

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

## Saturday (9/12)

9am

### Flow Yoga **NEW TIME!**

with Heidi (JCCGB Fitness FB Group)

10am

### Glute Camp

with Linnea (JCCGB Fitness FB Group)

## Sunday (9/13)

10am

### Zumba® (All Levels)

with Yael (Zoom)

11am

### Slow Flow/Yin Yoga

with Constance (JCCGB Fitness FB Group)

## Monday (9/14)

8:45am

### Guided Meditation

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

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 (9/15)

8am

### Mat Pilates

with Carol (Zoom)

10am

### Forever Fit

with Jill (Zoom)

10am

### Barre Fusion

with Petra (Zoom)

11am

### Flow Yoga

with Stephanie (JCCGB Fitness FB Group)

## Wednesday (9/16)

8:45am

### Guided Meditation

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

10am

### Mat Pilates

with Yael (JCCGB Fitness FB Group)

11am

### Gentle Yoga

with Dan (JCCGB Fitness FB Group)

2pm

### Forever Fit

with Jill (Zoom)

5pm

### Zumba® (All Levels)

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

6:15pm

### Welcome Baby! from Home

(Zoom\*)

7pm

### Body Sculpt

with Joan (JCCGB Fitness FB Group)

## Thursday (9/17)

8am

### Mat Pilates

with Lynne (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 (9/18)

8:45am

### Guided Meditation

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

9:30am

### PJ Library® Shabbat Storytime:

### Special Rosh Hashanah Edition

with Amy (JCCGB FB Page)

10am

### 20-20-20 **NEW FORMAT!**

with Kristen (JCCGB Fitness FB Group)

10am

### PJ Library Welcoming in the

### New Year (Zoom\*)

11am

### Basic Tai Chi

with Paul and Rosalie (Zoom)

12pm

### Forever Fit

with Jill (Zoom) **NEW CLASS!**

4pm

### Bring in the New Year: A Virtual Family Rosh Hashanah Celebration

in partnership with The Vilna Shul (Zoom\*)

*\*Pre-registration is required*

Find activity, routine and connection this fall at JCC Greater Boston. You and your family can enjoy in-person and virtual enrichment classes for all ages, remote-day school work support for elementary-aged children and more!

**Explore [bostonjcc.org/fall](https://bostonjcc.org/fall) for details.**

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

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

**FB: [bostonjcc.org/FacebookClasses](https://bostonjcc.org/FacebookClasses)**

## 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.

## 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.

## Glute Camp

A lower body workout designed to lift and tone the glutes focusing on glute maximus, glute minimus, glute medius, abductors and adductors. Your Booty will thank you!

## 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: Special Rosh Hashanah Edition

Get ready for Shabbat and Rosh Hashanah with Amy! Cuddle up and get ready to hear your favorite PJ Library stories and songs to get you ready for the weekend!

## PJ Library® Welcoming in the New Year

Rosh Hashanah marks the birthday of the world and it's time to celebrate! Join Rabbi Shoshana Meïra Friedman for movement, singing, a story and even the blowing of the shofar (ram's horn)! Invite your friends and family as we welcome in the Jewish New Year together.

## 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.

## 20-20-20

Increase strength, stamina, and flexibility in this total body workout incorporating 20 minutes of low impact aerobics, 20 minutes of muscle conditioning plus 20 minutes of flexibility training.