



Fall GroupX Schedule

Please arrive early to class

ALL classes require reservation via www.turboroster.com.

PLEASE CANCEL if you are unable to participate. (\$15/no show fee charged after a warning)

JCC Fitness Center membership required.



Changes made due to COVID19 considerations include: limited offerings; will slowly add classes over time; limited number of participants; for JCC members only; members asked to disinfect equipment and hands with provided disinfectant; members asked to be aware of surroundings and maintain social distance; location of classes either outside (upper parking lot, courtyard, tennis court or pool); outside classes held weather permitting; bring your own towel, mat and water.

Sunday – 7:10AM RPM (Courtyard) Weather Permitting or Gymnasium

LesMills cycle program on our Stages bikes. A 45 minute cardio peak workout simulating different terrains set to great music. Classes will be outside in the courtyard weather permitting. Bikes will be stored in the auditorium. You must reserve a bike on Turboroster up to 1 week in advance. You will roll your bike out to the designated spots in courtyard.

Instructor: Tony Nicastro ~ Maximum 11



Sunday – 8:15AM BODYPUMP (Upper Parking Lot) Weather Permitting or Gymnasium

The original barbell class. Works every major muscle group using barbells and adjustable weights. Quite simply, it's the fastest way in the universe to get in shape. All levels are welcome. You can safely try BodyPump.

Instructor: Sharon Moriarty ~ Maximum 10 people

Monday 5:30PM HIIT SPIN (Courtyard) Weather Permitting or Gymnasium

100% effort with quick bursts of exercise on our Stages bike followed by short, active recovery periods.

Instructor: Dana Harrison ~ Maximum 11 people

Tuesday 6AM RPM (Courtyard) Weather Permitting or Gymnasium

LesMills cycle program on our Stages bikes. A 45 minute cardio peak workout simulating different terrains set to great music. Classes will be outside in the courtyard weather permitting. Bikes will be stored in the auditorium. You must reserve a bike on Turboroster up to 1 week in advance. You will roll your bike out to the designated spots in courtyard.

Instructor: Deb Griff Phelps ~ Maximum 11 people

Wednesday 6AM - 30 mins. GRIT CARDIO (Tennis Courts) Weather Permitting or Gymnasium

A high intensity interval training workout (HIIT) that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout provides a challenge and uses a variety of body weight exercises. Don't worry, this class can always be modified based on your fitness level.

Suggestion: Bring your own mat, towel and water

Instructor: Cathy Charette

Watch for additional classes next month!

Wednesday 5:30PM BOOTCAMP (Outside) Weather Permitting

A Group training designed to increase strength and fitness through a variety of exercises.

Suggestion: Bring your own towel, mat and water

Instructor: Tracy McDonald

Wednesday 6:00PM BODYFLOW (Gymnastics Room)

A revolution in mind/body training that will change the way you feel about your body. You'll stand straighter, feel stronger, and become more flexible. Set to uplifting music, BodyFlow is designed to increase your endurance, reduce stress, and relieve pain.

Suggestion: Bring your own towel, mat, water, yogasocks, yogatoes or ballet shoes

Alternating Instructors: Mary MacAdam and Deb Griff Phelps

Maximum: 9 people

Thursday 6PM BODYPUMP (Upper Parking Lot) Weather Permitting or Gymnasium



Les Mills original Barbell class using light to moderate weights and lots of repetitions of scientifically backed moves with great music, great coaching and great energy.

As always, this class can always be modified based on your fitness level.

Suggestion: Bring your own towel, mat and water

Instructor: Tony Nicastro

Maximum: 10 people

Friday 6am - 30 mins. SPRINT (Courtyard) Weather Permitting or Gymnasium

Les Mills SPRINT- is a 30-minute High-Intensity-Interval-Training (HIIT) using our Stages indoor bike to achieve fast results. It is a short, intense style of training, with the thrill and motivation comes from pushing your physical and mental limits.

Instructor: Sharon LaPointe

Maximum: 8 people

Saturday 8:00AM GRIT CARDIO (Tennis Courts) Weather Permitting or Gymnasium

Suggestion: Bring your own towel, mat and water

Instructor: Bill Miller

Saturday 9:15AM BODYFLOW (Gymnastics Room)

A revolution in mind/body training that will change the way you feel about your body. You'll stand straighter, feel stronger, and become more flexible. Set to uplifting music, BodyFlow is designed to increase your endurance, reduce stress, and relieve pain.

Suggestion: Bring your own towel, mat, water, yogasocks, yogatoes or ballet shoes

Instructor: Kristen Hemenway

Maximum: 9 people



Monday 8:30AM HIIT THE H2O (Pool)

A 45-minute class that is done while suspended in the deep end of the pool with the use of flotation device. Non-impact exercise that will suit most people including those with weight or joint problems. Work on building strength in your core muscle groups (abdominal/back).

Wednesday 8:30AM Drenched (Pool)

A 45 minute shallow water class set to music with 3 blocks of work. Block 1 is a warm-up; Block 2 incorporates 30 second consecutive intervals using grounded strength, cardio and high intensity power cardio moves; Block 3 allows you to increase.