

GROUP EXERCISE CLASS SCHEDULE

MONDAYS

TIME	CLASS	INSTRUCTOR	WHERE
7-7:45AM	Sculpt	Dina	Zoom
7-7:45AM	BOSU	Lauren	Studio A
8:15-9AM	Strength, Cardio & Stretch	Leann	Zoom
9:30-10:15AM	Barre	Lori	Zoom
6-6:30PM	LES MILLS CXWORX	Lori	Zoom

TUESDAYS

TIME	CLASS	INSTRUCTOR	WHERE
7-7:45AM	LES MILLS tone	Dina	Zoom
8:15-9AM	LES MILLS BODYVIVE	Diana	Zoom
9:30-10:15AM	Yoga	Leann	Zoom
5-5:45PM	LES MILLS tone	Karen	Studio A
5:15-6PM	Yoga by the Lake	Ania	Outside
6-7PM	LES MILLS BODYPUMP	Lori	Zoom
6:15-7PM	Strength & Stretch	Ahmad	Studio A

WEDNESDAYS

TIME	CLASS	INSTRUCTOR	WHERE
7-7:45AM	Pilates Extreme	Karen	Outside
9:30-10:15PM	Strength Circuit	Karen	Zoom
11-11:45AM	Senior Exercise	Lori	Zoom
5:30-6:15PM	LES MILLS BODYPUMP	Lauren	Studio A
6-6:45PM	HIIT Bootcamp	Luis	Zoom

THURSDAYS

TIME	CLASS	INSTRUCTOR	WHERE
6-6:45AM	15/15/15	Leann	Studio A
7-7:45AM	LES MILLS CXWORX & Stretch	Lori	Zoom
8-8:45AM	Sculpt & Core	Lauren	Studio A
9-10AM	Dance to the Core	Jessica	Zoom
9:30-10:15AM	Strength & Stretch	Mary	Zoom
11-11:45AM	Total Body	Shari	Zoom
6:15-7PM	LES MILLS BODYPUMP	Ania	Studio A
6:45-7:30PM	Shred & Lean	Mary	Zoom

FRIDAYS

TIME	CLASS	INSTRUCTOR	WHERE
7-7:45AM	LES MILLS BODYPUMP	Karen	Indoor
8-8:45AM	Strength & Stretch	Mary	Outside
8:30-9:30AM	LES MILLS BODYPUMP	Lori	Zoom
9:30-10:15AM	Mixed Levels Yoga	Ann	Zoom

SATURDAYS

TIME	CLASS	INSTRUCTOR	WHERE
8:15-9AM	LES MILLS BODYPUMP	Lauren	Studio A
8:30-9:15AM	15/15/15	Keren	Outside
9:15-10AM	Total Body	Lauren	Studio A
9:30-10:15AM	Pilates	Karen	Zoom

SUNDAYS

TIME	CLASS	INSTRUCTOR	WHERE
8:15-9AM	LES MILLS tone	Karen	Studio A
9:30-10:15AM	HIIT Cardio	Lauren	Zoom
9:45-10:30AM	Bootcamp	David	Studio A

- Indoor and outdoor group exercise classes are for JCC members only.
- A facemask that completely covers the nose and mouth is required at all times.
- Reservations through The JCC Mindbody App are required for group exercise classes. Reservations will open 3 days in advance. A charge of \$10 will be incurred for class no-shows.
- Class attendees are encouraged to bring their own equipment, including bands and yoga mats. JCC equipment may be available but restricted.
- Links to Zoom classes can be found at www.stamfordjcc.org on the J On Demand webpage.

For more information, contact Lori Price at 203.487.0967 or lprice@stamfordjcc.org.

STAMFORD FITNESS

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How to sign up on the Stamford JCC App

1. Search for the Stamford JCC in your Apple App Store or Google Play
3. Log in using your MINDOBODY account or create one right on the App.
4. Sign up for Group Fitness classes! (Or scan the QR code!)