

# FITNESS & WELLNESS WEEKLY SCHEDULE

## Week of March 20 - March 26

**GREEN:**  
Virtual Class  
(Register in Mindbody below)

**PEACH:**  
Hybrid Class, Taught live at the JCC  
Join in-person or via Zoom  
(Register in Mindbody below)

**BLUE:**  
In-Person Indoor or Outdoor  
Group Exercise Class  
(Register in Mindbody below)

[Click here to visit us on MindBody to register for virtual and in-person class!](#)

DATE	TIME	CLASS	INSTRUCTOR	ZOOM LINK/LOCATION	MEETING ID	PASSWORD
Monday, 3/20	5:45 AM	Yoga, Body & Mind	Sue P.	<a href="https://bit.ly/JCC-Sue">https://bit.ly/JCC-Sue</a>	965 4630 7368	Sue
	8:00 AM	Yoga, Body & Mind	Amy	<a href="https://bit.ly/JCC-Amy">https://bit.ly/JCC-Amy</a>	925 6969 3585	Amy
	8:00 AM	Cycling	Kelli	Location: JCycling		
	9:30 AM	XCore	Jana	<a href="https://bit.ly/JCC-Jana">https://bit.ly/JCC-Jana</a>	399 019 3499	Jana
	10:00 AM	Mat Pilates	Eileen	Location: JPilates		
	10:45 AM	Be Fit Combo	Patty	<a href="https://bit.ly/JCC-Patty">https://bit.ly/JCC-Patty</a>	950 3380 0394	Patty
	11:00 AM	Gentle Yoga	Chris	Location: JFlow Studio		
	1:00 PM	Qigong	Morris	<a href="https://bit.ly/JCC-Morris">https://bit.ly/JCC-Morris</a>	932 6220 6756	Morris
	1:00 PM	Strength & Balance	Marjie	Location: J360 Studio		
	6:00 PM	Cardio Mix	Becky	Location: J360 Studio		
	6:15 PM	Cycling	Joyce	Location: JCycling		
	6:15 PM	Barre Above	Karen	<a href="https://bit.ly/JCC-Karen">https://bit.ly/JCC-Karen</a>	972 3283 9411	Karen
7:15 PM	Yoga, Body & Mind	Amy	<a href="https://bit.ly/JCC-Amy">https://bit.ly/JCC-Amy</a>	925 6969 3585	Amy	
7:15 PM	Zumba	Karen	<a href="https://bit.ly/JCC-Karen">https://bit.ly/JCC-Karen</a>	972 3283 9411	Karen	
Tuesday, 3/21	7:15 AM	Zen Flow Yoga	Jana	<a href="https://bit.ly/JCC-Jana">https://bit.ly/JCC-Jana</a>	399 019 3499	Jana
	8:15 AM	Sculpt & Tone	Mikki	<a href="https://bit.ly/JCC-Mikki2">https://bit.ly/JCC-Mikki2</a>	941 2979 9112	Mikki
	9:15 AM	Tai Chi	Morris	<a href="https://bit.ly/JCC-Morris">https://bit.ly/JCC-Morris</a>	932 6220 6756	Morris
	9:15 AM	Cycling	Shanni	Location: JCycling		
	9:30 AM	Barre Above	Jana	<a href="https://bit.ly/JCC-Jana">https://bit.ly/JCC-Jana</a>	399 019 3499	Jana
	10:45 AM	Zumba	Yoriko	<a href="https://bit.ly/JCC-Yoriko">https://bit.ly/JCC-Yoriko</a>	957 9138 7187	Yoriko
	11:00 AM	Tai Chi	Morris	<a href="https://bit.ly/JCC-Morris">https://bit.ly/JCC-Morris</a>	932 6220 6756	Morris
	12:15 PM	Slow Flow Yoga	Christopher	Location: JFlow Studio		
	5:00 PM	Cycling	Laurie	Location: JCycling		
	6:00 PM	Zen Flow Yoga	Susan	<a href="https://bit.ly/JCC-Susan">https://bit.ly/JCC-Susan</a>	962 7823 5164	Susan
	7:00 PM	Body Pump	Sheryl	Location: J360 Studio		
	7:05 PM	Mat Pilates	Eileen	Location: JPilates		
7:15 PM	House Party Fitness	Shamsun	<a href="https://bit.ly/JCC-Anne">https://bit.ly/JCC-Anne</a>	967 7115 3451	Anne	
Wednesday, 3/22	5:30 AM	Xtreme Mashup	Christine	Location: J360 Studio		
	6:30 AM	Cycling	Christine	Location: JCycling		
	8:00 AM	Yoga, Body & Mind	Amy	<a href="https://bit.ly/JCC-Amy">https://bit.ly/JCC-Amy</a>	925 6969 3585	Amy
	8:30 AM	Body Pump	Rebecca	<a href="https://bit.ly/JCC-Rebecca2">https://bit.ly/JCC-Rebecca2</a>	947 9215 2846	Rebecca
	9:00 AM	Cycling	Beth	Location: JCycling		
	9:30 AM	Zen Flow	Amy	<a href="https://bit.ly/JCC-Amy">https://bit.ly/JCC-Amy</a>	925 6969 3585	Amy
	9:40 AM	Sculpt & Tone	Beth	<a href="https://bit.ly/JCC-Beth">https://bit.ly/JCC-Beth</a>	954 0559 7448	Beth
	10:45 AM	Barre Above	Natalie	<a href="https://bit.ly/JCC-Natalie">https://bit.ly/JCC-Natalie</a>	498 651 9766	Natalie
	1:00 PM	Tai Chi	Morris	<a href="https://bit.ly/JCC-Morris">https://bit.ly/JCC-Morris</a>	932 6220 6756	Morris
	2:00 PM	Advanced Tai Chi	Morris	<a href="https://bit.ly/JCC-Morris">https://bit.ly/JCC-Morris</a>	932 6220 6756	Morris
	6:00 PM	Cardio Kickbox	Laurie	<a href="https://bit.ly/JCC-Laurie">https://bit.ly/JCC-Laurie</a>	943 6000 5156	Laurie
	6:15 PM	Barre Above	Dana	<a href="https://bit.ly/JCC-Dana">https://bit.ly/JCC-Dana</a>	916 2008 7214	Dana
6:15 PM	Cycling	Kelli	Location: JCycling			
7:15 PM	Zumba	Shamsun - SUB	<a href="https://bit.ly/JCC-Renee5">https://bit.ly/JCC-Renee5</a>	810 2990 1755	Renee	
Thursday, 3/23	5:45 AM	UGI Ball Sculpt	Michelle - SUB	<a href="https://bit.ly/JCC-Michelle">https://bit.ly/JCC-Michelle</a>	992 4673 4721	Michelle
	8:00 AM	Cycling	Christine	Location: JCycling		
	8:30 AM	Sculpt & Tone	Mikki	<a href="https://bit.ly/JCC-Mikki2">https://bit.ly/JCC-Mikki2</a>	941 2979 9112	Mikki
	10:00 AM	Be Fit Combo	Patty	<a href="https://bit.ly/JCC-Patty">https://bit.ly/JCC-Patty</a>	950 3380 0394	Patty
	10:00 AM	Zumba	Anne - SUB	<a href="https://bit.ly/JCC-Anne">https://bit.ly/JCC-Anne</a>	967 7115 3451	Anne
	11:00 AM	Gentle Yoga	Susan	<a href="https://bit.ly/JCC-Susan">https://bit.ly/JCC-Susan</a>	962 7823 5164	Susan
	12:15 PM	Tai Chi	Morris	<a href="https://bit.ly/JCC-Morris">https://bit.ly/JCC-Morris</a>	932 6220 6756	Morris
	4:45 PM	Cycling	Laurie - SUB	Location: JCycling		
	5:30 PM	Step & Sculpt	Becky	Location: J360 Studio		
	6:00 PM	Zen Flow Yoga	Spencer	<a href="https://bit.ly/JCC-Spencer">https://bit.ly/JCC-Spencer</a>	962 6606 1492	Spencer
	6:00 PM	Cycling	Jana	Location: JCycling		
	6:45 PM	Body Pump	Joyce	Location: J360 Studio		
7:15 PM	Zumba	Maribel	<a href="https://bit.ly/JCC-Joan">https://bit.ly/JCC-Joan</a>	267 588 2511	Joan	
Friday, 3/24	5:30 AM	Xtreme Mashup	Ashley	<a href="https://bit.ly/JCC-Ashley">https://bit.ly/JCC-Ashley</a>	832 0203 6951	Ashley
	6:30 AM	Cycling	Ulrica	Location: JCycling		
	8:00 AM	Yoga Body & Mind	Sue P.	Location: JFlow Studio		
	8:30 AM	Cycling	Rebecca	Location: J360		
	9:30 AM	Zen Fit	Jana	<a href="https://bit.ly/JCC-Jana">https://bit.ly/JCC-Jana</a>	399 019 3499	Jana
	9:30 AM	Body Pump	Rebecca	<a href="https://bit.ly/JCC-Rebecca2">https://bit.ly/JCC-Rebecca2</a>	947 9215 2846	Rebecca
	9:45 AM	Yoga Body & Mind	Ruth	Location: Wellness Studio		
	10:30 AM	Mat Pilates	Melanie	<a href="https://bit.ly/JCC-Melanie">https://bit.ly/JCC-Melanie</a>	957 9949 0694	Melanie
Saturday, 3/25	8:00 AM	Cycling	Jana	Location: JCycling		
	8:00 AM	Yoga Body & Mind	Sheryl	Location: JFlow		
	9:00 AM	NEW! Cycling	Joyce	Location: JCycling		
	9:00 AM	Xtreme Mashup	Jana	<a href="https://bit.ly/JCC-Jana">https://bit.ly/JCC-Jana</a>	399 019 3499	Jana
	9:30 AM	Barre Above	Karen	<a href="https://bit.ly/JCC-Karen">https://bit.ly/JCC-Karen</a>	972 3283 9411	Karen
	10:00 AM	Cardio Mix	Becky	Location: J360		
10:40 AM	Zumba	Maribel	Location: JFlow			
Sunday, 3/26	8:15 AM	Cycling	Laurie	Location: JCycling		
	9:00 AM	Body Pump	Beverly	Location: J360 Studio		
	10:00 AM	Cardio Kickbox	Laurie	<a href="https://bit.ly/JCC-Laurie">https://bit.ly/JCC-Laurie</a>	943 6000 5156	Laurie
	10:35 AM	Mat Pilates	Eileen	<a href="https://bit.ly/JCC-Eileen">https://bit.ly/JCC-Eileen</a>	912 6522 7213	Eileen
11:00 AM	Slow Flow Yoga	Deepal	Location: JFlow			