

FITNESS & WELLNESS MONTHLY SCHEDULE

Month of February 2024

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: 2/5 2/12 2/19 2/26	5:45 AM	6:30 AM	Vinyasa Yoga	Location: JFlow Studio		
	8:00 AM	8:45 AM	Gentle Yoga	https://rb.gy/ozio5	833 9246 7139	Jflow
	8:15 AM	9:00 AM	Body Pump	Location: J360 Studio		
	9:15 AM	9:45 AM	Intro to Cycling	Location: JCycling		
	9:15 AM	10:00 AM	Barre & Stretch	https://bit.ly/JCC-Natalie	498 651 9766	Natalie
	9:30 AM	10:30 AM	XCore	Location: J360 Studio		
	9:45 AM	10:15 AM	Exercise Arms & Abs	Location: JFlow Studio		
	10:00 AM	10:45 AM	Cycling	Location: JCycling		
	10:00 AM	10:45 AM	Mat Pilates	Location: JPilates		
	10:15 AM	10:45 AM	Walk with the Doc	Location: Indoor Track		
	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	Barre Intensity	https://rb.gy/ozio5	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		
	5:00 PM	5:45 PM	Spin & Sculpt	Location: JCycling		
	6:00 PM	7:00 PM	Xtreme Mashup	Location: J360 Studio		
	6:15 PM	7:00 PM	Cycling	Location: JCycling		
6:15 PM	7:00 PM	Barre Above	https://rb.gy/ozio5	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/yn7ls	845 9850 3405	J360	
Tuesdays: 2/6 2/13 2/20 2/27	5:45 AM	6:30 AM	Les Mills Bodypump & Core	Location: J360 Studio		
	7:15 AM	8:15 AM	Zen Flow Yoga	https://rb.gy/ozio5	833 9246 7139	Jflow
	8:15 AM	9:00 AM	Sculpt & Tone	https://rb.gy/yn7ls	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/ozio5	833 9246 7139	Jflow
	10:45 AM	11:45 AM	Zumba	https://rb.gy/yn7ls	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	Advanced Chair Flow Yoga	Location: J360 Studio		
	5:00 PM	5:45 PM	Spin & Sculpt	Location: JCycling		
	6:00 PM	7:00 PM	Stretch & Vinyasa Yoga	https://rb.gy/ozio5	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/ozio5	833 9246 7139	Jflow	
Wednesdays: 2/7 2/14 2/21 2/28	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/ozio5	833 9246 7139	Jflow
	8:30 AM	9:15 AM	Body Pump	https://rb.gy/yn7ls	845 9850 3405	J360
	9:00 AM	9:30 AM	Cycling	Location: JCycling		
	9:30 AM	10:30 AM	Zen Flow	Location: JFlow Studio		
	9:45 AM	10:30 AM	Sculpt & Tone	https://rb.gy/yn7ls	845 9850 3405	J360
	10:00 AM	10:45 AM	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/yn7ls	845 9850 3405	J360
	5:00 PM	5:30 PM	Intro to Cycling	Location: JCycling		
	6:00 PM	6:45 PM	Cardio Kickbox	Location: J360 Studio		
	6:15 PM	7:00 PM	Barre Above	https://rb.gy/ozio5	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	Warrior Rhythm	Location: Wellness Studio			
Thursdays: 2/1 2/8 2/15 2/22 2/29	5:30 AM	6:00 AM	Cycling	Location: JCycling		
	6:15 AM	6:45 AM	UGI Ball	Location: J360		
	8:00 AM	8:45 AM	Les Mills Core	https://rb.gy/ozio5	833 9246 7139	Jflow
	8:30 AM	9:15 AM	Sculpt & Tone	https://rb.gy/yn7ls	845 9850 3405	J360
	9:00 AM	9:45 AM	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/ozio5	833 9246 7139	Jflow
	11:00 AM	12:00 PM	Total Body Conditioning	https://rb.gy/yn7ls	845 9850 3405	J360
	12:15 PM	1:15 PM	Tai Chi	https://rb.gy/ozio5	833 9246 7139	Jflow
	1:00 PM	2:00 PM	NEW! Strength & Balance	Location: J360		
	5:00 PM	5:45 PM	Cycling	Location: JCycling		
	6:00 PM	6:45 PM	Rhythm Ride	Location: JCycling		
	6:00 PM	7:00 PM	Vinyasa Flow Yoga	https://rb.gy/ozio5	833 9246 7139	Jflow
6:30 PM	7:00 PM	Les Mills Core	Location: J360 Studio			
7:15 PM	8:00 PM	Zumba	https://rb.gy/yn7ls	845 9850 3405	J360	
Fridays: 2/2 2/9 2/16 2/23	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/ozio5	833 9246 7139	Jflow
	8:30 AM	9:00 AM	Cycling	Location: JCycling		
	9:15 AM	9:45 AM	NEW! Cycling	Location: JCycling		
	9:30 AM	10:30 AM	Zen Fit Bootcamp	https://rb.gy/ozio5	833 9246 7139	Jflow
	9:30 AM	10:15 AM	Body Pump	https://rb.gy/yn7ls	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/yn7ls	845 9850 3405	J360
	10:45 AM	11:15 AM	Meditation	Location: Wellness Studio		
11:00 AM	11:30 AM	Mat Stretching	Location: Fitness Floor			
11:15 AM	12:15 PM	Mindful Movement Yoga	Location: JPilates			
Saturdays: 2/3 2/10 2/17 2/24	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		
	9:00 AM	9:45 AM	Cycling	Location: JCycling		
	9:30 AM	10:30 AM	Barre Above	https://rb.gy/ozio5	833 9246 7139	Jflow
	10:45 AM	11:45 AM	Zumba	Location: J360 Studio		
Sundays: 2/4 2/11 2/18 2/25	8:15 AM	8:45 AM	Cycling	Location: JCycling		
	8:45 AM	9:45 AM	Barre Intensity	Location: JFlow		
	9:00 AM	9:45 AM	Body Pump	Location: J360 Studio		
	10:00 AM	10:45 AM	Cardio Kickbox	Location: JFlow		
	10:35 AM	11:20 AM	Mat Pilates	https://rb.gy/yn7ls	845 9850 3405	J360
	11:00 AM	12:00 PM	Slow Flow Yoga	Location: JFlow		