



Group Exercise Schedule September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VINYASA FLOW 5:45-6:30am Sue P.-JFlow	ZEN FLOW - H 7:15-8:15am Jana-JFlow	XTREME MASHUP 5:30-6:15am Christine-J360	UGI BALL 5:45-6:30am Ashley-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
GENTLE YOGA - H 8-8:45am Amy-Jflow	SCULPT & TONE - H 815-9am Mikki-J360	CYCLING 6:30-7am Christine-JCycle	CYCLING 8-8:30am Christine-JCycle	CYCLING 6:30-7am Ulrica-JCycle	YOGA STRETCH & FLOW 8-8:45am Sheryl-JFlow	BODY PUMP 9-9:45am Beverly-J360
BODYPUMP 8:15-9am Joyce -J360	TAI CHI 9:30-10:30am Morris-J360	GENTLE YOGA - H 😊 8-8:45am Amy- JFlow	SCULPT & TONE - H 8:30-9:15am Mikki-J360	GENTLE VINYASA - H 8-8:45am Sue P.-JFlow	XTREME MASHUP 9-9:45am Beth/Jana - J360	BARRE INTENSITY 9-9:45am- NEW! Melissa - JFlow
XCORE 9:30-10:30am Jana-J360	CYCLING 9:15-10am Shanni-JCycle	BODY PUMP - H 8:30-9:15am Rebecca-J360	BEGINNER YOGA 😊 9-9:45am Pam - Jflow- NEW!	CYCLING 8:30-9am Rebecca-JCycle	BARRE ABOVE - H 9:30-10:30am Karen/Dana - JFlow	CARDIO KICKBOXING 10-10:45am Laurie - JFlow
CYCLING 10-10:45am Kellie-JCycle	BARRE ABOVE - H 9:30-10:30am Jana -JFlow	CYCLING 9-9:30am Beth - JCycle	BE FIT COMBO 😊 10-10:45am Patty - J360	ZEN FIT BOOTCAMP - H 9:30-10:30am Jana-JFlow	ZUMBA 10:40-11:40am Joan/Maribel-J360	MAT PILATES - H 10:35-11:20am Eileen-J360
MAT PILATES 10-10:45am Eileen-JPilates	ZUMBA - H 10:45-11:45am Shannan -J360	ZEN FLOW 9:30-10:30am Amy-JFlow	ZUMBA 10-10:45am Shamsun-JFlow	BODY PUMP - H 9:30-10:15am Rebecca-J360		SLOW FLOW 11-12pm Deepal-JFlow
GENTLE YOGA 😊 10:30-11:15m Alyssa-JFlow	TAI CHI 😊 11-12pm Morris-JFlow	SCULPT & TONE - H 9:40-10:25am Beth-J360	GENTLE YOGA - H 😊 11-12pm Susan-JFlow	GENTLE ALIGNMENT YOGA 9:45-10:45am Ruth-Wellness		
BEFIT COMBO 😊 10:45-11:30am Patty-J360	SLOW FLOW YOGA 12:15-1:15pm Deepal-JFlow	Forever Fit 😊 10-10:45am- NEW! Christine - Wellness	TOTAL BODY CONDITIONING 11:00am-12:00pm Melissa-J360- NEW!	MAT PILATES - H 10:30-11:15am Melanie-J360		
BARRE INTENSITY 11:30am-12:15pm Melissa- Jflow- NEW!	CHAIR FLOW YOGA 1-1:45pm Sue P. - J360 NEW!	Virtual Only- BARRE ABOVE 10:45-11:30AM-Zoom Natalie	TAI CHI - H 😊 12:15-1:15 Morris-JFlow	MEDITATION 10:45-11:15am Ruth-Wellness		
TAI CHI 😊 1-2pm Morris-JFlow	CYCLING 5-5:45pm Laurie- JCycle	FIT FOR LIFE 😊 12:15-1PM Shamsun - J360-	STRENGTH & BALANCE 😊 1-2pm Marjie-J360 NEW!			
STRENGTH & BALANCE 😊 1-2pm Marjie-J360	ZEN FLOW YOGA - H 6-7PM Susan-JFlow	GENTLE YOGA 😊 12:30-1:30 Connie-Wellness	CYCLE 4:45-5:30pm Shanni-JCycle			
XTREME MASHUP 6-7pm Ashley-J360	BODY PUMP 7-7:45PM Sheryl-J360	TAI CHI 😊 1-2pm Morris-JFlow	VINYASA FLOW - H 6-7pm Spencer - Jflow			
CYCLING 6:15-6:45pm Joyce-JCycle	MAT PILATES 7:05-7:50pm Eileen-JPilates	ADVANCED TAI CHI - H 2-3pm Morris-J360	ZUMBA - H 7:15-8pm Maribel-J360			
BARRE ABOVE - H 6:15-7pm Karen-JFlow	HOUSE PARTY FITNESS - H 7:15-8pm Anne-JFlow	CARDIO KICKBOX 6-6:45pm Laurie- J360				
GENTLE VINAYSA 7:15-8pm Amy-JFlow		BARRE ABOVE - H 6:15-7pm Dana- JFlow				
ZUMBA - H 7:15-8pm Karen -J360		CYCLING 6:15-7pm Kellie-JCycle				
		ZUMBA 7:15-8pm Shamson-J360				
		SLOW FLOW YOGA 7:15-8:15pm Deepal-JFlow				
katzjcc.org/calendar						
Be sure to register for hybrid, virtual and any in-person classes through the Mindbody app. Registration opens 14 days prior to the date of the class. Classes and instructors are subject to change. Subs will be posted on Mindbody. Please see the Mindbody app for the most up to date information.						Updated: 8.29.23

Schedule Key
<i>Mind & Body</i>
<i>Cycling</i>
<i>Cardio/Strength</i>
<i>Zumba/Dance</i>
<i>H= Hybrid Classes</i>
= <i>Beginner Friendly</i>