



Weekly Group Exercise Schedule

Key: Hybrid Class Outdoor Class Indoor Class Online Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8/2	8/3	8/4	8/5	8/6	8/7	8/8
Cycling 5:45-6:30am Natalie	SCULPT & TONE 8:15-9am Mikki -J360	XTREME MASHUP 5:45-6:30am Michelle - JPlex A	UGI BALL SCULPT 5:45-6:30am Michelle - J360 Studio	XTREME MASHUP 5:45-6:30am Christine - JPlex A	CYCLING 8-8:30am Beth- JPlex B	
YOGA BODY & MIND 6:30-7:30AM Sue-JFlow	CARDIO SCULPT 9:30-10:15am Laurie-J360	CYCLING 6:45-7:15am Michelle - JPlex B	CYCLING 8:00-8:30am Gail-JPlex B NEW!		XTREME MASHUP 8:45-9:30am Beth-JPlex A	
XCORE 9:30-10:15am Jana-JPlex B	ZUMBA 10:45-11:30am Yoriko - J360	ZEN FLOW YOGA 7:30-8:30am Jana- JFlow	SCULPT & TONE 8:30-9:15am Mikki-JPlex A	CYCLING 6:45-7:30am Christine - JPlex B	CORE BARRE 9:45-10:30am Dana-JPlex A	BODY PUMP 9:00-9:45am J360 Laurie
BE FIT COMBO 10:45-11:30am Patty-J360	TAI CHI 11am-12pm Morris - JPlex A	CYCLING 9-9:30am Beth -JPlex B		ZEN FIT 930-10:30am Jana-JFlow	ZUMBA 10:35-11:30am Joan - JPlex B	MAT PILATES 10:35-11:20am Eileen-JPlex A
	CYCLING 4:45-5:15pm Jana - JPlex B	ZEN FIT YOGA 9:30-10:30am Sue P.- JPlex A	ZUMBA 10-10:45am Yoriko-JPlex A NEW TIME!	BODY PUMP 930-10:15AM Rebecca-J360		
QIGONG 1-2pm Morris - JFlow	CYCLING 5:30-6pm Laurie- JPlex B	XTREME MASHUP 9:30-10:15am Christine-J360	BE FIT COMBO 10-10:45am Patty J360	YOGA BODY & MIND 9:45-10:45am Ruth-JPlex A		
	XTREME MASHUP 6-6:45pm Michelle Sub- JPlex A	CORE BARRE 10:45-11:30AM Natalie - JFlow New Instructor!	GENTLE YOGA 11-12pm Susan-JPlex A	MAT PILATES 10:30-11:15am Melanie-J360		
CYCLING 6:15-6:45pm Spring - JPlex B	ZEN FLOW 6-7pm Melissa Sub - JFlow	CYCLING 5:45-6:30pm Beth-Jplex B	CYCLING 4:30-5PM Natalie-JPlex B	MEDITATION 10:45-11:15am Ruth - JPlex A		
CORE BARRE 6:15-7pm Karen - JFlow	HOUSE PARTY FITNESS 7-7:45pm Anne - JPlex B	CORE BARRE 6-6:45pm Dana-JFlow	ZEN FLOW 6-7pm Susan Sub-JPlex A			
ZUMBA 7:15-8pm Karen-J360	MAT PILATES 7:05-7:50pm Eileen - JPlex A	CARDIO SCULPT 6-6:45pm Laurie-J360	BODY PUMP 6-6:45pm Laurie-J360 NEW!			
		ZUMBA 7-7:45PM Renee-JPlex B	ZUMBA 7:15-8pm Karen-JPlex B			

katzjcc.org/calendar

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