



# Weekly Group Exercise Schedule

Key: Hybrid Class Virtual Class Indoor Class Outdoor Class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7/4	7/5	7/6	7/7	7/8	7/9	7/10
<b>HAPPY JULY 4TH</b>	<b>BAREFOOT MASHUP</b> 5:45-6:30am Jana-JFlow <b>NEW!</b>	<b>XTREME MASHUP</b> 5:30-6:15am Christine-J360	<b>UGI BALL SCULPT</b> 5:45-6:30am Michelle Sub- J360	<b>XTREME MASHUP</b> 5:30-6:15am Ashley-J360	<b>CYCLING</b> 8-8:30am Beth-FAC	<b>CYCLING</b> 8:15-8:45 Laurie/Beth-FAC
<b>CYCLING</b> 8-8:35am Laurie-FAC	<b>ZEN FLOW</b> 7:15-8:15am JanaJFlow	<b>CYCLING</b> 6:30-7:00am Christine- FAC	<b>CYCLING</b> 6:30-7:15am Michelle Sub- FAC		<b>XTREME MASHUP</b> 8:45-9:45am Beth-JPlex A	<b>BODY PUMP</b> 9-9:45am Beverly-J360
<b>XTREME MASHUP</b> 8:45-9:45am Jana-JPlex A	<b>SCULPT &amp; TONE</b> 8:15-9am Mikki-J360		<b>CYCLING</b> 7:45-8:15am Christine- FAC	<b>ZEN FIT</b> 9:30-10:30am Jana-Jflow		<b>CARDIO KICK</b> 10-10:45am Laurie-J360
<b>BARRE ABOVE</b> 10-10:45am Karen-Jflow	<b>BARRE ABOVE</b> 9:30-10:30am Jana-JFlow	<b>CYCLING</b> 9-9:30am Beth -FAC	<b>BE FIT COMBO</b> 10-10:45am Patty-J360		<b>BARRE ABOVE</b> 9:45-10:30am Natalie Sub-JPlex A	<b>MAT PILATES</b> 10:35-11:20am Eileen-JPlex A
<b>CARDIO DANCE FLOW</b> 11-11:45am Karen-Jflow	<b>ZUMBA</b> 10:45-11:45am Yoriko-J360	<b>ZEN FLOW</b> 9:30-10:30am Amy- JPlex A	<b>ZUMBA</b> 10-10:45am Yoriko-JPlex A	<b>BODY PUMP</b> 930-10:15AM Laurie Sub-J360	<b>ZUMBA</b> 10:40-11:40 Joan-JPlex A	
<b>QIGONG</b> 1-2pm Morris-JFlow <b>CANCELLED</b>	<b>TAI CHI</b> 11-12pm Morris-JPlex A	<b>XTREME MASHUP</b> 9:35-10:20am Beth-J360	<b>GENTLE YOGA</b> 11-12pm Susan-JPlex A	<b>YOGA BODY &amp; MIND</b> 9:45-10:45am Ruth-JPlex A		
	<b>SLOW FLOW YOGA</b> 12:15-1:15pm Christopher-Wellness <b>NEW!</b>	<b>BARRE ABOVE</b> 10:45-11:30AM-Zoom Natalie	<b>TAI CHI</b> 12:15-1:15PM Morris-JPlex A	<b>MAT PILATES</b> 10:30-11:15am Melanie-J360		
	<b>CYCLING</b> 5:00-5:45pm Laurie- Jplex B	<b>TAI CHI</b> 1-2pm Morris-JPlex A	<b>TAI CHI</b> 12:15-1:15PM Morris-JPlex A	<b>MEDITATION</b> 10:45-11:15am Ruth - JPlex A		
<b>CYCLING</b> 6:15-6:45pm Spring-FAC <b>CANCELLED</b>	<b>ZEN FLOW YOGA</b> 6-7PM Susan-Jflow	<b>ADVANCED TAI CHI</b> 2-3pm Morris-JPlex A	<b>SPIN &amp; SCULPT</b> 4:45-5:30pm Beth-JPlex B			
<b>BARRE ABOVE</b> 6:15-7pm Karen-JFlow <b>CANCELLED</b>	<b>BODY PUMP</b> 7-7:45PM Sheryl-J360	<b>CARDIO KICKBOX</b> 6-6:45pm Laurie-J360	<b>CYCLING</b> 5:45-6:15PM Kelsie-JPlex B			
<b>YOGA BODY &amp; MIND</b> 7:15-8:15pm Amy-Jflow <b>CANCELLED</b>	<b>MAT PILATES</b> 7:05-7:50pm Natalie Sub-JPlex A	<b>BARRE ABOVE</b> 6:15-7pm Natalie Sub-JPlex A	<b>ZEN FLOW</b> 6-7pm Spencer-JPlex A			
<b>ZUMBA</b> 7:15-8pm Karen-J360 <b>CANCELLED</b>	<b>HOUSE PARTY FITNESS</b> 7:15-8pm Anne-JFlow		<b>ZUMBA</b> 7:15-8pm Karen-Jplex A			
		<b>ZUMBA</b> 7-7:45pm Renee-J360				

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

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