Group Exercise Schedule | November 2 - November 8, 2026

MONDAY

Cycling
6:00 - 6:45 AM
Doug

Strength Training
7:00 - 7:45 AM
Nicki

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

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
Kerry - FFR

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

TUESDAY

Cycling
6:00 - 6:45 AM
Nicki

Cycling w/ weights
7:00 - 7:45 AM
Nicki

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

Cycling
6:00 - 6:45 PM
Lea

Beginner's Yoga
7:00 - 7:45 PM
Claire - FFR

WEDNESDAY

Active Aging
10:00 - 10:45 AM
Davian - FFR

Tai Chi - Beginners
11:00- 11:45 AM
Corrie/Elizabeth - FFR

Tai Chi - Advanced Beginner
12:00 - 12:45 PM
Corrie/Elizabeth - FFR

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

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

Barre
6:00 - 7:00 PM
Natalie

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

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 - FFR

Barre
10:00 - 10:45 AM
Kerry

SUNDAY

Cycling
8:00 - 8:45 AM
Doug

Strength 101
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:

the J Springfield JEWISH COMMUNITY CENTER

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