

Group Exercise Schedule | May 11 - May 17, 2026

MONDAY

Cycling
6:00 - 6:45 AM
Lea- sub

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

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

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

cancelled:
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
5:00 - 5:45 PM
Natalie - FFR

Barre
6:00 - 7:00 PM
Natalie

Strength 101
6:00 - 7:00 PM
Lea - FFR

THURSDAY

Cycling
6:00 - 6:45 AM
Doug

Cycling
7:00 - 7:45 AM
Nicki

Yogalates
8:00 - 8:45 AM
Nicki

TRX Strength
12:00-12:45 PM
Kelly

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

Cycling
6:00 - 6:45 PM
Lea

Core
6:50 - 7:20 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 - 9:45AM
Kerry - sub

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

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 | May 18 - May 24, 2026

MONDAY

Cycling
6:00 - 6:45 AM
Lea- sub

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

Deep stretching
7:15 - 8:00 PM
Lea - sub - FFR

TUESDAY

Cycling
6:00 - 6:45 AM
Nicki

Cycling
7:00 - 7:45 AM
Nicki

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

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

Cycling
5:30 - 6:15 PM
Lea

Mobility
6:30 - 7:15 PM
Lea - sub - 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
5:00 - 5:45 PM
Natalie - FFR

Barre
6:00 - 7:00 PM
Natalie

Strength 101
6:00 - 7:00 PM
Lea - 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

TRX Strength
12:00-12:45 PM
Kelly

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

**JCC
closes at
4pm**

FRIDAY

**JCC
closed**

SATURDAY

Cycling
8:00 - 8:45 AM
Doug

Zumba
9:00 - 9:45AM
Kerry - sub

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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Group Exercise Schedule | May 25 - May 31, 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Cycling
6:00 - 6:45 AM
Nicki

Cycling
7:00 - 7:45 AM
Nicki

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

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

Cycling
5:30 - 6:15 PM
Lea

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

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
5:00 - 5:45 PM
Natalie - FFR

Barre
6:00 - 7:00 PM
Natalie

Strength 101
6:00 - 7:00 PM
Lea - FFR

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

TRX Strength
12:00-12:45 PM
Kelly

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

Cycling
6:00 - 6:45 PM
Lea

Core
6:50 - 7:20 PM
Lea - FFR

StrongNation
7:15 - 8:00 PM
Kerry

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

Cycling
8:00 - 8:45 AM
Doug

Zumba
9:00 - 9:45 AM
Kerry - sub

Barre
10:00 - 10:45 AM
Kerry

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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To learn more, visit our website or contact Evan Pycko at EPycko@SpringfieldJCC.org



All classes are in the Mezzanine unless labeled otherwise.
FFR = Functional Fitness Room

JCC hours
8am -
12pm