GROUP EXERCISE SCHEDULE

jcc north shore — Everyone's Welcome — Est. 1912

Starting 11/10/2026

MON

Results 3C
6:00AM-6:45AM
Lisa Gillis
(Group Ex)

DancEnergy
8:15AM-9:15AM
Joyce Colahan
(Group Ex)

Tabata Strength and Core
9:15AM-10:00AM
Lisa Gillis
(WK-R & Zoom)

Dance Fit+
9:30AM-10:25AM
Liz Carlson
(Group Ex)

Aqua Splash
10:00AM-10:45AM
Tabatha Keating
(Indoor Pool)

Vinyasa Yoga
10:05AM-11:00AM
Allison Swartz
(WK-R)

Fit Forever Cardio & Strength
11:00AM-11:55AM
Tabatha Keating
(Group Ex)

Power Pump*
5:30PM-6:25PM
Abbey Dion
(J-Fit)

Pilates
5:30PM-6:25PM
Brigitte Karns
(Group Ex)

DancEnergy
6:30PM-7:25PM
Brigitte Karns
(Group Ex)

TUE

DancEnergy
7:00AM-7:55AM
Claudia Rodenstein
(Group Ex)

Rowing*
7:30AM-8:25AM
Blake Forman
(J-Fit)

DancEnergy
8:30AM-9:25AM
Joyce Colahan
(Group Ex)

Strong Women
8:30AM-9:25AM
Heather Saxe
(WK-R)

Spinning®*
9:00AM-9:45AM
Wendy Webber
(Spin Studio)

Fundamentals of Yoga
9:30AM-10:25AM
Julia Reagan
(WK)

Pilates Fusion
9:30AM-10:25AM
Heather Saxe
(Group Ex)

Aqua Splash
10:00AM-10:45AM
Tabatha Keating
(Indoor Pool)

Circuit 45
4:30PM-5:15PM
Amanda Sleison
(Group Ex)

Cardio Fit Fusion
5:30PM-6:25PM
Abbey Dion
(Group Ex)

WED

Sweat & Burn
6:00AM-6:45AM
Lisa Gillis (Group Ex)

DancEnergy
8:15AM-9:10AM
Joyce Colahan
(Group Ex)

Spinning® Core*
9:00AM-9:55AM
Tabatha Keating
(Spin Studio)

Tabata Strength and Core
9:15AM-10:00AM
Lisa Gillis
(WK-R & Zoom)

Cardio Dance
9:30AM-10:25AM
Patricia Pilon
(Group Ex)

Aqua Splash
10:00AM-10:45AM
Teri McDonough
(Indoor Pool)

Yoga
10:05AM-11:05AM
Sarah McCormack
(WK)

Senior Strength & Balance
1:00PM-1:45PM
Cybele Leger
(WK-R)

Power Pump
5:30PM-6:25PM
Brigitte Karns
(Group Ex)

THU

DancEnergy
7:00AM-7:55AM
Mary Pat Hawkins
(Group Ex)

Rowing*
7:30AM-8:25AM
Blake Forman
(Gym)

Strength and Core
8:00AM-8:45AM
Tabatha Keating
(J-Fit)

DancEnergy
8:15AM-9:10AM
Lisa Gillis
(Group Ex)

Spinning®*
9:00AM-9:50AM
Tabatha Keating
(Spin Studio)

Dance Fit
9:30AM-10:25AM
Liz Carlson
(Group Ex)

Vinyasa Yoga
9:30AM-10:25AM
Stephanie Greenfield
(WK)

Aqua Splash
10:00AM-10:45AM
Tabatha Keating
(Indoor Pool)

FRI

Results 3C
6:00AM-6:45AM
Lisa Gillis
(Group Ex)

DancEnergy
7:00AM-7:55AM
Claudia Rodenstein
(Group Ex)

Power Pump
8:30AM-9:25AM
Tabatha Keating
(Group Ex)

Sculpt and Stretch
8:30AM-9:20AM
Lisa Gillis
(WK & Zoom)

DancEnergy
9:30AM-10:25AM
Lisa Gillis
(Group Ex)

Yin Yoga
9:30AM-10:25AM
Stacey Shane /
Cybele Leger
(J-Fit)

Fit Forever Cardio & Strength
11:00AM-11:55AM
Tabatha Keating
(Group Ex)

Senior Strength & Balance
1:00PM-1:45PM
Tabatha Keating
(WK-R)

SAT

DancEnergy
7:00AM-7:55AM
Aryn Ferreira
(Group Ex)

DancEnergy
8:00AM-8:55AM
Joyce Colahan
(Group Ex)

Spinning®*
8:15AM-9:10AM
Margie Cantor
(Spin Studio)

Gentle Yoga
9:00AM-9:55AM
Stacey Shane
(WK)

Zumba®
10:00AM-10:55AM
Klara Sands
(Group Ex)

SUN

DancEnergy
8:00AM-8:55AM
Joyce Colahan
(Group Ex)

Spinning®*
8:30AM-9:25AM
Susan Parker
(Spin Studio)

BARRE BODY
9:00AM-9:55AM
Mary Pat Hawkins/
Brigitte Karns
(J-Fit)

Rhythm Revolution
9:30AM-10:25AM
James D'Ambrosio
(Group Ex)

Beginner Yoga
10:00AM-10:55AM
Cybele Leger
(WK)

SCHEDULE SUBJECT TO CHANGE

KEY:

ZOOM CLASS ONLINE
IN-PERSON & ZOOM
IN-PERSON
INDOOR POOL

IN-PERSON CLASS LOCATIONS:
Group Exercise Studio, J-Fit Studio, Spin Studio, Weiss Kirstein, Turf by the Indoor Pool.

For Zoom login info please call the Welcome Center at 857-285-7900.

**Please pre-register on MotionVibe for Rowing, Spinning® and the Monday Power Pump classes*