



GROUP FITNESS SCHEDULE



DECEMBER 25, 2024

8:30-9:15 AM	TOTAL BODY FUSION	MICHAL MELUMAD	STUDIO 1
9:30-10:15 AM	OFF THE BARRE	SHIRA KRAFT	STUDIO 1
9:30-10:15 AM	CYCLING	SUZANNE ALEKSIC	SPIN STUDIO
10:30-11:15 AM	STRENGTH, STRETCH & ALIGN	OFIRA MOR	STUDIO 1
10:30-11:15 AM	BARRE	TAMAR LOWE	STUDIO 2
11:30-12:15 PM	DUO ZUMBA FEST	CECE + SALONEY	STUDIO 1

QUESTIONS? HAGIT TAL, FITNESS DIRECTOR
HTAL@JCCOTP.ORG : 201.408.1472

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GROUP FITNESS SCHEDULE



JANUARY 1, 2025

10:15-11:00 AM	BOOTCAMP	SHIRA KRAFT	STUDIO 1
10:30-11:15 AM	SPECIAL NEW YEAR CYCLING CLASS	ADEENA PULTMAN	SPIN STUDIO
11:15-12:00 PM	PILATES BARRE FUSION	SHIRA KRAFT	STUDIO 1
12:15-1:00 PM	NEW YEAR'S DAY DOUBLE JAM	CECE + SALONEY	STUDIO 1

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