**WEEKLY SCHEDULE**

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)

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

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

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