

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

Sunday (8/2)

8am

Flow Yoga

with Samantha (JCCGB Fitness FB Group)

10am

Zumba®

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

11am

Slow Flow/Yin Yoga

with Constance (JCCGB Fitness FB Group)

Monday (8/3)

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 (8/4)

8am

Mat Pilates

with Carol (Zoom)

9am

Guided Meditation

with Patricia (Zoom)

10am

Forever Fit

with Jill (Zoom)

10am

Barre Fusion

with Petra (Zoom) **NEW LINK & TIME!**

11am

Flow Yoga

with Stephanie (JCCGB Fitness FB Group)

6:30pm

Welcome Baby! from Home*

(Zoom)

Wednesday (8/5)

9am

Guided Meditation

with Patricia (Zoom)

10am

Mat Pilates

with Yael (JCCGB Fitness FB Group)

11am

Gentle Yoga

with Dan (JCCGB Fitness FB Group)

2pm

Forever Fit

with Jill (Zoom)

7pm

Body Sculpt

with Joan (JCCGB Fitness FB Group)

Thursday (8/6)

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)

7pm

Welcome Baby! from Home*

(Zoom)

Friday (8/7)

9am

Guided Meditation

with Patricia (Zoom)

9:30am

PJ Library® Shabbat Crafting

with Hannah and Lyla (JCCGB FB Page)

10am

ABC Workout

with Kristen (JCCGB Fitness FB Group)

11am

Basic Tai Chi

with Paul and Rosalie (Zoom)

Saturday (8/8)

8am

Flow Yoga

with Heidi (JCCGB Fitness FB Group)

10am

Body Weight Circuit

with Leah (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

ABC Workout

Tackle the alphabet with 12 rounds of "work" including Abdominal exercises followed by Butt lifting moves and a Cardio heart challenging finisher. This total body workout is designed to increase muscle tone and endurance, cardiovascular strength and stamina.

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.

Gentle Yoga

Tones the whole body and will bring you greater strength, stamina, flexibility, structural alignment, balance and most importantly – will help you stay relaxed.

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 Crafting

Join these adorable sisters from their home as they guide you through a step-by-step Shabbat crafting tutorial.

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.