Group Fitness Schedule

Effective October 26, 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		Ability/Stability/Strength 6:20 AM JFit/Gymnasium Mimi	Spin 6:10 AM Spin Room Linda	Muscle Pump 6:10 AM Studio 2 Linda	Spin 6:10 AM Spin Room Linda	Muscle Pump 6:10 AM Studio 2 Michele	
8:00 AM							Water Aerobics 8:35 AM indoor Pool Debbie
9:00 AM	Yoga All Levels 9:00 AM Shalom Central Maryann	Total Body 9:00 AM Mercaz Ellie	TRX 9:00 AM JFit AJ	Circuit Training 9:00 AM JFit John	Zumba 9:00 AM Studio 2 Talia	SoulBody Barre 9:00 AM Studio 2 Ellie	Boot Camp 9:00 AM JFit Noel
	Suspension Strength 9:00 AM JFit Alexis	Aqua Zumba 9:05 AM Indoor Pool Lisa	Strength & Balance 9:00 AM Mercaz Ellie	Cycle to the Beat 9:00 AM Spin Room Michele	Toned to the Core 9:00 AM Studio 3 Merav	Cycle to the Beat 9:00 AM Spin Room Michele	
			Aqua Deep 9:05 AM Indoor Pool Debbie	Aqua Zumba 9:05 AM Indoor Pool Lisa	Tai Chi Easy 9:00 AM Mercaz Seth	Aqua Rock & Roll 9:05 AM Indoor Pool Sherri	
					Aqua Strength 9:05 AM Indoor Pool Debbie		
10:00 AM	Power Sculpt 10:00 AM Studio 2 Alexis	Yoga Slow Flow 10:00 AM Studio 3 Amy	Yoga Flow 10:00 AM Mercaz Merav	Yoga Flow 10:00 AM Mercaz Nicole	Yoga Slow Flow 10:00 AM Studio 3 Merav	Yoga Slow Flow 10:00 AM Mercaz Amy	Yoga Slow Flow 10:00 AM Studio 3 Jen
		Qi Gong 10:00 AM Mercaz Seth	Zumba 10:00 AM Studio 2 Lisa	Strength & Balance 10:00 AM Studio 2 Talia	Qi Gong 10:00 AM Mercaz Seth	Strength & Balance 10:00 AM Studio 2 Ellie	Zumba 10:00 AM Studio 2 Lisa
			Sr Water Aerobics 10:00 AM Indoor Pool Debbie		Sr Water Aerobics 10:00 AM Indoor Pool Debbie		
11:00 AM		Strong Fit 11:00 AM Mercaz Ellie	Chair Yoga 11:00 AM Mercaz Laura	Chair Yoga 11:00 AM Mercaz Laura	Sr Deep Water 11:00 AM Indoor Pool Debbie	Move & Groove 11:00 AM Mercaz AJ	SoulBody Barre 11:00 AM Studio 2 Ellie
		Chair Yoga 11:00 AM Studio 2 Susan	Sr Deep Water 11:00 AM Indoor Pool Debbie				
1:00 PM	Zumba 1:00 PM Studio 2 Talia						
3:00 PM							Virtual POUND 3:00 PM ZOOM Noel
5:00 PM		Pilates Fusion 5:30 PM Studio 2 Lexi	TKO Cardio Boxing 5:30 PM Studio 3 Kamal	Circuit Training 5:30 PM JFit Noel	Pilates 5:30 PM Studio 3 Leo		
6:00 PM		TRX 6:00 PM JFit Noel	Sweat to the Beat 6:00 PM Studio 2 Noel	Zumba 6:30 PM Studio 2 Noel	Strong 30 + Strength 6:00 PM Studio 2 Noel		
			Spin 6:10 PM Spin Room Alexis				
7:00 PM		Yin Yoga 7:00 PM Studio 3 Felina	Yin Yoga 7:00 PM Studio 3 Felina	Yoga Flow 7:00 PM Studio 3 Laura	Yin Yoga 7:00 PM Studio 3 Susan		
8:00 PM				Mindfulness & Meditation 8 PM Studio 3 Laura			