



Weekly Group Exercise Schedule

Key: Hybrid Class Virtual Class Indoor Class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3/20	3/21	3/22	3/23	3/24	3/25	3/26
YOGA BODY & MIND 5:45-6:30am Sue P.-JFlow	ZEN FLOW 7:15-8:15am Jana-JFlow	XTREME MASHUP 5:30-6:15am Christine-J360	UGI BALL 5:45-6:30am Michelle sub-J360	XTREME MASHUP 5:30-6:15am Ashley-J360	CYCLING 8-8:45am Beth/Jana-JCycle	CYCLING 8:15-8:45 am Beth/Laurie-JCycle
YOGA BODY & MIND 8-8:45am Amy-JFlow	SCULPT & TONE 8:15-9am Mikki-J360	CYCLING 6:30-7am Christine-JCycle	CYCLING 8-8:30am Christine-JCycle	CYCLING 6:30-7am Ulrica-JCycle	YOGA BODY & MIND 8-8:45am Sheryl-JFlow	BODY PUMP 9-9:45am Beverly-J360
CYCLING 8-8:45am Kelli-JCycle	TAI CHI 9:30-10:30am Morris-J360	YOGA BODY & MIND 8-8:45am Amy- JFlow	SCULPT & TONE 8:30-9:15am Mikki-J360	YOGA BODY & MIND 8-8:45am Sue P. -JFlow	CYCLING 9-9:30am Joyce-JCycle	CARDIO KICK 10-10:45am Laurie-Jflow
XCORE 9:30-10:30am Jana-J360	CYCLING 9:15-10am Shanni-JCycle	BODY PUMP 8:30-9:15am Rebecca-J360-	BE FIT COMBO 10-10:45am Patty-J360	CYCLING 8:30-9am Rebecca-Jcycle	XTREME MASHUP 9-9:45am Beth/Jana-J360	MAT PILATES 10:35-11:20am Eileen-J360
MAT PILATES 10-10:45am Eileen-JPilates	BARRE ABOVE 9:30-10:30am Jana-JFlow	CYCLING 9-9:30am Beth-JCycle	ZUMBA 10-10:45am Anne sub-JFlow	ZEN FIT 9:30-10:30am Jana-JFlow	BARRE ABOVE 9:30-10:30am Dana/Karen-JFlow	SLOW FLOW 11-12pm Deepal-JFlow
BEFIT COMBO 10:45-11:30am Patty-J360	ZUMBA 10:45-11:45am Yoriko-J360	ZEN FLOW 9:30-10:30am Amy-Jflow	GENTLE YOGA 11-12pm Susan-JFlow	BODY PUMP 9:30-10:15AM Rebecca-J360	CARDIO MIX 10-11:15am Becky-J360	
GENTLE YOGA 11-12pm Chris-JFlow	TAI CHI 11-12pm Morris-JFlow	SCULPT & TONE 9:40-10:25am Beth-J360	TAI CHI 12:15-1:15pm Morris-Jflow	YOGA BODY & MIND 9:45-10:45am Ruth-Wellness	ZUMBA 10:40-11:40am Joan/Maribel-JFlow	
QIGONG 1-2pm Morris-JFlow	SLOW FLOW YOGA 12:15-1:15pm Christopher-Jflow	BARRE ABOVE 10:45-11:30AM-Zoom Natalie	CYCLE 4:45-5:30pm Laurie sub-JCycle	MAT PILATES 10:30-11:15am Melanie-J360		
STRENGTH & BALANCE 1-2pm Margie-J360	CYCLING 5-5:45pm Laurie- JCycle	TAI CHI 1-2pm Morris-Jflow	ZEN FLOW 6-7pm Spencer-JFlow	MEDITATION 10:45-11:15am Ruth - Wellness		
CARDIO MIX 6-7pm Becky-J360	ZEN FLOW YOGA 6-7PM Susan-Jflow	ADVANCED TAI CHI 2-3pm Morris-Jflow	STEP & SCULPT 5:30-6:30pm Becky-J360			
CYCLING 6:15-6:45pm Joyce/Beth-JCycle	BODY PUMP 7-7:45PM Sheryl-J360	CARDIO KICKBOX 6-6:45pm Laurie-J360	CYCLING 6-6:30pm Jana-JCycle			
BARRE ABOVE 6:15-7pm Karen-JFlow	MAT PILATES 7:05-7:50pm Eileen-JPilates	BARRE ABOVE 6:15-7pm Dana-JFlow	CYCLING 6:45-7:40pm Joyce-J360			
YOGA BODY & MIND 7:15-8pm Amy-JFlow	HOUSE PARTY FITNESS 7:15-8pm Shamson Sub-JFlow	CYCLING 6:15-7pm Kellie-Jcycle	BODY PUMP 6:45-7:40pm Joyce-J360			
ZUMBA 7:15-8pm Karen-J360		ZUMBA 7:15-8PM Shamsun-J360	ZUMBA 7:15-8pm Maribel-JFlow			

katzjcc.org/calendar

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