

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

Saturday (10/10)

9am
Flow Yoga
with Heidi (JCCGB Fitness FB Group)

10am
Tabata
with Jen (JCCGB Fitness FB Group)

Sunday (10/11)

10am
Zumba® (All Levels) NEW LINK!
with Cheryl (Zoom)

11am
Slow Flow/Yin Yoga
with Constance (JCCGB Fitness FB Group)

Monday (10/12)

8:45am
Guided Meditation NEW LINK!
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 (10/13)

8am
Mat Pilates
with Carol (Zoom)

10am
Forever Fit
with Jill (Zoom)

10am
Barre Fusion NEW LINK!
with Petra (Zoom)

11am
Flow Yoga
with Stephanie (JCCGB Fitness FB Group)

6:15pm
Welcome Baby! from Home
(Zoom*)

Wednesday (10/14)

8:45am
Guided Meditation NEW LINK!
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)

5pm
Zumba® (All Levels) NEW LINK!
with Ketty (Zoom)

7pm
Body Sculpt
with Joan (JCCGB Fitness FB Group)

Thursday (10/15)

8am
Mat Pilates
with Lynne (Zoom)

10am
Zumba® Gold/Balance & Strength
with Ketty (Zoom) **NEW LINK!**

7pm
Slow Flow/Restorative Yoga
with Leah (JCCGB Fitness FB Group)

7pm
Welcome Baby! from Home
(Zoom*)

Friday (10/16)

8:45am
Guided Meditation NEW LINK!
with Patricia (Zoom)

9:30am
PJ Our Way® Presents Baking
with Hannah & Lyla (JCCGB FB Page)

10am
20-20-20
with Kristen (JCCGB Fitness FB Group)

11am
Basic Tai Chi
with Paul and Rosalie (Zoom)

12pm
Forever Fit
with Jill (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-age children and more!

[Explore bostonjcc.org/fall](https://explore.bostonjcc.org/fall)

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

ZOOM: bostonjcc.org/videlibrary

FB: 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.

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 Our Way® Presents Baking

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

Tabata

Full body workout incorporating 20 seconds of very high intensity exercise with ten seconds of rest. Includes strength, core and cardio training.

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.