

FITNESS & WELLNESS WEEKLY SCHEDULE

Week of May 29 - June 4

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	OM LINK/LOCATI	MEETING ID	PASSWORD
Monday, 5/29	9:00 AM	Warrior Rhythm	Karen	https://bit.ly/JCC-Karen	972 3283 9411	Karen
	9:30 AM	Cycling	Kellie	Location: JCycling		
	10:00 AM	Mat Pilates	Eileen	https://bit.ly/JCC-Eileen	912 6522 7213	Eileen
Tuesday, 5/30	7:15 AM	Zen Flow Yoga	Jana	https://bit.ly/JCC-Jana	399 019 3499	Jana
	8:15 AM	Sculpt & Tone	Mikki	https://bit.ly/JCC-Mikki2	941 2979 9112	Mikki
	9:15 AM	Tai Chi	Morris	https://bit.ly/JCC-Morris	932 6220 6756	Morris
	9:15 AM	Cycling	Shanni	Location: JCycling		
	9:30 AM	Barre Above	Jana	https://bit.ly/JCC-Jana	399 019 3499	Jana
	10:45 AM	Zumba	Yoriko	https://bit.ly/JCC-Yoriko	957 9138 7187	Yoriko
	11:00 AM	Tai Chi	Morris	https://bit.ly/JCC-Morris	932 6220 6756	Morris
	12:15 PM	Slow Flow Yoga	Deepal	Location: JFlow Studio		
	5:00 PM	Cycling	Laurie	Location: JCycling		
	6:00 PM	Zen Flow Yoga	Susan	https://bit.ly/JCC-Susan	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	Anne	https://bit.ly/JCC-Anne	967 7115 3451	Anne	
Wednesday, 5/31	5:30 AM	Xtreme Mashup	Christine	Location: J360 Studio		
	6:30 AM	Cycling	Christine	Location: JCycling		
	8:00 AM	Yoga, Body & Mind	Amy	https://bit.ly/JCC-Amy	925 6969 3585	Amy
	8:30 AM	Body Pump	Rebecca	Location: J360 Studio		
	9:00 AM	Cycling	Beth	Location: JCycling		
	9:30 AM	Zen Flow	Amy	https://bit.ly/JCC-Amy	925 6969 3585	Amy
	9:40 AM	Sculpt & Tone	Beth	https://bit.ly/JCC-Beth	954 0559 7448	Beth
	10:45 AM	Barre Above	Natalie	https://bit.ly/JCC-Natalie	498 651 9766	Natalie
	12:30 PM	NEW! Gentle Yoga	Connie	Location: Wellness Studio		
	1:00 PM	Tai Chi	Morris	https://bit.ly/JCC-Morris	932 6220 6756	Morris
	2:00 PM	Advanced Tai Chi	Morris	https://bit.ly/JCC-Morris	932 6220 6756	Morris
	6:00 PM	Cardio Kickbox	Laurie	https://bit.ly/JCC-Laurie	943 6000 5156	Laurie
	6:15 PM	Barre Above	Dana	https://bit.ly/JCC-Dana	916 2008 7214	Dana
6:15 PM	Cycling	Kelli	Location: JCycling			
7:15 PM	Zumba	Shamsun - SUB	https://bit.ly/JCC-Renee5	810 2990 1755	Renee	
7:15 PM	NEW! Slow Flow Yoga	Deepal	Location: JFlow Studio			
Thursday, 6/1	5:45 AM	UGI Ball Sculpt	Ashley	https://bit.ly/JCC-Ashley	832 0203 6951	Ashley
	8:00 AM	Cycling	Christine	Location: JCycling		
	8:30 AM	Sculpt & Tone	Mikki	https://bit.ly/JCC-Mikki2	941 2979 9112	Mikki
	10:00 AM	Be Fit Combo	Patty	https://bit.ly/JCC-Patty	950 3380 0394	Patty
	10:00 AM	Zumba	Yoriko	https://bit.ly/JCC-Yoriko	957 9138 7187	Yoriko
	11:00 AM	Gentle Yoga	Susan	https://bit.ly/JCC-Susan	962 7823 5164	Susan
	12:15 PM	Tai Chi	Morris	https://bit.ly/JCC-Morris	932 6220 6756	Morris
	1:00 PM	NEW! Strength & Balance	Marjie	Location: J360		
	4:45 PM	Cycling	Shanni	Location: JCycling		
	6:00 PM	Zen Flow Yoga	Spencer	https://bit.ly/JCC-Spencer	962 6606 1492	Spencer
	6:00 PM	NEW! Total Body Fusion	Becky	Location: J360 Studio		
7:15 PM	Zumba	Maribel	https://bit.ly/JCC-Joan	267 588 2511	Joan	
Friday, 6/2	5:30 AM	Xtreme Mashup	Ashley	https://bit.ly/JCC-Ashley	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	https://bit.ly/JCC-Jana	399 019 3499	Jana
	9:30 AM	Body Pump	Rebecca	https://bit.ly/JCC-Rebecca2	947 9215 2846	Rebecca
	9:45 AM	Yoga Body & Mind	Ruth	Location: Wellness Studio		
	10:30 AM	Mat Pilates	Melanie	https://bit.ly/JCC-Melanie	957 9949 0694	Melanie
	10:45 AM	Meditation	Ruth	Location: Wellness Studio		
Saturday, 6/3	8:00 AM	Cycling	Jana	Location: JCycling		
	8:00 AM	Yoga Body & Mind	Sheryl	Location: JFlow		
	9:00 AM	Xtreme Mashup	Jana	https://bit.ly/JCC-Jana	399 019 3499	Jana
	9:30 AM	Barre Above	Karen	https://bit.ly/JCC-Karen	972 3283 9411	Karen
	10:00 AM	Cardio Mix	Becky	Location: J360		
	10:40 AM	Zumba	Maribel	Location: JFlow		
Sunday, 6/4	8:15 AM	Cycling	Laurie	Location: JCycling		
	9:00 AM	Body Pump	Beverly	Location: J360 Studio		
	10:00 AM	Cardio Kickbox	Laurie	https://bit.ly/JCC-Laurie	943 6000 5156	Laurie
	10:35 AM	Mat Pilates	Eileen	https://bit.ly/JCC-Eileen	912 6522 7213	Eileen
	11:00 AM	Slow Flow Yoga	Deepal	Location: JFlow		