



# Group Fitness Schedule

Effective April 14, 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		<b>Ninja Boot Camp</b> 6:20 AM JFit/Gymnasium Mimi	<b>Spin</b> 6:10 AM Spin Room Linda	<b>Muscle Pump</b> 6:10 AM Studio 2 Linda	<b>Spin</b> 6:10 AM Spin Room Linda	<b>Muscle Pump</b> 6:10 AM Studio 2 Michele	
8:00 AM	<b>Aqua Rock &amp; Roll</b> 8:35 AM Indoor Pool Sherri						<b>Water Aerobics</b> 8:35 AM indoor Pool Debbie
9:00 AM	<b>Yoga All Levels</b> 9:00 AM Studio 3 Maryann	<b>Total Body</b> 9:00 AM Mercaz Ellie	<b>TRX</b> 9:00 AM JFit AJ	<b>Circuit Training</b> 9:00 AM JFit Jake	<b>Zumba</b> 9:00 AM Studio 2 Talia	<b>SoulBody Barre</b> 9:00 AM Studio 2 Ellie	<b>Boot Camp</b> 9:00 AM JFit Noel
	<b>TRX Lite</b> 9:00 AM JFit AJ	<b>Aqua Zumba</b> 9:05 AM Indoor Pool Lisa	<b>Strength &amp; Balance</b> 9:00 AM Mercaz Ellie	<b>Cycle to the Beat</b> 9:00 AM Spin Room Michele	<b>Toned to the Core</b> 9:00 AM Studio 3 Merav	<b>Cycle to the Beat</b> 9:00 AM Spin Room Michele	
	<b>TRX</b> 9:30 AM JFit AJ		<b>Aqua Deep</b> 9:05 AM Indoor Pool Debbie	<b>Aqua Deep</b> 9:05 AM Indoor Pool Lisa	<b>Tai Chi Easy</b> 9:00 AM Mercaz Seth	<b>Weights &amp; Water</b> 9:05 AM Indoor Pool Sherri	
					<b>Aqua Zumba</b> 9:05 AM Indoor Pool Debbie		
10:00 AM	<b>Power Sculpt</b> 10:00 AM Studio 2 Alexis	<b>Yoga Slow Flow</b> 10:00 AM Studio 3 Amy	<b>Yoga Flow</b> 10:00 AM Mercaz Merav	<b>Yoga Flow</b> 10:00 AM Mercaz Nicole	<b>Yoga Slow Flow</b> 10:00 AM Studio 3 Merav	<b>Yoga Slow Flow</b> 10:00 AM Mercaz Amy	<b>Yoga Slow Flow</b> 10:00 AM Studio 3 Jen
		<b>Qi Gong</b> 10:00 AM Mercaz Seth	<b>Zumba</b> 10:00 AM Studio 2 Lisa	<b>Strength &amp; Balance</b> 10:00 AM Studio 2 Ellie	<b>Qi Gong</b> 10:00 AM Mercaz Seth	<b>Strength &amp; Balance</b> 10:00 AM Studio 2 Ellie	<b>Zumba</b> 10:00 AM Studio 2 Lisa
			<b>Sr Water Aerobics</b> 10:00 AM Indoor Pool Debbie		<b>Sr Water Aerobics</b> 10:00 AM Indoor Pool Debbie		
11:00 AM		<b>Move it or Lose it</b> 11:00 AM Mercaz AJ	<b>Chair Yoga</b> 11:00 AM Mercaz Laura	<b>Chair Yoga</b> 11:00 AM Mercaz Laura	<b>Sr Deep Water</b> 11:00 AM Indoor Pool Debbie	<b>JFit for Life</b> 11:00 AM Mercaz AJ	<b>SoulBody Barre</b> 11:00 AM Studio 2 Ellie
		<b>Chair Yoga</b> 11:00 AM Studio 2 Susan	<b>Sr Deep Water</b> 11:00 AM Indoor Pool Debbie				
1:00 PM	<b>Zumba</b> 1:00 PM Studio 2 Talia						
3:00 PM							<b>Virtual POUND</b> 3:00 PM ZOOM Noel
5:00 PM		<b>Pilates Fusion</b> 5:30 PM Studio 2 Lexi	<b>TKO Cardio Boxing</b> 5:30 PM Studio 3 Kamal	<b>Circuit Training</b> 5:30 PM JFit Noel	<b>Pilates</b> 5:30 PM Studio 3 Leo		
6:00 PM		<b>TRX</b> 6:00 PM JFit Noel	<b>Sweat to the Beat</b> 6:00 PM Studio 2 Noel	<b>Zumba</b> 6:30 PM Studio 2 Noel	<b>Strong 30 + Strength</b> 6:00 PM Studio 2 Noel		
			<b>Spin</b> 6:00 PM Spin Room Alexis				
7:00 PM		<b>Yin Yoga</b> 7:00 PM Studio 3 Felina	<b>Yin Yoga</b> 7:00 PM Studio 3 Felina	<b>Yoga Flow</b> 7:00 PM Studio 3 Laura	<b>Yin Yoga</b> 7:00 PM Studio 3 Susan		
					<b>Qi Gong</b> 7:00 PM Studio 2 Seth		
8:00 PM				<b>Mindfulness &amp; Meditation</b> 8 PM Studio 3 Laura			

