

Click a class at the designated time and you will automatically join the live class.

## Saturday (10/17)

**9am**  
**Flow Yoga**  
with Heidi (JCCGB Fitness FB Group)

**10am**  
**Body Weight Circuit**  
with Leah (JCCGB Fitness FB Group)

## Sunday (10/18)

**10am**  
**Zumba® (All Levels) NEW LINK!**  
with Yael (Zoom)

**11am**  
**Slow Flow/Yin Yoga**  
with Constance (JCCGB Fitness FB Group)

## Monday (10/19)

**8:45am**  
**Guided Meditation NEW LINK!**  
with Patricia (Zoom)

**10am**  
**Cardio Sculpt**  
with Jen (Zoom)

**11am**  
**Basic Tai Chi**  
with Paul and Rosalie (Zoom)

**7pm**  
**Barre Fusion**  
with Lisa (JCCGB Fitness FB Group)

## Tuesday (10/20)

**8am**  
**Mat Pilates**  
with Carol (Zoom)

**10am**  
**Forever Fit**  
with Jill (Zoom)

**10am**  
**Barre Fusion NEW LINK!**  
with Petra (Zoom)

**11am**  
**Flow Yoga**  
with Stephanie (JCCGB Fitness FB Group)

**6:15pm**  
**Welcome Baby! from Home**  
(Zoom\*)

## Wednesday (10/21)

**8:45am**  
**Guided Meditation NEW LINK!**  
with Patricia (Zoom)

**10am**  
**Mat Pilates**  
with Yael (JCCGB Fitness FB Group)

**11am**  
**Restorative Yoga**  
with Andree (JCCGB Fitness FB Group)

**2pm**  
**Forever Fit**  
with Jill (Zoom)

**5pm**  
**Zumba® (All Levels) NEW LINK!**  
with Ketty (Zoom)

**7pm**  
**Body Sculpt**  
with Joan (JCCGB Fitness FB Group)

## Thursday (10/22)

**8am**  
**Mat Pilates**  
with Lynne (Zoom)

**10am**  
**Zumba® Gold/Balance & Strength**  
with Ketty (Zoom) **NEW LINK!**

**7pm**  
**Slow Flow/Restorative Yoga**  
with Leah (JCCGB Fitness FB Group)

**7pm**  
**Welcome Baby! from Home**  
(Zoom\*)

## Friday (10/23)

**8:45am**  
**Guided Meditation NEW LINK!**  
with Patricia (Zoom)

**9:30am**  
**PJ Library® Shabbat Storytime**  
with Amy (JCCGB FB Page)

**10am**  
**20-20-20**  
with Kristen (JCCGB Fitness FB Group)

**11am**  
**Basic Tai Chi**  
with Paul and Rosalie (Zoom)

**12pm**  
**Forever Fit**  
with Jill (Zoom)

*\*Pre-registration is required*

Find activity, routine and connection this fall at JCC Greater Boston. You and your family can enjoy in-person and virtual enrichment classes for all ages, remote-day school work support for elementary-age children and more!

[Explore bostonjcc.org/fall](https://explore.bostonjcc.org/fall)

All classes are conducted LIVE on Facebook/Zoom. Check out our video libraries to view classes on demand:

**ZOOM:** [bostonjcc.org/videlibrary](https://bostonjcc.org/videlibrary)

**FB:** [bostonjcc.org/FacebookClasses](https://bostonjcc.org/FacebookClasses)

## Barre Fusion

Total body workout incorporating a chair as a ballet barre, yoga fundamentals to lengthen, tone and sculpt muscles plus cardio segments to increase heart health and stamina. Light hand weights (or soup cans), gliders (or paper plates/towels) and other household items may be used in this class.

## Basic Tai Chi

Incorporates moving meditation while developing structural muscles for a mind and body connection. Tai Chi will enhance overall physicality for sports and everyday activities. All levels welcome.

## Body Sculpt

Challenge your body and mind with this full body strength training workout designed to build muscle strength, endurance and flexibility.

## Body Weight Circuit

Challenge your body and mind with full-body circuit training, consisting of 45 seconds of "work" followed by 15 seconds of "rest." Exercises may include prison squats, shoulder tap planks, Russian twists and more!

## Cardio Sculpt

Build strength and endurance in this high-intensity interval workout consisting of cardio/muscle conditioning drills using your own body weight, exercise equipment and/or household items.

## Flow Yoga

Synchronize breath and movement in this moderate-paced class while working to improve strength, mobility and balance for a healthier body and mind.

## Forever Fit

Low intensity workout designed for active older adults incorporating low impact aerobics, weight training, balance work and exercises to increase mobility.

## Guided Meditation

The morning meditations will give us a time and place to unhook from the outside world and come within. The practice of mindfulness is a practice of self-soothing. As the week goes on, we will include visualization as well.

## Mat Pilates

A holistic approach to total body conditioning. Emphasizes mind and breath for the execution of controlled and concentrated movements.

## PJ Library® Shabbat Storytime

Get ready for Shabbat with Amy! Cuddle up and get ready to hear your favorite PJ Library stories and songs to get you ready for the weekend!

## Restorative Yoga

A deeply calming yoga class that is rejuvenating for the muscles and joints. Incorporate bolsters and blocks (or household items) to support the body in restful positions, meditation and breathing techniques.

## Slow Flow/Restorative Yoga

30 minutes of synchronizing breath and movement to improve strength/flexibility followed by 30 minutes of longer passive/supportive holds to rejuvenate the mind and body.

## Slow Flow/Yin Yoga

Synchronize movement with breath (Slow Flow) combined with longer passive floor poses (Yin Yoga) to increase strength, range of motion, joint circulation and overall emotional well-being.

## Welcome Baby! from Home

Are you a new parent in our new world of social distancing? Drop into our virtual Welcome Baby! gatherings from the comfort of your couch. Facilitated by an early childhood specialist, you will find meaningful ways to connect with your baby and other parents as we navigate parenthood in these unusual circumstances.

## Zumba®

A fusion of Latin and International music dance themes for a dynamic, exciting and effective fitness system! Zumba is a hip swingin', body pumpin', booty shakin' fun way to get a total body workout.

## Zumba Gold®/Balance & Strength

For active older adults looking for a modified Zumba class with lower intensity movements followed by exercises to improve balance, core stability and overall strength.

## 20-20-20

Increase strength, stamina, and flexibility in this total body workout incorporating 20 minutes of low impact aerobics, 20 minutes of muscle conditioning plus 20 minutes of flexibility training.