

# 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

**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  
Lea - sub

**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

**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:**



**JCC hours  
8am -  
12pm**

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



**To learn more, visit our website or contact Evan Pycko at [EPycko@SpringfieldJCC.org](mailto:EPycko@SpringfieldJCC.org)**

# Group Exercise Schedule | June 1 - June 7, 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

**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

**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

**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

**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

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# Group Exercise Schedule | June 8 - June 14, 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

**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

**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

**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

**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

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