



NEW ORLEANS
LAST UPDATED
2/1/26

NEW ORLEANS JCC UPTOWN GROUP EXERCISE SCHEDULE

Reservations can be made 7 days in advance at nojcc.org or by calling 504.897.0143.

Fitness Hours: Monday - Thursday 5:30AM - 9:00PM | Friday 5:30AM - 6:00PM | Saturday - Sunday 8:00AM - 6:45PM

Any changes to schedule are noted in **red** in the left margin.

LEVEL KEY: *Beginner **Intermediate ***Advanced All Levels (no star) \$ Pay for class

First time taking a cycling class, please arrive 10 minutes early for set up.

DAY	TIME	CLASS	INSTRUCTOR	LOCATION (Floor)
MONDAY	6:00 - 6:50 AM	Peak Performance Cycling	Sarah B.	Cycling Studio (3)
	6:00 - 6:50 AM	TRX Circuit	Adelaide	Personal Training Studio (2)
	7:00 - 7:50 AM	Energize & Elevate	Adelaide	Mind/Body Studio (3)
	8:00 - 8:50 AM	Aqua Fit	Verna **	Outdoor Pool (1)
	8:00 - 8:50 AM	Mat Pilates Plus	Julia	Group Exercise Studio (3)
	9:00 - 9:50 AM	Aqua Fit	Verna	Outdoor Pool (1)
	9:00 - 9:50 AM	Kaiut Yoga	Carla	Mind/Body Studio (3)
	9:00 - 9:50 AM	Low Impact	Meghan *	Group Exercise Studio (3)
	9:00 - 9:50 AM	Pilates Scult	Sierra \$	Pilates Studio (3)
	9:00 - 9:50 AM	TRX Circuit	Kamal	Personal Training Studio (2)
	10:00 - 10:30 AM	Relax-n-Stretch	Meghan *	Group Exercise Studio (3)
	10:00 - 10:50 AM	Multi-Level Reformer	Sierra \$	Pilates Studio (3)
	12:00 - 12:50 PM	Cuts & Curves	Kelsey	Group Exercise Studio (3)
	5:00 - 5:50 PM	Butts & Guts	Meghan **	Group Exercise Studio (3)
	5:30 - 6:20 PM	Turbo TKO	Evan \$	Personal Training Studio (2)
	6:00 - 6:50 AM	Multi-Level Reformer	Julia	Pilates Studio (3)
	6:00 - 6:50 PM	Refresh + Restore	Lauren J.	Mind/Body Studio (3)
	6:00 - 6:50 PM	SpinSanity 101	Ernest	Cycling Studio (3)
	6:00 - 6:50 PM	Transform to Tough	Meghan **	Group Exercise Studio (3)
TUESDAY NEW INSTRUCTOR	6:00 - 6:50 AM	Multi-Level Reformer	Julia \$	Pilates Studio (3)
	6:00 - 6:50 AM	TRX Circuit	Tim	Personal Training Studio (2)
	8:00 - 8:50 AM	Aqua Fit	Debbie	Outdoor Pool (1)
	8:00 - 8:50 AM	Vinyasa Flow	Kelly	Group Ex Studio (3)
	9:00 - 9:50 AM	Aqua Fit	Debbie	Buzzy's Indoor Pool (1)
	9:00 - 9:50 AM	Tai Chi	Barry	Group Exercise Studio (3)
	9:00 - 9:50 AM	TRX Circuit	Kelsey	Personal Training Studio (2)
	9:15 - 10:05 AM	Indoor Cycling	Lauren B.	Cycling Studio (3)
	10:00 - 10:50 AM	Zumba	Shayra	Group Exercise Studio (3)
	11:00 - 11:50 AM	Beginner Mat Pilates	Peggy	Group Exercise Studio (3)
	12:00 - 1:15 PM	Advanced Mat Pilates	Peggy \$	Group Exercise Studio (3)
	1:00 - 1:50 PM	TRX Core & Balance	Monique	Personal Training Studio (2)
	4:30 - 5:20 PM	Barre-J	Louis	Group Exercise Studio (3)
	5:30 - 6:20 PM	Beginner Reformer	Louis * \$	Pilates Studio (3)
	5:30 - 6:20 PM	Mat Pilates Plus	Julia	Group Exercise Studio (3)
	6:00 - 6:50 PM	Aqua Fit	Elizabeth **	Buzzy's Indoor Pool (1)
	NEW TIME 6:00 - 6:45 PM	Suspension Strong	Dre	Personal Training Studio (2)
	6:00 - 7:00 PM	Vinyasa Flow	Mary	Mind/Body Studio (3)
	6:30 - 8:00 PM	Volleyball Conditioning	Sara S.	Gymnasium (1)
WEDNESDAY	7:00 - 7:50 AM	Peak Performance Cycling	Sarah B.	Cycling Studio (3)
	8:00 - 8:50 AM	Aqua HIIT	Debbie **	Outdoor Pool (1)
	8:00 - 8:50 AM	Mat Pilates Plus	Julia	Group Exercise Studio (3)
	9:00 - 9:50 AM	Aqua Fit	Debbie	Outdoor Pool (1)
	9:00 - 9:50 AM	Kaiut Yoga	Carla	Mind/Body Studio (3)

WEDNESDAY

(CONTINUED)

9:00 - 9:50 AM	Low Impact	Monica *	Group Exercise Studio (3)
9:00 - 9:50 AM	Pilates Jumpboard	Sierra \$	Pilates Studio (2)
9:00 - 9:50 AM	TRX Circuit	Kamal	Personal Training Studio (2)
10:00 - 10:30 AM	Relax-n-Stretch	Monica *	Group Exercise Studio (3)
10:00 - 10:50 AM	Multi-Level Reformer	Sierra \$	Pilates Studio (2)
12:00 - 12:50 PM	TRX Circuit	Napoleon	Personal Training Studio (2)
5:30 - 6:20 PM	Butts & Guts	Elizabeth **	Group Exercise Studio (3)
5:30 - 6:20 PM	Hatha Yoga	Tate T.	Mind/Body Studio (3)
6:00 - 6:50 AM	Multi-Level Reformer	Julia	Pilates Studio (3)
6:30 - 7:00 PM	Greatest HIITs	Elizabeth	Group Exercise Studio (3)
6:30 - 7:20 PM	Zumba	MaryAnna	Cycling Studio (3)

THURSDAY

6:00 - 6:50 AM	TRX Circuit	Adelaide	Personal Training Studio (2)
8:00 - 8:50 AM	Aqua Fit	Debbie **	Outdoor Pool (1)
8:00 - 9:00 AM	Vinyasa Flow	Mary	Group Exercise Studio (3)
9:00 - 9:50 AM	Aqua Fit	Debbie	Buzzy's Indoor Pool (1)
9:00 - 9:50 AM	TRX Circuit	Adelaide	Personal Training Studio (2)
9:15 - 10:05 AM	Indoor Cycling	Lauren B.	Cycling Studio (3)
10:00 - 10:50 AM	Line Dance	Adelaide	Group Exercise Studio (3)
11:00 - 11:50 AM	Zumba	Adelaide	Group Exercise Studio (3)
12:00 - 12:50 PM	Advanced Mat Pilates	Peggy	Group Exercise Studio (3)
12:00 - 12:50 PM	Water Walking	Verna	Buzzy's Indoor Pool (1)
1:30 - 2:20 PM	Forever Fit	Peggy	Group Exercise Studio (3)
5:30 - 6:20 PM	Suspension Strong	Dre	Personal Training Studio (2)
6:00 - 6:50 PM	Aqua Fit	Debbie	Buzzy's Indoor Pool (1)
6:00 - 6:50 PM	Turbo TKO	Mitchell	Group Exercise Studio (3)
6:00 - 6:50 PM	Vinyasa Flow	Lauren J.	Mind/Body Studio (3)

FRIDAY

6:00 - 6:50 AM	Peak Performance Cycling	Sarah B.	Cycling Studio (3)
8:00 - 8:50 AM	Aqua Fit	Verna	Outdoor Pool (1)
8:00 - 9:30 AM	Vinyasa Flow	Kelly	Group Exercise Studio (3)
9:00 - 9:50 AM	Aqua Fit	Verna	Buzzy's Indoor Pool (1)
9:00 - 9:50 AM	Kaiut Yoga	Carla	Mind/Body Studio (3)
9:00 - 9:50 AM	Multi-Level Reformer	Sierra \$	Pilates Studio (3)
9:00 - 9:50 AM	Ride n Shine	Tim	Cycling Studio (3)
10:00 - 10:50 AM	Cardio n Sculpt	Tim	Group Exercise Studio (3)
10:00 - 10:50 AM	Multi-Level Reformer	Sierra \$	Pilates Studio (3)
10:30 - 11:20 AM	TRX Circuit	Kelsey	Personal Training Studio (2)
12:00 - 12:50 PM	Butts & Guts	Meghan **	Group Exercise Studio (3)
1:00 - 1:30 AM	Relax-n-Stretch	Meghan *	Group Exercise Studio (3)
4:30 - 5:20 PM	Beginner Reformer	Louis * \$	Pilates Studio (3)
4:30 - 5:30 PM	Hatha Yoga	Tate T.	Mind/Body Studio (3)

NEW TIME &
INSTRUCTOR

SATURDAY

8:30 - 9:20 AM	Energize & Elevate	Adelaide	Mind/Body Studio (3)
9:00 - 9:50 AM	Aqua Fit	Debbie	Outdoor Pool (1)
9:00 - 9:50 AM	Interval Training Cycling	Sara A. **	Cycling Studio (3)
9:30 - 10:20 AM	Mat Pilates	Louis	Group Exercise Studio (3)
10:00 - 10:50 AM	TRX Circuit	Adelaide	Personal Training Studio (2)
10:15 - 11:05 AM	Kaiut Yoga	Carla	Mind/Body Studio (3)
10:30 - 11:20 AM	Beginner Reformer	Louis * \$	Pilates Studio (3)
11:15 - 12:05 AM	Kaiut Yoga	Carla	Mind/Body Studio (3)
12:15 - 1:05 PM	AquaHIIT	Debbie **	Buzzy's Indoor Pool (1)

SUNDAY

9:00 - 9:50 AM	Aqua Fit (2nd Sundays/Month)	Helen	Outdoor Pool (1)
9:30 - 10:20 AM	Tai Chi	Barry	Group Exercise Studio (3)
11:00 - 11:50 AM	Transform to Tough	Elizabeth	Group Exercise Studio (3)
1:00 - 1:50 PM	Refresh + Restore	Lauren J.	Mind/Body Studio (3)