LEVITE JEWISH COMMUNITY CENTER

Group Fitness Schedule November 2026

Schedule subject to change. Check the LJCC app for most up-to-date class information.

Monday

TIME	Main Group Exercise Room	Cycle Studio	Mind Body	Indoor/Outdoor Pool	Indoor/Outdoor Track
5:30-6:30a	Les Mills Body Pump w/Laura K.				
8:15-9:15a			Classic Pilates w/Jill F.		
8:30-9:15a	J-Dance w/Irina D.				
9:30-10:15a	Barre w/Irina D.		Chair Yoga w/Jill G.		
10-10:45a				Aqua Aerobics w/Julia S.	
10:30-11:15a					J-Walking w/Robyn C. on outdoor track
10:30-11:30a	Les Mills Body Balance w/Michelle L.				
11:30a-12:15p			Creative Movement w/Tracy W.		
12:30-1:30p	Virtual Les Mills Body Pump				
4:15-5p	Zumba w/Lillian C.				
4:30-5:30p			Yoga w/Sammy R.		
5-6p	Les Mills Body Step w/Robin H./Ruthie				
6-7p	Les Mills Body Pump Heavy w/Robin H./Ruthie		Yoga w/Claire C.		

Tuesday

TIME	Main Group Exercise Room	Cycle Studio	Mind Body	Indoor/Outdoor Pool	Indoor/Outdoor Track
5:30-6:15a	Virtual Les Mills Body Balance	Les Mills RPM w/Lip			
8:15-9:00a			Mat Pilates w/Annie S.		
8:30-9:15a	Dance Fusion w/Galina W.				
9-9:45a		Les Mills RPM w/Robin H.			
9:30-10:30a			Yoga w/Cindy		
11-11:45a			Les Mills Body Balance w/Timenya E.		
12:30-1:30p	Virtual Les Mills Body Pump				
4-4:45p			Power Sculpt Pilates w/Annie S.		
4:30-5:15p	Les Mills Body Attack w/Ruthie J.				
5-5:45p			Zumba w/ Hannah F.		
5:30-6:15p		Les Mills RPM w/Laura K.			
5:30-6:30p	Les Mills Body Pump w/Ruthie J.				
6-7p			Power Yoga w/Kaleen L.		

Wednesday

TIME	Main Group Exercise Room	Cycle Studio	Mind Body	Indoor/Outdoor Pool	Indoor/Outdoor Track
5:30-6:30a	Les Mills Body Pump w/Jennifer N.				
8:30-9:30a	Les Mills Body Pump w/Mary Karyn U./Robin H.				
8:30-9:15a			J-Move w/Robyn C.		
9:20-10:05a			Les Mills Body Balance w/Michelle L.		
9:30-10:30a	Barre w/Irina D.				
9:30-10:15a					J-Walking w/Robyn C. on outdoor track
10:15-11:15a			Yoga w/Jill G.		

11:30a-12:15p	TaiChi for Arthritis/ Fall Prevention w/Galina W.		Creative Movement w/Tracy W.		
12:15-1p	J-Tai Chi Yang Style w/Galina W.				
4:15-5p			Zumba w/Lillian C.		
4:30-5:30p	Les Mills Body Step w/Ruthie J.				
5:30-6:15p			J-Glute w/Irina D.		
Thursday					
TIME	**Main Group Exercise Room**	**Cycle Studio**	**Mind Body**	**Indoor/Outdoor Pool**	**Indoor/Outdoor Track**
5:30-6:15a	Les Mills Core w/Jennifer N.				
8:15-9:15a	Zumba Gold w/Gerd A.				
8:30-9:15a			J-Sculpt w/Jill G.		
9:30-10:15a		Freestyle Cycle w/Marilyn M.			
9:30-10:30a	Chair Yoga w/Sandra A.		Yoga w/Cindy M.		
10:45-11:30a	Virtual Les Mills Body Balance		Mat Pilates w/Annie S.		
12:30-1:30p	Virtual Les Mills Body Pump				
4:30-5:15p			Les Mills Body Balance w/Alison S.		
4:30-5:30p	Les Mills Body Step w/Robin H.				
5:30-6:30p	BodyPump Heavy w/Ruthie J.				
Friday					
TIME	**Main Group Exercise Room**	**Cycle Studio**	**Mind Body**	**Indoor/Outdoor Pool**	**Indoor/Outdoor Track**
5:30-6:15a		Les Mills RPM w/Hollie C.			
8:15-9:15a	Les Mills Body Pump/Heavy (alternate) w/Robin H.				
8:30-9:15a			J-Move w/Robyn C.		
9a-9:45a		Les Mills RPM w/Ruthie J.			
9:15-9:45a	Les Mills Body Attack w/Robin H.				
9:30-10:30a			Yoga Basics w/Jill G.		
10-10:45a				Aqua Aerobics w/Julia S. @ indoor pool	
10:35-11:35a			Classic Pilates w/Emily F.		
10:30-11:15a	Virtual Les Mills Body Balance				
12:30-1:30p	Virtual Les Mills Body Pump				
Saturday					
TIME	**Main Group Exercise Room**	**Cycle Studio**	**Mind Body**	**Indoor/Outdoor Pool**	**Indoor/Outdoor Track**
8:30-9:30a	Les Mills Body Pump w/Ruthie J.				
8:30-9:30a			Les Mills Body Balance w/Jennifer N.		
9:35-10:35a	Zumba Gold w/Gerd A.				
Sunday					
TIME	**Main Group Exercise Room**	**Cycle Studio**	**Mind Body**	**Indoor/Outdoor Pool**	**Indoor/Outdoor Track**
8:30-9:30a			Yoga w/Jill G.		
9:30-10:15a		Freestyle Cycle w/Madison C.			
9:30-10:30a	Les Mills Body Pump w/Ruthie J.				
10-10:45am				Aqua Aerobics w/Julia S.	