# WEEKLY SCHEDULE

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)

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*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](https://bostonjcc.org/videolibrary)

Explore interactive, live Zoom classes for children and families five days a week: [bostonjcc.org/summer](https://bostonjcc.org/summer)

Starting August 4, we will be offering Virtual Parkinson’s Exercise and Movement Classes. Learn more at [bostonjcc.org/parkinsons](https://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.

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, join 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.

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.