8:00 PM				Mindfulness & Meditation8 PMStudio 3Laura			

