Group Fitness Schedule

Effective September 30, 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 Camp** 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	
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			