

Group Exercise Schedule | March 2 - March 8, 2026

MONDAY

Cycling
6:00 - 6:45 AM
Doug

Alignment-Based Yoga
8:00 - 8:45 AM
Gary

DanceFit
9:00 - 9:45 AM
Natalie - FFR

Barre
9:45 - 10:45 AM
Natalie

Warm & Stretch
10:45 - 11:30 AM
Natalie

Better Balance
10:30 - 11:15 AM
Davian - FFR

Senior Strength
11:30 - 12:15 PM
Davian - FFR

Exercise for Parkinson's
12:30 - 1:15 PM
Davian - FFR

Zumba Toning
6:15 - 7:00 PM
Yasie - FFR

Gentle Yoga
7:15 - 8:00 PM
Claire - FFR

TUESDAY

Cycling
6:00 - 6:45 AM
Nicki

Cycling
7:00 - 7:45 AM
Nicki

Strength & Sculpt
8:00 - 8:45 AM
Nicki

Gentle/Seated Yoga
8:00 - 8:45 AM
Claire - FFR

Zumba Gold
9:00 - 9:45 AM
Patricia - FFR

Fitness Yoga
10:00 - 10:45 AM
Patricia - FFR

Cycling
5:30 - 6:15 PM
Lea

Beginner's Yoga
6:30 - 7:15 PM
Claire - FFR

WEDNESDAY

Cycling
7:00 - 7:45 AM
Nicki

Movement & Mobility
8:00 - 8:45 AM
Nicki

Beginners Tai Chi
8:45 - 9:30 AM
Stephen

Advanced Tai Chi
9:45 - 10:30 AM
Stephen

Body Bar
9:00 - 9:45 AM
Nicki

Active Aging
10:45 - 11:30 AM
Davian - FFR

DanceFit
5:15 - 6:00 PM
Natalie - FFR

Barre
6:00 - 7:00 PM
Natalie

last class: 3/11
Papaya Pilates
6:45 - 7:30 PM
Carissa - FFR

THURSDAY

Cycling
6:00 - 6:45 AM
Doug

Cycling
7:00 - 7:45 AM
Nicki

Yogalates
8:00 - 8:45 AM
Nicki

DanceFit
9:00 - 9:45 AM
Natalie - FFR

Barre
10:00 - 11:00 AM
Natalie

Warm & Stretch
11:00 - 11:45 AM
Natalie - FFR

Cancelled on 3/5:
Tai Chi for Parkinson's
1:00 - 2:00 PM
Stephen/Corrie

Cycling
6:00 - 6:45 PM
Lea

Core
6:45 - 7:15 PM
Lea - FFR

Zumba Toning
(sub for StrongNation)
7:15 - 8:00 PM
Yasie

FRIDAY

Circuit Training
7:00 - 7:45 AM
Nicki - FFR

Cycling
8:00 - 8:45 AM
Nicki

Beginner's Yoga
8:00 - 8:45 AM
Claire - FFR

Better Balance
10:30 - 11:15 AM
Davian - FFR

Senior Strength
11:30 - 12:15 PM
Davian - FFR

Exercise for Parkinson's
12:30 - 1:15 PM
Davian - FFR

SATURDAY

Cycling
8:00 - 8:45 AM
Nikki

Movement & Mobility
(sub for Zumba)
9:00 - 9:45 AM
Nikki - FFR

Barre
10:00 - 10:45 AM
Kerry

SUNDAY

Cycling
8:00 - 8:45 AM
Lea

Functional Strength
9:00 - 9:45 AM
Lea-FFR

All Levels Yoga
10:00 AM - 10:45 AM
Claire - FFR

The Springfield JCC's group exercise classes are FREE for JCC members, and just \$10 for the general public!

Schedule is subject to change based on class attendance.

Get class updates, including cancellations, by email here:



Group Exercise Schedule | March 9 - March 15, 2026

MONDAY

Cycling
6:00 - 6:45 AM
Doug

Alignment-Based Yoga
8:00 - 8:45 AM
Gary

DanceFit
9:00 - 9:45 AM
Natalie - FFR

Barre
9:45 - 10:45 AM
Natalie

Warm & Stretch
10:45 - 11:30 AM
Natalie

Better Balance
10:30 - 11:15 AM
Davian - FFR

Senior Strength
11:30 - 12:15 PM
Davian - FFR

Exercise for Parkinson's
12:30 - 1:15 PM
Davian - FFR

Zumba Toning
6:15 - 7:00 PM
Yasie - FFR

Gentle Yoga
7:15 - 8:00 PM
Claire - FFR

TUESDAY

Cycling
6:00 - 6:45 AM
Nicki

Cycling
7:00 - 7:45 AM
Nicki

Strength & Sculpt
8:00 - 8:45 AM
Nicki

Gentle/Seated Yoga
8:00 - 8:45 AM
Claire - FFR

Zumba Gold
9:00 - 9:45 AM
Patricia - FFR

Fitness Yoga
10:00 - 10:45 AM
Patricia - FFR

Cycling
5:30 - 6:15 PM
Lea

Beginner's Yoga
6:30 - 7:15 PM
Claire - FFR

WEDNESDAY

Cycling
7:00 - 7:45 AM
Nicki

Movement & Mobility
8:00 - 8:45 AM
Nicki

Beginners Tai Chi
8:45 - 9:30 AM
Stephen - FFR

Advanced Tai Chi
9:45 - 10:30 AM
Stephen - FFR

Body Bar
9:00 - 9:45 AM
Nicki

Active Aging
10:45 - 11:30 AM
Davian - FFR

DanceFit
5:15 - 6:00 PM
Natalie - FFR

Barre
6:00 - 7:00 PM
Natalie

last class: 3/11
Papaya Pilates
6:45 - 7:30 PM
Carissa - FFR

THURSDAY

Cycling
6:00 - 6:45 AM
Doug

Cycling
7:00 - 7:45 AM
Nicki

Yogalates
8:00 - 8:45 AM
Nicki

DanceFit
9:00 - 9:45 AM
Natalie - FFR

Barre
10:00 - 11:00 AM
Natalie

Warm & Stretch
11:00 - 11:45 AM
Natalie

Tai Chi for Parkinson's
1:00 - 2:00 PM
Stephen - FFR

Cycling
6:00 - 6:45 PM
Lea

Core
6:45 - 7:15 PM
Lea - FFR

StrongNation
7:15 - 8:00 PM
Kerry

FRIDAY

Circuit Training
7:00 - 7:45 AM
Nicki - FFR

Cycling
8:00 - 8:45 AM
Nicki

Beginner's Yoga
8:00 - 8:45 AM
Claire - FFR

Better Balance
10:30 - 11:15 AM
Davian - FFR

Senior Strength
11:30 - 12:15 PM
Davian - FFR

Exercise for Parkinson's
12:30 - 1:15 PM
Davian - FFR

SATURDAY

Cycling
8:00 - 8:45 AM
Doug

Zumba
9:00 - 9:45 AM
Yasie - FFR

Barre
10:00 - 10:45 AM
Kerry

SUNDAY

Cycling
8:00 - 8:45 AM
Doug

Functional Strength
9:00 - 9:45 AM
Lea - FFR

All Levels Yoga
10:00 AM - 10:45 AM
Claire - FFR

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