

FITNESS & WELLNESS MONTHLY SCHEDULE

Month of November 2023

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)

Instructors & Substitutes for each class can be found on the MindBody app!

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

DATE	START TIME	END TIME	CLASS	ZOOM LINK/LOCATION	MEETING ID	PASSWORD
Mondays: 11/6 11/13 11/20 11/27	5:45 AM	6:30 AM	Vinyasa Yoga	Location: JFlow Studio		
	8:00 AM	8:45 AM	Gentle Yoga	https://rb.gy/ozlo5	833 9246 7139	Jflow
	8:15 AM	9:00 AM	Body Pump	Location: J360 Studio		
	9:30 AM	10:30 AM	XCore	Location: J360 Studio		
	10:00 AM	10:45 AM	Cycling	Location: JCycling		
	10:00 AM	10:45 AM	Mat Pilates	Location: JPilates		
	10:30 AM	11:15 AM	Gentle Yoga	Location: JFlow Studio		
	10:45 AM	11:30 AM	Be Fit Combo	Location: J360 Studio		
	11:30 AM	12:15 AM	NEW! Barre Intensity	https://rb.gy/ozlo5	833 9246 7139	Jflow
	1:00 PM	2:00 PM	Tai Chi	Location: JFlow Studio		
	1:00 PM	2:00 PM	Strength & Balance	Location: J360 Studio		
	6:00 PM	7:00 PM	Xtreme Mashup	Location: J360 Studio		
	6:15 PM	6:45 PM	Cycling	Location: JCycling		
	6:15 PM	7:00 PM	Barre Above	https://rb.gy/ozlo5	833 9246 7139	Jflow
7:15 PM	8:00 PM	Gentle Vinyasa	Location: JFlow Studio			
7:15 PM	8:00 PM	Zumba	https://rb.gy/vn7ls	845 9850 3405	J360	
Tuesdays: 11/7 11/14 11/21 11/28	5:45 AM	6:30 AM	NEW! Les Mills Core	Location: J360 Studio		
	7:15 AM	8:15 AM	Zen Flow Yoga	https://rb.gy/ozlo5	833 9246 7139	Jflow
	8:15 AM	9:00 AM	Sculpt & Tone	https://rb.gy/vn7ls	845 9850 3405	J360
	9:15 AM	10:00 AM	Cycling	Location: JCycling		
	9:30 AM	10:30 AM	Tai Chi	Location: J360 Studio		
	9:30 AM	10:30 AM	Barre Above	https://rb.gy/ozlo5	833 9246 7139	Jflow
	10:45 AM	11:45 AM	Zumba	https://rb.gy/vn7ls	845 9850 3405	J360
	11:00 AM	12:00 PM	Tai Chi	Location: JFlow Studio		
	12:15 PM	1:15 PM	Slow Flow Yoga	Location: JFlow Studio		
	1:00 PM	1:45 PM	NEW! Chair Flow Yoga	Location: J360 Studio		
	5:00 PM	5:45 PM	Cycling	Location: JCycling		
	6:00 PM	7:00 PM	Zen Flow Yoga	https://rb.gy/ozlo5	833 9246 7139	Jflow
	7:00 PM	7:45 PM	Body Pump	Location: J360 Studio		
	7:05 PM	7:50 PM	Mat Pilates	Location: JPilates		
7:15 PM	8:00 PM	House Party Fitness	https://rb.gy/ozlo5	833 9246 7139	Jflow	
Wednesdays: 11/1 11/8 11/15 11/22 11/29	5:30 AM	6:15 AM	Xtreme Mashup	Location: J360 Studio		
	6:30 AM	7:00 AM	Cycling	Location: JCycling		
	8:00 AM	8:45 AM	Gentle Yoga	https://rb.gy/ozlo5	833 9246 7139	Jflow
	8:30 AM	9:15 AM	Body Pump	https://rb.gy/vn7ls	845 9850 3405	J360
	9:00 AM	9:30 AM	Cycling	Location: JCycling		
	9:30 AM	10:30 AM	Zen Flow	Location: J360 Studio		
	9:40 AM	10:25 AM	Sculpt & Tone	https://rb.gy/vn7ls	845 9850 3405	J360
	10:00 AM	10:45 AM	NEW! Forever Fit	Location: Wellness Studio		
	10:45 AM	11:30 AM	Barre Above	https://bit.ly/JCC-Natalie	498 651 9766	Natalie
	11:30 AM	12:15 PM	Zumba	Location: J360 Studio		
	12:15 PM	1:00 PM	Fit For Life	Location: J360 Studio		
	12:30 PM	1:30 PM	Gentle Yoga	Location: Wellness Studio		
	1:00 PM	2:00 PM	Tai Chi	Location: JFlow Studio		
	2:00 PM	3:00 PM	Advanced Tai Chi	https://rb.gy/vn7ls	845 9850 3405	J360
	6:00 PM	6:45 PM	Cardio Kickbox	Location: J360 Studio		
	6:15 PM	7:00 PM	Barre Above	https://rb.gy/ozlo5	833 9246 7139	Jflow
	6:30 PM	7:15 PM	Cycling	Location: JCycling		
7:15 PM	8:15 PM	Slow Flow Yoga	Location: JFlow Studio			
7:30 PM	8:30 PM	NEW! Warrior Rhythm	Location: Wellness Studio			
Thursdays: 11/2 11/9 11/16 11/23 11/30	5:45 AM	6:30 AM	UGI Ball Sculpt	Location: J360 Studio		
	8:00 AM	8:30 AM	Cycling	Location: JCycling		
	8:00 AM	8:45 AM	NEW! Les Mills Core	https://rb.gy/ozlo5	833 9246 7139	Jflow
	8:30 AM	9:15 AM	Sculpt & Tone	https://rb.gy/vn7ls	845 9850 3405	J360
	9:00 AM	9:45 AM	NEW! Mindful Movement Yoga	Location: JFlow Studio		
	10:00 AM	10:45 AM	Be Fit Combo	Location: J360 Studio		
	10:00 AM	10:45 AM	Zumba	Location: JFlow Studio		
	11:00 AM	12:00 PM	Gentle Yoga	https://rb.gy/ozlo5	833 9246 7139	Jflow
	11:00 AM	12:00 PM	NEW! Total Body Conditioning	Location: J360 Studio		
	12:15 PM	1:15 PM	Tai Chi	https://rb.gy/ozlo5	833 9246 7139	Jflow
	1:00 PM	2:00 PM	NEW! Strength & Balance	Location: J360		
	4:45 PM	5:30 PM	Cycling	Location: JCycling		
	6:00 PM	7:00 PM	Vinyasa Flow Yoga	https://rb.gy/ozlo5	833 9246 7139	Jflow
6:00 PM	6:30 PM	NEW! Les Mills Core	Location: J360 Studio			
7:15 PM	8:00 PM	Zumba	https://rb.gy/vn7ls	845 9850 3405	J360	
Fridays: 11/3 11/10 11/17 11/24	5:30 AM	6:15 AM	Xtreme Mashup	Location: J360		
	6:30 AM	7:00 AM	Cycling	Location: JCycling		
	8:00 AM	8:45 AM	Gentle Flow Yoga	https://rb.gy/ozlo5	833 9246 7139	Jflow
	8:30 AM	9:00 AM	Cycling	Location: JCycling		
	9:30 AM	10:30 AM	Zen Fit Bootcamp	https://rb.gy/ozlo5	833 9246 7139	Jflow
	9:30 AM	10:15 AM	Body Pump	https://rb.gy/vn7ls	845 9850 3405	J360
	9:45 AM	10:45 AM	Gentle Alignment Yoga	Location: Wellness Studio		
10:30 AM	11:15 AM	Mat Pilates	https://rb.gy/vn7ls	845 9850 3405	J360	
10:45 AM	11:15 AM	Meditation	Location: Wellness Studio			
Saturdays: 11/4 11/11 11/18 11/25	8:00 AM	8:45 AM	Cycling	Location: JCycling		
	8:00 AM	8:45 AM	Yoga Stretch & Flow	Location: JFlow		
	9:00 AM	9:45 AM	Xtreme Mashup	Location: J360 Studio		
	9:30 AM	10:30 AM	Barre Above	https://rb.gy/ozlo5	833 9246 7139	Jflow
	10:40 AM	11:40 AM	Zumba	Location: J360 Studio		
Sundays: 11/5 11/12 11/19 11/26	8:15 AM	8:45 AM	Cycling	Location: JCycling		
	9:00 AM	9:45 AM	Body Pump	Location: J360 Studio		
	9:00 AM	9:45 AM	NEW! Barre Intensity	Location: JFlow		
	10:00 AM	10:45 AM	Cardio Kickbox	Location: JFlow		
	10:35 AM	11:20 AM	Mat Pilates	https://rb.gy/vn7ls	845 9850 3405	J360
	11:00 AM	12:00 PM	Slow Flow Yoga	Location: JFlow		