



# WEEKLY SCHEDULE

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

## Sunday (6/28)

**8am**  
**Flow Yoga**  
with Lauren (JCCGB Fitness FB Group)

**9am**  
**Guided Meditation**  
with Patricia (Zoom)

**10am**  
**Zumba®**  
with Cheryl (Zoom)

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

## Monday (6/29)

**9am**  
**Guided Meditation**  
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 (6/30)

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

**9am**  
**Guided Meditation**  
with Patricia (Zoom)

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

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

## Wednesday (7/1)

**9am**  
**Guided Meditation**  
with Patricia (Zoom)

**9:30am**  
**Pop-Up! Cardio Sculpt**  
with Rhea (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)

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

**8:30pm**  
**Single Parent Support Group**  
(Zoom)

## Thursday (7/2)

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

**9am**  
**Guided Meditation**  
with Patricia (Zoom)

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

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

## Friday (7/3)

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

**10am**  
**Cardio Kick**  
with Kristen (JCCGB Fitness FB Group)

## Saturday (7/4)

**8am**  
**Flow Yoga**  
with Heidi (JCCGB Fitness FB Group)

**10am**  
**Total Body Core Strength**  
with Jeannine (JCCGB Fitness FB Group)

All classes are conducted LIVE on Facebook/Zoom. Check out our video library to view classes on demand: [bostonjcc.org/videoLibrary](https://bostonjcc.org/videoLibrary).

### Barre Fusion

Total body workout incorporating a chair as a ballet barre and yoga fundamentals to lengthen, tone and sculpt muscles while improving strength, flexibility and posture.

### 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.

### Cardio Kick

Kick, punch and jump for an incredible full-body workout. Learn many different martial arts moves.

### 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.

### Forever Fit

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

### 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.

### 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. This class will take place 7 days/week.

### 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.

### Single Parent Support Group

The new normal presents new challenges and parenting just got a bit more complicated, especially if you are navigating two separate households or doing it on your own! Join fellow single parents to share and strategize solutions during this pandemic, the stress of doing it all and the need for self-care. Led by local parenting expert and social worker, Jessica Post, LICSW, this group will bring comfort and support during this challenging time.

### 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.

### Total Body Core Strength

Full body workout challenging all the major muscle groups emphasizing strong core engagement from deep within your center.

### Vinyasa Flow/Yin Yoga

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

### 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.

### 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.