



GROUP FITNESS SCHEDULE

WINTER 2025
EFFECTIVE JAN 6, 2025

SUN	MON	TUES	WED	THURS	FRI	SAT
BARRE 8:15 AM-9:05 AM MICHAL/EX RM 2	FIT & STRONG 6:45-7:30 AM ANNETTE/VIRTUAL	BREAKFAST CLUB 6:15-7:05 AM KIMANI/EX RM 1	CARDIO STRENGTH CONDITIONING 6:00-6:50 AM SHIRA/EX RM 1	THE SURGE 7:00-7:50 AM RONNIE/EX RM 1	FIT & STRONG 6:45-7:30 AM ANNETTE/VIRTUAL	
CYCLING 8:30-9:20 AM ADEENA / JILL CYCLING RM	METABOLIC CONDITIONING 7:30-8:20 AM ROSALIE/EX RM 1	CARDIO CONDITIONING 7:30-8:20 AM SHIRA/EX RM 1	FIT & STRONG 6:45-7:30 AM ANNETTE/VIRTUAL	BODY SCULPT 7:30-8:25 AM SHIRA/VIRTUAL	LEAN BODY BURN 7:30-8:20 AM TIFFANY/EX RM 1	
HIIT 8:30-9:20 AM TAMAR/EX RM 1	YOGA 8:15-9:15 AM JILL/EX RM 2	MAX STRENGTH 8:30-9:20 AM SHIRA/EX RM 1	TOTAL BODY FUSION 7:00-7:50 AM MICHAL/EX RM 1	YOGA 7:30-8:25 AM ALISON/EX RM 2	YOGA 8:00-8:55 AM ALISON/EX RM 2	
SLOW FLOW 9:15-10:10 AM HARRY/EX RM 2	CARDIO STRENGTH INTERVALS 8:30-9:20 AM ADEENA/EX RM 1	CARDIO BOOTY BARRE 9:30-10:20 AM MICHAL/EX RM 2	FUNDAMENTAL FITNESS 8:00-8:50 AM KIMANI/EX RM 1	SCULPT PILATES 8:30-9:20 AM DONNA/EX RM 1	FULL BODY BLAST 8:30-9:20 AM TIFFANY/EX RM 1	RESERVATIONS REQUIRED FOR ALL CLASSES!
CYCLING 9:30-10:15 AM ADEENA / JILL CYCLING RM	\$ THE WORKOUT \$ 9:15-10:15 AM KIMANI/KAPLEN GYM	CYCLING 9:30-10:20 AM DONNA/CYCLING RM	POWER ZONE 8:30-9:20 AM HAGIT/EX RM 2	OFF THE BARRE 9:30-10:20 AM SHIRA/EX RM 1	\$ THE WORKOUT \$ 9:15-10:15 AM KIMANI/KAPLEN GYM	FREE BABYSITTING AVAILABLE. CHECK WEBSITE FOR TIMES.
STRETCH, STRENGTH & ALIGN 9:30-10:20 AM OFIRA/EX RM 1	POWER PUMP 9:30-10:20 AM MICHAL/EX RM 2	FULL BODY BLAST 9:30-10:20 AM TIFFANY/EX RM 1	BARRELETICS 9:30-10:20 AM SHIRA/EX RM 1	HITT CIRCUIT BLAST 9:30-10:20 AM TIFFANY/EX RM 2	POWER ZONE 9:30-10:20 AM TAMAR/EX RM 1	
ZUMBA 10:30-11:20 AM CECILIA/EX RM 1	PILATES AMPED 9:30-10:20 AM TAMAR/EX RM 1	PILATES STRETCH 10:30-11:20 AM TIFFANY/EX RM 1	CYCLING 9:30-10:15 AM MICHAEL/CYCLING RM	CYCLING 9:30-10:15 AM DONNA/CYCLING RM	CYCLING 9:30-10:15 AM ADEENA/CYCLING RM	SCHEDULE KEY
BARRE 10:30-11:20 AM SHIRA/EX RM 2	CYCLING 9:30-10:15 AM MICHAEL/ CYCLING ROOM	BODY BLAST EXPRESS 10:30-11:00 AM DONNA/EX RM 2	POWER VINYASA FLOW 9:30-10:25 AM CHAVIE/EX RM 2	PILATES 10:30-11:20 AM SHIRA/EX RM 1	BARRE 9:30-10:20 AM MICHAL/EX RM 2	AQUA
	BALANCE YOUR BODY 10:30-11:20 AM OFIRA/EX RM 2	TAI CHI 11:15 AM-12:15 PM DIMITRI/EX RM 2	BARRE 10:30-11:20 AM MOIRA/EX RM 2	AGE LESS, PLAY MORE 10:30-11:20 AM MARGARET/EX RM 2	STRETCH & RECOVERY 10:30-11:20 AM RONNIE/EX RM 1	MIND/BODY
	POWER SCULPT 10:30-11:20 AM ADEENA/EX RM 1	ZUMBA 11:30 AM -12:20 PM CECILIA/EX RM 1	STRENGTH, STRETCH & ALIGN 10:30-11:15 AM OFIRA/EX RM 1	QIGONG 10:30-11:15 AM NATALIE/AUDITORIUM	ZUMBA 10:30-11:20 AM MORIA/EX RM 2	CYCLING
	ZUMBA GOLD 11:30 AM-12:20 PM SALONEY/EX RM 1	STRETCH, STRENGTH & ALIGN 5:00-5:50 PM OFIRA/EX RM 1	STRETCH & RECOVERY 11:30 AM-12:20 PM RONNIE/EX RM 2	ZUMBA 11:30 AM-12:20 PM JEN/EX RM 1	BALANCE YOUR BODY 11:30 AM-12:20 PM OFIRA/EX RM 1	CARDIO/STRENGTH
	AQUA FIT 12:00 -12:45 PM ALISON/INDOOR POOL	KIDS YOGA (AGES 10-13) 5:45-6:30 PM DANA/EX RM 2	AQUA AEROBICS 11:45 AM-12:30 PM ALISON/INDOOR POOL	AQUA AEROBICS 11:45 AM-12:15 PM MARGARET/INDOOR POOL		ZUMBA/DANCE
	PILATES STRETCH 12:30-1:20 PM TIFFANY/EX RM 2	MAT PILATES FUSION 6:00-6:50 PM MORIA/EX RM 1	FUNDAMENTAL FITNESS 12:30-1:20 PM KIMANI/EX RM 1	FUNDAMENTAL FITNESS 4:00-4:50 PM KIMANI/EX RM 1		VIRTUAL
	MAX STRENGTH 6:00-6:50 PM SHIRA/EX RM 1	CYCLING 7:00-7:45 PM SUZANNE/CYCLING RM	YOGA 6:00-6:55 PM JILL/EX RM 2	ELITE STRENGTH 6:00-6:50 PM RONNIE/EX RM 1		\$ PAID CLASS
	CYCLING 6:30-7:15 PM MICHAEL/CYCLING RM		METABOLIC CONDITIONING 6:30-7:20 PM RONNIE/EX RM 1	BALANCE BY THE BARRE 6:30-7:20 PM OFIRA/EX RM 2		
	FUNDAMENTAL FITNESS 7:00-7:50 PM KIMANI/EX RM 1			ZUMBA 7:30-8:20 PM SALONEY/EX RM 1		

QUESTIONS? HAGIT TAL, FITNESS & WELLNESS DIRECTOR / HTAL@JCCOTP.ORG 201.408.1472

NO PHONES IN CLASS. AGE MINIMUM IS 14. ARRIVE AT LEAST 5 MIN PRIOR, OR SPOT WILL BE GIVEN TO WAITLIST. KINDLY RETURN ALL EQUIPMENT.



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Age Less, play More (Beginner): Age is not a limitation! This low impact workout is designed to work on strength, stability, alignment and balance while having fun. We will use dumbbells, bands and floor exercises to make you feel and look better.

Aqua Aerobics (Beginner): This low-impact class will get you moving safely and with a smile. Join others from the community who are looking to improve circulation, regain range of motion and support strength development. Exercise class in the pool reduces stress on the joints and increases stamina and range of motion. water aerobic is beneficial for individuals with arthritis.

Aquafit (All Levels): This fast-paced Aqua class will get your heart rate pumping as you alternate between fast and slower-paced movements utilizing the resistance of the water to improve strength, endurance, and cardio efficiency.

Balance Your Body (Beginner-Intermediate): This low-impact class focuses on strength, increased range of motion and improvement of posture and balance. You will utilize and be familiarized with many modalities including: free weights, medicine balls, body bars, resistance bands, steps and mat work. Just because you are lying down does not mean you will be relaxed!

Barre (All Levels): This total body class utilizes ballet-inspired movement for a deep burn. Isometric exercises increase endurance, strength and coordination. The core, glutes, quads and arms will be challenged in this precise and disciplined class.

Body Sculpt (Intermediate): Nothing will be left out of this one: kettlebells, weighted bars, dumb bells, BOSUs and more! This total body class leaves nothing left in the tank. Come ready to work!

Breakfast Club (Intermediate): Start your day with the Breakfast Club workout. Build muscles and strengthen your core and add some cardio intervals.

Cardio Booty Barre (Beginner-Intermediate): A total body workout that combines Pilates, Ballet and Yoga to target the core from all sides: glutes, abdominals, obliques and pelvic floor. Isometric exercises, increase time under tension, sculpt lean lines.

Cardio Conditioning (Intermediate-Advanced): Push your body to the limit in this class that is designed to leave you breathless. Challenge your cardiovascular capacity and muscular endurance in this fast-paced, non-stop, super satisfying class.

Cardio Strength Conditioning (intermediate-Advanced): Condition the body through cardio and strength intervals. Movements designed to maximize time and define the body.

Cycling (All Levels): Rock out to great jams while you climb hills, fight wind tunnels and sprint your way to to finish. Designed for anyone who wants to feel stronger and part of a team. Clips are SPD, cages available to those without cycling shoes.

Elite Strength (Intermediate-Advanced): A twist on Fundamental Fitness, this version uses a variety of implements to help you build strength.

Fit & Strong (Beginner): This low-impact class keeps you on your toes using steps, weights, bands and medicine balls! Work on stability, balance and bone-density while singing along with your favorite tunes from the 50's through to today.

Full Body Blast (All Levels): This HIIT workout will leave you feeling breathless and stronger than ever! Designed to burn the fat into lean muscle while increasing stamina, endurance, and overall strength. Grab those weights and get ready to work!

Fundamental Fitness (Intermediate-Advanced): Move through all planes of motion while challenging your strength, endurance and power through a combination of body weight, plyometric and dumbbell exercises!

HIIT (Intermediate): High Intensity Interval Training will challenge your aerobic capacity combining calisthenics, light to moderate weights and a wide variety of equipment. This class will leave you feeling sweaty in the best way possible.

HIIT Circuit Blast (Intermediate): This fast paced workout targets every muscle group as you switch from weights to cardio in three circuits. Conclude each class with an intense abdominal sequence.

Kids Yoga (Ages 10-13): The children will work on their strength, balance and flexibility through yoga sequences and games. They will learn mindfulness tools, breathing exercises and relaxation practices. These classes promote self love and kindness through meaningful themes each week.

Lean Body Burn: High intensity, Low impact, total body workout. Designed to increase balance, strengthen and sculpt the entire body.

MAT Pilates (Beginner): This class teaches an approach to strength that starts at the core and extends throughout the body. A focused and deliberate approach, Pilates will teach core and breath that supports and strengthens your body.

MAT Pilates Fusion (All Levels): A dynamic workout designed to enhance your core strength, build muscle, improve balance, and increase flexibility. This class blends traditional Pilates with elements of strength training, balance + deep stretching.

Max Strength (Advanced): Strengthen your mind and body by pushing yourself to achieve maximum results Pure strength, NO cardio!

Metabolic Conditioning (All Levels): A full body workout using a variety of movements and equipment with a focus on conditioning. Includes both high intensity aerobic and anaerobic intervals to increase your metabolism for hours after.

Off The Barre: Everything you know and love about BARRE, but OFF the Barre! Ballet-inspired movement, isometric exercises, deep core and muscle work will challenge you in this precise, targeted and disciplined class.

Pilates Stretch: This unique class is designed to increase mobility, flexibility, and overall strength. Low lighting and weekly playlists lends itself to a unique "flow state" experience needed to function and perform at optimum capacity. Leave feeling rejuvenated and restored. Grab a mat, roller and a yoga block. No weights.

Power Pump: Join us for an exhilarating fitness class designed to ignite your energy and sculpt your physique.

Power Sculpt (Beg - Intermediate): Full body conditioning workout designed to enhance muscle definition, balance, strength and endurance on major muscle groups. Use different types of equipment each week to add to your workout library.

Power Vinyasa Yoga (Intermediate- Advanced): This Yoga practice will challenge your strength and push you to new levels. The poses and flows increase both strength and resilience.

Qigong: Join us for this holistic practice that combines movement, breathing techniques, sound and self-massage. Improve your strength, balance, blood pressure, brain function and so much more!

Sculpt & Stretch (All Levels): The perfect lunchtime break to get it all in! Low impact total body workout, designed to challenge the core while sculpting and toning. The stretch component of this class makes this just what the doctor ordered.

Slow Flow (Beginner): This Yoga class is designed to unify mind, body and soul. Create body awareness, improve circulation, develop strength and access your parasympathetic system. This is a class for anyone looking to take a mindful moment.

Stretch, Strength and Align (Beginner): Led by our Occupational Therapist, this class is designed to create strong foundation to support the activities of daily living. Focus on mobility, stability, and posture utilizing Pilates, Yoga and Feldenkrais.

Stretch & Recovery (All Levels): An all-over body stretching and mobility program that will revitalize and rejuvenate. Using progressive stretching techniques you will gain a greater range of motion and an improved body recovery state.

The Surge: Grab weights and get ready to work! Full body workout broken into rounds of strength with focus on core work. Leave the room feeling strong and energized!

Total Body Fusion (All Levels): Full body workout combining strength and cardio, followed by pilates core work.

Yoga (All Levels): Vinyasa Yoga is all about the flow -- with each cycle you will add something to increase complexity. Let this class increase your yoga toolbox! It will leave you feeling accomplished, centered and ready for your next challenge.

Zumba (All Levels): Get up and DANCE! This Latin-inspired dance class teaches dance segments that are threaded together into fun and fulfilling movement.