



NEW ORLEANS
LAST UPDATED
7/1/26

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)
	8:00 - 8:50 AM	Aqua Fit	Debbie *	Outdoor Pool (1)
	8:00 - 8:50 AM	Mat Pilates Plus	Julia *	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	Low Impact	Meghan *	Group Exercise Studio (3)
	9:00 - 9:50 AM	Pilates Sculpt	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	Build Those Bones	Peggy *	Personal Training Studio (2)
	12:00 - 12:50 PM	Cuts & Curves	Julia **	Group Exercise Studio (3)
	5:00 - 5:50 PM	Butts & Guts	Meghan **	Group Exercise Studio (3)
	6:00 - 6:50 PM	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	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	Verna *	Buzzy's Indoor Pool (1)
	9:00 - 9:50 AM	Tai Chi	Barry *	Group Exercise Studio (3)
	NEW CLASS 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)
	5:00 - 5:30 PM	BOSU Balance	Elizabeth *	Mind/Body 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)
	6:00 - 6:45 PM	Suspension Strong	Dre **	Personal Training Studio (2)
	6:00 - 7:00 PM	Vinyasa Flow	Mary *	Mind/Body Studio (3)
WEDNESDAY	6:00 - 6:50 AM	Cardio Kickboxing	Mitchell *	Personal Training Studio (2)
	6:00 - 6:50 AM	Cardio n Sculpt	Tim *	Group Exercise Studio (3)
	7:00 - 7:50 AM	Peak Performance Cycling	Sarah B. **	Cycling Studio (3)
	8:00 - 8:50 AM	Aqua Fit	Debbie *	Outdoor Pool (1)
	8:00 - 8:50 AM	Mat Pilates Plus	Julia *	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)

DAY	TIME	CLASS	INSTRUCTOR	LOCATION (Floor)
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	Build Those Bones	Peggy *	Personal Training Studio (2)
	5:30 - 6:20 PM	Transform to Tough	Elizabeth **	Group Exercise Studio (3)
	5:30 - 6:20 PM	Hatha Yoga	Jon *	Mind/Body Studio (3)
	NEW CLASS 6:00 - 6:50 PM	Interval Training Cycling	Sara A./Tim **	Cycling Studio (3)
	6:00 - 6:50 PM	Multi-Level Reformer	Julia \$	Pilates Studio (3)
	6:30 - 7:20 PM	Zumba	Mary Anna *	Group Exercise 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	Verna *	Buzzy's Indoor Pool (1)
	NEW CLASS 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	Aqua Motion	Verna	Buzzy's Indoor Pool (1)
	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)
	1:30 - 2:30 PM	Forever Fit	Peggy \$	Group Exercise Studio (3)
	5:00 - 5:30 PM	Core Control	Tim *	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	Cardio Kickboxing	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)
	6:00 - 6:50 AM	Cardio n Sculpt	Tim *	Group Exercise 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	Reformer Pilates - Advanced	Sierra \$	Pilates Studio (3)
	10:00 - 10:50 AM	Multi-Level Reformer	Sierra \$	Pilates Studio (3)
	NEW CLASS 10:15 - 11:05 AM	Cardio n Sculpt	Kelsey ***	Group Exercise Studio (3)
	11:00 - 11:50 AM	Suspension Strong	Dre *	Personal Training Studio (2)
	12:00 - 12:50 PM	Butts & Guts	Meghan **	Group Exercise Studio (3)
	1:00 - 1:30 PM	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	Jon *	Mind/Body Studio (3)
	SATURDAY	9:00 - 9:50 AM	Energize & Elevate	Adelaide *
9:00 - 9:50 AM		Aqua Fit	Debbie *	Buzzy's Indoor 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 PM		Kaiut Yoga	Carla *	Mind/Body Studio (3)
12:15 - 1:05 PM		Aqua HIIT	Debbie *	Buzzy's Indoor Pool (1)
SUNDAY		9:30 - 10:20 AM	Tai Chi	Barry *
	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)