November 2026 GROUP EXERCISE SCHEDULE

KEY: IN-Person Only (IP) Hybrid (H): In-person and Virtual Virtual Only (V)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING CLASSES						
	Les Mills BODYPUMP 6:10 am / Rachel (IP)		**Les Mills BODYPUMP** 6:10 am / Hannah (IP)	**Les Mills CORE** 6:10am / Vicky (IP)		**Cycle** 7:00 am/ Neal (IP)
Les Mills Body Combat + CORE 8:30 am / Michelle (IP)		**Cycle** 8:30 am / Neal (IP)	**Cardio Sculpt** 8:30 am/ Sandy (H)	**Cycle** 8:00 am / Neal (IP)		**Les Mills BODYPUMP** 8:00 am / Kira (IP)
		Total Body Fitness 9:30 am/ Neal (IP)		**Fit Fusion** 9:00 am/ Rhoda (H)	**Lift** 9:30 am / Cynthia (IP)	**Vinyasa Yoga** 9:00 am / Pat (H)
ZUMBA 9:30 / Fernando (H)	**Flow Yoga** 9:30 am / Cynthia (IP)	**BUTTS & GUTS** 10:30 am / Sandy (H)	**Pilates** 9:30 am / Rhoda (H)	**Abs Back & Stretch** 10:00 am/ Rhoda (H)	**Flow Yoga** 10:30 am/Cynthia (IP)	**ZUMBA** 10:15 am / Marianna (H)
ALIGN YOGA 11:00 am / Deborah (H)	**Cardio Strength** 10:30am / Stella (IP)		**Stretch / Balance** 10:30 am/Rhoda (H)	**Total Body Fitness** 10:00 am/ Neal (IP)		
	1st Session Active Living / Jaime 12:00 pm (IP)	**Aqua Fit** 11:15 am / Camila (IP)	**1st Session Active Living** / Jaime 12:00 pm (IP)	**Aqua Fit** 11:15 am / Camila (IP)		
	2nd Session Active Living / Jaime 1:00 pm (IP)		**2nd Session Active Living /** Jaime 1:00 pm (IP)		**Tone Up/Shape Up** 12:00pm/ Christelle (H)	
EVENING CLASSES						
			Gentle Yoga 1:00 pm / Amy (H)			
	IGNITE DANCE FIT 6:00 PM / Petra (H)	**ZUMBA TONING** 6:00 PM / Vic (IP)	**Vinyasa Yoga** 6:00 pm / Pat (H)	**POWER FLOW YOGA** 6:00pm / Allison (H)		
	PILATES 7:00 PM / Stella (IP)	**Les Mills BODYPUMP** 6:30 pm / Stephanie (IP)	**SPIN** 6:15 pm / Eileen (IP)	**Les Mills BODYPUMP** 6:30pm/ Rebekah (IP)		

STUDIOS: Group Studio B | Group Ex C | Pavilion | Spin Studio | Indoor Pool | Virtual | Studio A

To sign up for email updates/notices related to Group-Ex, please contact - pmacias@benderjccgw.org

CLASSES SUBJECT TO CHANGE WITHOUT NOTICE

***Classes close 10 minutes after the scheduled start time.**

Find Your Place at the Bender JCC of Greater Washington

CLASS DESCRIPTIONS

10 Minute Start Time Policy: For your safety and the safety of others, please do not enter a group exercise class while the program is in session.

ALIGN YOGA: Emphasizes proper posture, providing a strong foundation in each pose. Prevents injury and encourages the development of strength while improving mobility.

AQUA FIT: This cardiovascular workout in the pool is set to music while still being easy on the joints. This class is designed to increase flexibility and muscle tone.

ABS BACK AND STRETCH: If you like the idea of working the core muscle groups, then this class is for you! It focuses on trunk exercises to promote strength, flexibility, better posture, and good form.

ACTIVE LIVING: No floor work required! All work is performed sitting in a chair, ball or against a wall. Class includes gait awareness, strength, stretches and body alignment work. **Two sessions Mon. & Wed!**

BUTTS & GUTS: Only have 45 minutes? Need to strengthen your core? This class gets your heart rate up, while working all the core muscles

Lift: A simple, no-nonsense workout. Every class will consist of a warm-up, full body strength workout, and a cooldown/stretch. Keeping a "lift" log and consistency is encouraged.

Les Mills Body Combat: A total body martial arts workout. Punch and kick your way to fitness with these high-energy non-contact martial arts workout videos. You'll release stress, have a blast and feel like champ.

Les Mills BODYPUMP™: The ultimate in strength training. BODYPUMP will shape and tone muscle groups, increase bone density and burn up to 600 calories per class!

Les Mills CORE: Build strength, stability and endurance in the muscles the muscles that support your core, improve balance, and assist with injury prevention.

CYCLE: If you enjoy bike riding and the indoor workout, this class is right for you! Work up a sweat while riding indoors!

FIT FUSION: This class combines all things cardio in a blend that keeps you guessing and your heart pumping
at support your core, improve balance, and assist with injury prevention.

Fall Proof ($)
Improve balance, coordination, and confidence through targeted exercises designed to reduce fall risk and support safe, everyday movement.

FLOW YOGA: A yoga class designed to build awareness of breath and the body while continuously moving. The teacher will encourage rest period and modifications if needed.

IGNITE DANCE FIT: A music driven class where you can dance to different genres of music. Includes elements of kickboxing, HIIT, aerobics and more!

GENTLE YOGA: A slow-paced yoga class to encourage deeper tissue stretch and improved joint mobility. Relax into poses for a longer period and focus on breathing through deep stretches.

VINYASA YOGA: A mixed level class that links breath with movement through a dynamic flow of poses. Beginners are welcome, with options and modifications provided to support all experience level.

PILATES: A series of exercises designed to improve posture, core strength, flexibility, breathing, concentration, and focus derived from Joseph Pilates.

POWER FLOW YOGA: A high intensity, strengthening/toning style of Yoga with continuous flow of movement!

SPIN: Spin is a low impact, high intensity indoor group cycling class. On this ride your instructor will lead you through hills, climbs, and races on the spin bike to awesome music that is energizing!

Stretch & Balance: Stretch out and increase your flexibility and range of motion in this full body stretch class. Exercises to fine-tune the body's reactions.

TONE UP & SHAPE UP: Functional fitness building strength in all muscle groups with special emphasis on strengthening your core and keeping you flexible.

Total Body Fitness
A full-body workout combining cardio intervals, strength, power, and balance to leave you feeling stronger and energized.

ZUMBA: A high energy dance class that mixes great moves and music to a Latin beat.

Zumba Toning: Blend fun and fitness with Zumba Toning—a dance-party workout that uses light weights to sculpt, strengthen, and tone your body while keeping the upbeat rhythms and energy of traditional Zumba.

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