

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

## Saturday (9/5)

9am

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

with Heidi (JCCGB Fitness FB Group)

10am

**Tabata**

with Jen (JCCGB Fitness FB Group)

## Sunday (9/6)

10am

**Zumba® (All Levels)**

with Cheryl (Zoom)

11am

**Slow Flow/Yin Yoga**

with Constance (JCCGB Fitness FB Group)

## Monday (9/7)

8:45am

**Guided Meditation**

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

10am

**Cardio Sculpt**

with Rhea (Zoom)

11am

**Basic Tai Chi**

with Paul and Rosalie (Zoom)

7pm

**Barre Fusion**

with Lisa (JCCGB Fitness FB Group)

## Tuesday (9/8)

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 (9/9)

8:45am

**Guided Meditation**

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

10am

**Mat Pilates**

with Yael (JCCGB Fitness FB Group)

11am

**Restorative Yoga**

with Andree (JCCGB Fitness FB Group)

2pm

**Forever Fit**

with Jill (Zoom)

5pm

**Zumba® (All Levels)**

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

7pm

**Body Sculpt**

with Joan (JCCGB Fitness FB Group)

## Thursday (9/10)

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)

## Friday (9/11)

8:45am

**Guided Meditation**

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

9:30am

**PJ Library® Shabbat Sing-A-Long: Special Rosh Hashanah Edition**

with Stephanie (JCCGB FB Page)

10am

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

with Kristen (JCCGB Fitness FB Group)

11am

**Basic Tai Chi**

with Paul and Rosalie (Zoom)

12pm

**Forever Fit**

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

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)

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

## 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.

## 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 Sing-A-Long: Special Rosh Hashanah Edition

Join us on the JCC Greater Boston FB Page for Shabbat and Rosh Hashanah stories, crafting, cooking, and song.

## 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, joint circulation and overall emotional well-being.

## Tabata

Full body workout incorporating twenty seconds of very high intensity exercise with ten seconds of rest. Includes strength, core and cardio training.

## 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.