

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

Sunday (7/26)

8am

Flow Yoga

with Lauren (JCCGB Fitness FB Group)

10am

Zumba®

with Cheryl (Zoom) **NEW LINK!**

11am

Slow Flow/Yin Yoga

with Constance (JCCGB Fitness FB Group)

Monday (7/27)

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 (7/28)

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 (7/29)

9am

Guided Meditation

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)

7pm

Body Sculpt

with Joan (JCCGB Fitness FB Group)

8:30pm

Single Parent Support Gathering*

(Zoom)

Thursday (7/30)

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 (7/31)

8am

Barre Fusion

with Petra (Zoom)

9am

Guided Meditation

with Patricia (Zoom)

9:30am

PJ Library® Shabbat Storytime

with Amy (JCCGB FB Page)

10am

Plyo (Plyometrics) & Iso (Isometrics) Challenge

with Kristen (JCCGB Fitness FB Group)

11am

Basic Tai Chi

with Paul and Rosalie (Zoom)

Saturday (8/1)

8am

Flow Yoga

with Heidi (JCCGB Fitness FB Group)

10am

Core Blast

with Linnea (JCCGB Fitness FB Group)

**Pre-registration is required*

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

bostonjcc.org/videolibrary

Explore interactive, live Zoom classes for children and families five days a week:

bostonjcc.org/summer

Starting August 4, we will be offering Virtual Parkinson's Exercise and Movement Classes. Learn more at

bostonjcc.org/parkinsons

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 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.

Core Blast

High intensity "Core" workout designed to strengthen your abdominal muscles, lower back and pelvic floor.

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!

Plyo (Plyometrics) & Iso (Isometrics) Challenge

Shake up your system, alternating between plyometric (maximum force) exercises that increase your heart rate and isometric (static contraction) exercises that challenge your core. The Plyo/Iso Challenge is a true test for your entire body & mind.

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 Gathering

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.

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.

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.