



# Weekly Group Exercise Schedule

Key: Hybrid Class Virtual Class Indoor Class

MONDAY 5/29	TUESDAY 5/30	WEDNESDAY 5/31	THURSDAY 6/1	FRIDAY 6/2	SATURDAY 6/3	SUNDAY 6/4
	<b>ZEN FLOW</b> 7:15-8:15am Jana-JFlow	<b>XTREME MASHUP</b> 5:30-6:15am Christine-J360	<b>UGI BALL</b> 5:45-6:30am Ashley-J360	<b>XTREME MASHUP</b> 5:30-6:15am Ashley - J360	<b>CYCLING</b> 8-8:45am Beth/Jana-JCycle	<b>CYCLING</b> 8:15-8:45 am Beth/Laurie-JCycle
	<b>SCULPT &amp; TONE</b> 8:15-9am Mikki-J360	<b>CYCLING</b> 6:30-7am Christine-JCycle	<b>CYCLING</b> 8-8:30am Christine-JCycle	<b>CYCLING</b> 6:30-7am Ulrica - JCycle	<b>YOGA BODY &amp; MIND</b> 8-8:45am Sheryl-JFlow	<b>BODY PUMP</b> 9-9:45am Beverly-J360
	<b>TAI CHI</b> 9:30-10:30am Morris-J360	<b>YOGA BODY &amp; MIND</b> 8-8:45am Amy- JFlow	<b>SCULPT &amp; TONE</b> 10-10:45am Mikki-J360	<b>YOGA BODY &amp; MIND</b> 8-8:45am Sue - Jflow	<b>XTREME MASHUP</b> 9-9:45am Beth/Jana-J360	<b>CARDIO KICK</b> 10-10:45am Laurie-JFlow
<b>WARRIOR RHYTHM</b> 9-9:45am Karen-Jflow	<b>CYCLING</b> 9:15-10am Shanni-JCycle	<b>BODY PUMP</b> 8:30-9:15am Rebecca-J360	<b>BE FIT COMBO</b> 10-10:45am Patty - J360	<b>CYCLING</b> 8:30-9am Rebecca - JCycle	<b>BARRE ABOVE</b> 9:30-10:30am Dana/Karen-JFlow	<b>MAT PILATES</b> 10:35-11:20am Eileen-J360
<b>CYCLING</b> 9:30-10:15am Kellie - JCycle	<b>BARRE ABOVE</b> 9:30-10:30am Jana-JFlow	<b>CYCLING</b> 9-9:30am Beth-JCycle	<b>ZUMBA</b> 10-10:45am Yoriko-JFlow	<b>ZEN FIT</b> 9:30-10:30am Jana - JFlow	<b>CARDIO MIX</b> 10-11:15am Becky-J360	<b>SLOW FLOW</b> 11-12pm Deepal-JFlow
<b>MAT PILATES</b> 10-10:45am Eileen-J360	<b>ZUMBA</b> 10:45-11:45am Yoriko-J360	<b>ZEN FLOW</b> 9:30-10:30am Amy-JFlow	<b>GENTLE YOGA</b> 11-12pm Susan-JFlow	<b>BODY PUMP</b> 9:30-10:15am Rebecca - J360	<b>ZUMBA</b> 10:40-11:40am Joan/Maribel-JFlow	
	<b>TAI CHI</b> 11-12pm Morris-JFlow	<b>SCULPT &amp; TONE</b> 9:40-10:25am Beth-J360	<b>TAI CHI</b> 12:15-1:15 Morris-JFlow	<b>YOGA BODY &amp; MIND</b> 9:45-10:45am Ruth - Wellness		
	<b>SLOW FLOW YOGA</b> 12:15-1:15pm Deepal-JFlow	<b>BARRE ABOVE</b> 10:45-11:30AM-Zoom Natalie	<b>STRENGTH &amp; BALANCE</b> 1-2pm Margie-J360 <b>NEW!</b>	<b>MAT PILATES</b> 10:30-11:15am Melanie - J360		
	<b>CYCLING</b> 5-5:45pm Laurie- JCycle	<b>GENTLE YOGA</b> 12:30-1:30 Connie-Wellness <b>NEW!</b>	<b>CYCLE</b> 4:45-5:30pm Shanni-JCycle	<b>MEDITATION</b> 10:45-11:15am Ruth - Wellness		
	<b>ZEN FLOW YOGA</b> 6-7PM Susan-JFlow	<b>TAI CHI</b> 1-2pm Morris-JFlow	<b>ZEN FLOW</b> 6-7pm Spencer - Jflow			
	<b>BODY PUMP</b> 7-7:45PM Sheryl-J360	<b>ADVANCED TAI CHI</b> 2-3pm Morris-J360	<b>TOTAL BODY FUSION</b> 6-7pm Becky - J360			
	<b>MAT PILATES</b> 7:05-7:50pm Eileen-JPilates	<b>CARDIO KICKBOX</b> 6-6:45pm Laurie - J360	<b>ZUMBA</b> 7:15-8pm Maribel - J360			
	<b>HOUSE PARTY FITNESS</b> 7:15-8pm Anne-JFlow	<b>BARRE ABOVE</b> 6:15-7pm Dana - JFlow				
		<b>CYCLING</b> 6:15-7pm Kellie-JCycle				
		<b>ZUMBA</b> 7:15-8pm Shamsun-J360				
		<b>SLOW FLOW YOGA</b> 7:15-8:15pm Deepal-JFlow <b>NEW!</b>				

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

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