

Group Exercise Schedule | March 30 - April 5, 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

cancelled - 4/1

Beginners Tai Chi

8:45 - 9:30 AM
Stephen - FFR

cancelled - 4/1

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

**JCC
closes at
4pm for
Passover**

THURSDAY

**JCC
closed
for
Passover**

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

cancelled - 4/5

Functional Strength

9:00 - 9:45 AM
Lea-FFR

cancelled - 4/5

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 | April 6 - April 12, 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

last class
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 - FFR

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

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

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

**JCC
closes at
4pm for
Passover**

WEDNESDAY

**JCC
closed
for
Passover**

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
Kerry (sub) - FFR

cancelled - 4/11
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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