



# Weekly Group Exercise Schedule

Key: Hybrid Class Outdoor Class Indoor Class Online Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7/26	7/27	7/28	7/29	7/30	7/31	8/1
<b>YOGA BODY &amp; MIND</b> 6:30-7:30AM Sue-Jflow	<b>SCULPT &amp; TONE</b> 8:15-9am Mikki -J360	<b>XTREME MASHUP</b> 5:45-6:30am Michelle - JPlex A	<b>UGI BALL SCULPT</b> 5:45-6:30am Michelle - J360 Studio	<b>XTREME MASHUP</b> 5:45-6:30am Christine - JPlex A	<b>CYCLING</b> 8-8:30am Jana- JPlex B	
<b>XCORE</b> 9:30-10:15am Jana-JPlex B	<b>CARDIO SCULPT</b> 9:30-10:15am Mikki Sub-J360	<b>CYCLING</b> 6:45-7:15am Michelle - JPlex B	<b>SCULPT &amp; TONE</b> 8:30-9:15am Mikki -JPlex A	<b>CYCLING</b> 6:45-7:30am Christine - JPlex B	<b>XTREME MASHUP</b> 8:45-9:30am Jana -JPlex A	
<b>BE FIT COMBO</b> 10:45-11:30am Patty-J360	<b>ZUMBA</b> 10:45-11:30am Yoriko - J360	<b>ZEN FLOW YOGA</b> 7:30-8:30am Jana- JFlow	<b>XCORE</b> 9:30-10:15am Beth -JPlex B	<b>CYCLING</b> 9-9:45am Angela - JPlex B	<b>CORE BARRE</b> 9:45-10:30am Dana-JPlex A	<b>BODY PUMP</b> 9:00-9:45am J360 Studio Rebecca
<b>QIGONG</b> 1-2pm Morris - Jflow	<b>TAI CHI</b> 11am-12pm Morris - JPlex A	<b>CYCLING</b> 9-9:30am Beth -JPlex B	<b>BE FIT COMBO</b> 10-10:45am Patty- J360	<b>YOGA BODY &amp; MIND</b> 9:45-10:45am Ruth - JPlex A	<b>ZUMBA</b> 10:35-11:30am Joan - JPlex B	<b>MAT PILATES</b> 10:35-11:20am Eileen
<b>CYCLING</b> 6:15-6:45pm Spring - Wellness	<b>CYCLING</b> 4:45-5:15pm Jana - JPlex B	<b>ZEN FIT YOGA</b> 9:30-10:30am Sue- JPlex A	<b>ZUMBA</b> 10:15-11:00am Yoriko - JPlex B	<b>ZEN FIT</b> 9:30-10:30am Jana- Jflow		
<b>CORE BARRE</b> 6:15-7pm Karen - JFlow	<b>CYCLING</b> 5:30-6pm Beth Sub - Jplex B	<b>XTREME MASHUP</b> 9:30-10:15am Christine-J360	<b>GENTLE YOGA</b> 11am-12pm Sue Sub- JPlex A	<b>BODY PUMP</b> 9:30-10:15am Rebecca - J360		
<b>ZUMBA</b> 7:15-8pm Karen-J360	<b>XTREME MASHUP</b> 6-6:45pm Dana - JPlex A	<b>CORE BARRE</b> 10:45-11:30AM Melanie - JFlow	<b>CYCLING</b> 4:30-5pm Michelle Sub-JPlex B	<b>MEDITATION</b> 10:45-11:15am Ruth - JPlex A		
	<b>ZEN FLOW</b> 6-7pm Susan - JFlow	<b>CYCLING</b> 5:30-6pm Beth-Wellness	<b>ZEN FLOW</b> 6-7pm Blair Sub- JPlex A	<b>MAT PILATES</b> 10:30-11:15am Melanie - J360 Studio		
	<b>HOUSE PARTY FITNESS</b> 7-7:45pm Anne - JPlex B	<b>CORE BARRE</b> 6-6:45PM Dana-JFlow	<b>ZUMBA</b> 7:15-8pm Karen-JPlex B			
	<b>MAT PILATES</b> 7:05-7:50pm Eileen - JPlex A	<b>CARDIO SCULPT</b> 6-6:45pm Christine Sub-J360				
		<b>ZUMBA</b> 7-7:45PM Chris SUB-JPlex B				

[katzjcc.org/calendar](http://katzjcc.org/calendar)

Be sure to register for hybrid, virtual and any in-person classes through the Mindbody app.