



# Group Fitness Schedule

Effective February 16, 2026

▶ [siegeljcc.org/gex](http://siegeljcc.org/gex)

Class Category Key

◆ Spin

◆ Mind/Body

◆ Cardio/Conditioning

◆ Water

◆ Senior

◆ Specials

|          | Sunday                                            | Monday                                         | Tuesday                                                | Wednesday                                             | Thursday                                               | Friday                                               | Saturday                                           |
|----------|---------------------------------------------------|------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------|----------------------------------------------------|
| 6:00 AM  |                                                   |                                                | Spin<br>6:10 AM<br>Spin Room<br>Linda                  | Muscle Pump<br>6:10 AM<br>Studio 2<br>Linda           | Spin<br>6:10 AM<br>Spin Room<br>Linda                  | Muscle Pump<br>6:10 AM<br>Studio 2<br>Michele        |                                                    |
| 8:00 AM  |                                                   |                                                |                                                        |                                                       |                                                        |                                                      | Water Aerobics<br>8:35 AM<br>indoor Pool<br>Debbie |
| 9:00 AM  | Yoga All Levels<br>9:00 AM<br>Studio 3<br>Maryann | Total Body<br>9:00 AM<br>Mercaz<br>Ellie       | TRX<br>9:00 AM<br>JFit<br>AJ                           | Circuit Training<br>9:00 AM<br>JFit<br>Jake           | Zumba<br>9:00 AM<br>Studio 2<br>Talia                  | SoulBody Barre<br>9:00 AM<br>Studio 2<br>Ellie       | Boot Camp<br>9:00 AM<br>JFit<br>Noel               |
|          | TRX Lite<br>9:00 AM<br>JFit<br>AJ                 | Aqua Zumba<br>9:05 AM<br>Indoor Pool<br>Lisa   | Strength & Balance<br>9:05 AM<br>Mercaz<br>Ellie       | Cycle to the Beat<br>9:00 AM<br>Spin Room<br>Michele  | Toned to the Core<br>9:00 AM<br>Studio 3<br>Merav      | Cycle to the Beat<br>9:00 AM<br>Spin Room<br>Michele |                                                    |
|          | TRX<br>9:30 AM<br>JFit<br>AJ                      |                                                |                                                        | Aqua Deep<br>9:05 AM<br>Indoor Pool<br>Lisa           | Tai Chi Easy<br>9:00 AM<br>Mercaz<br>Seth              | Weights & Water<br>9:05 AM<br>Indoor Pool<br>Sherri  |                                                    |
|          |                                                   |                                                |                                                        |                                                       | Aqua Zumba<br>9:05 AM<br>Indoor Pool<br>Debbie         |                                                      |                                                    |
| 10:00 AM | Power Sculpt<br>10:00 AM<br>Studio 2<br>Alexis    | Yoga Slow Flow<br>10:00 AM<br>Studio 3<br>Amy  | Yoga Flow<br>10:00 AM<br>Mercaz<br>Merav               | Yoga Flow<br>10:00 AM<br>Mercaz<br>Nicole             | Yoga Slow Flow<br>10:00 AM<br>Studio 3<br>Merav        | Yoga Slow Flow<br>10:00 AM<br>Mercaz<br>Amy          | Yoga Slow Flow<br>10:00 AM<br>Studio 3<br>Jen      |
|          |                                                   | Qi Gong<br>10:00 AM<br>Mercaz<br>Seth          | Zumba<br>10:00 AM<br>Studio 2<br>Lisa                  | Strength & Balance<br>10:05 AM<br>Studio 2<br>Ellie   | Qi Gong<br>10:00 AM<br>Mercaz<br>Seth                  | Strength & Balance<br>10:00 AM<br>Studio 2<br>Ellie  | Zumba<br>10:00 AM<br>Studio 2<br>Lisa              |
|          |                                                   |                                                | Sr Water Aerobics<br>10:00 AM<br>Indoor Pool<br>Debbie |                                                       | Sr Water Aerobics<br>10:00 AM<br>Indoor Pool<br>Debbie |                                                      |                                                    |
| 11:00 AM |                                                   | Move it or Lose it<br>11:00 AM<br>Mercaz<br>AJ | Chair Yoga<br>11:00 AM<br>Mercaz<br>Laura              | Chair Yoga<br>11:00 AM<br>Mercaz<br>Laura             | Sr Deep Water<br>11:00 AM<br>Indoor Pool<br>Debbie     | JFit for Life<br>11:00 AM<br>Mercaz<br>AJ            | SoulBody Barre<br>11:00 AM<br>Studio 2<br>Ellie    |
|          |                                                   | Chair Yoga<br>11:00 AM<br>Studio 2<br>Susan    | Sr Deep Water<br>11:00 AM<br>Indoor Pool<br>Debbie     |                                                       |                                                        |                                                      |                                                    |
| 1:00 PM  | Zumba<br>1:00 PM<br>Studio 2<br>Talia             |                                                |                                                        |                                                       |                                                        |                                                      |                                                    |
| 3:00 PM  |                                                   |                                                |                                                        |                                                       |                                                        |                                                      | Virtual POUND<br>3:00 PM<br>ZOOM<br>Noel           |
| 5:00 PM  |                                                   | Pilates Fusion<br>5:30 PM<br>Studio 2<br>Lexi  | TKO Cardio Boxing<br>5:30 PM<br>Studio 3<br>Kamal      | Circuit Training<br>5:30 PM<br>JFit<br>Noel           | Pilates<br>5:30 PM<br>Studio 3<br>Leo                  |                                                      |                                                    |
| 6:00 PM  |                                                   | TRX<br>6:00 PM<br>JFit<br>Noel                 | Sweat to the Beat<br>6:00 PM<br>Studio 2<br>Noel       | Zumba<br>6:30 PM<br>Studio 2<br>Noel                  | Strong 30 + Strength<br>6:00 PM<br>Studio 2<br>Noel    |                                                      |                                                    |
|          |                                                   |                                                | Spin<br>6:00 PM<br>Spin Room<br>Alexis                 |                                                       |                                                        |                                                      |                                                    |
| 7:00 PM  |                                                   | Yin Yoga<br>7:00 PM<br>Studio 3<br>Felina      | Yin Yoga<br>7:00 PM<br>Studio 3<br>Felina              | Yoga Flow<br>7:00 PM<br>Studio 3<br>Laura             | Restorative Yoga Flow<br>7:00 PM<br>Studio 3<br>Susan  |                                                      |                                                    |
|          |                                                   |                                                |                                                        |                                                       | Qi Gong<br>7:00 PM<br>Studio 2<br>Seth                 |                                                      |                                                    |
| 8:00 PM  |                                                   |                                                |                                                        | Mindfulness & Meditation<br>8 PM<br>Studio 3<br>Laura |                                                        |                                                      |                                                    |

