

# FITNESS & WELLNESS MONTHLY SCHEDULE

Month of April 2024

**GREEN:**  
Virtual Class  
(Register in The Katz JCC App)

**PEACH:**  
Hybrid Class, Taught live at the JCC  
Join in-person or via Zoom  
(Register in The Katz JCC App)

**BLUE:**  
In-Person Indoor or Outdoor  
Group Exercise Class  
(Register in The Katz JCC App)

**Instructors & Substitutes for each class can be found on the Katz JCC app!**

| DATE  | START TIME | END TIME                   | CLASS   | ZOOM LINK/LOCATION  | MEETING ID    | PASSWORD |
|---|------------|----------------------------|---|---|---------------|----------|
| Mondays:<br>4/1<br>4/8<br>4/15<br>4/22<br>4/29  | 5:45 AM    | 6:30 AM                    | Vinyasa Yoga  | Location: JFlow Studio  |               |          |
|   | 8:00 AM    | 8:45 AM                    | Gentle Yoga   | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>               | 833 9246 7139 | Jflow    |
|   | 8:15 AM    | 9:00 AM                    | Body Pump   | Location: J360 Studio   |               |          |
|   | 9:15 AM    | 9:45 AM                    | Cycling   | Location: Jcycling  |               |          |
|   | 9:15 AM    | 10:00 AM                   | Barre & Stretch                                       | <a href="https://bit.ly/JCC-Natalie">https://bit.ly/JCC-Natalie</a> | 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                                       | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>               | 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                | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a> | 833 9246 7139   | Jflow         |          |
| 7:15 PM   | 8:00 PM    | Gentle Vinyasa             | Location: JFlow Studio                                |   |               |          |
| 7:15 PM   | 8:00 PM    | Zumba                      | <a href="https://rb.gy/vn7s">https://rb.gy/vn7s</a>   | 845 9850 3405   | J360          |          |
| Tuesdays:<br>4/2<br>4/9<br>4/16<br>4/23<br>4/30 | 5:45 AM    | 6:45 AM                    | Les Mills Bodypump & Core                             | Location: J360 Studio   |               |          |
|   | 7:15 AM    | 8:15 AM                    | Zen Flow Yoga   | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>               | 833 9246 7139 | Jflow    |
|   | 8:15 AM    | 9:00 AM                    | Sculpt & Tone   | <a href="https://rb.gy/vn7s">https://rb.gy/vn7s</a>                 | 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   | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>               | 833 9246 7139 | Jflow    |
|   | 10:45 AM   | 11:45 AM                   | Zumba   | <a href="https://rb.gy/vn7s">https://rb.gy/vn7s</a>                 | 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                                | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>               | 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        | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a> | 833 9246 7139   | Jflow         |          |
| Wednesdays:<br>4/3<br>4/10<br>4/17<br>4/24      | 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   | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>               | 833 9246 7139 | Jflow    |
|   | 8:30 AM    | 9:15 AM                    | Body Pump   | <a href="https://rb.gy/vn7s">https://rb.gy/vn7s</a>                 | 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   | <a href="https://rb.gy/vn7s">https://rb.gy/vn7s</a>                 | 845 9850 3405 | J360     |
|   | 10:00 AM   | 10:45 AM                   | Forever Fit   | Location: Wellness Studio   |               |          |
|   | 10:45 AM   | 11:30 AM                   | Barre Above   | <a href="https://bit.ly/JCC-Natalie">https://bit.ly/JCC-Natalie</a> | 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                                      | <a href="https://rb.gy/vn7s">https://rb.gy/vn7s</a>                 | 845 9850 3405 | J360     |
|   | 6:00 PM    | 6:45 PM                    | Cardio Kickbox  | Location: J360 Studio   |               |          |
| 6:15 PM   | 7:00 PM    | Barre Above                | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a> | 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: J360 Studio                                 |   |               |          |
| Thursdays:<br>4/4<br>4/11<br>4/18<br>4/25       | 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  | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>               | 833 9246 7139 | Jflow    |
|   | 8:30 AM    | 9:15 AM                    | Sculpt & Tone   | <a href="https://rb.gy/vn7s">https://rb.gy/vn7s</a>                 | 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   | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>               | 833 9246 7139 | Jflow    |
|   | 11:00 AM   | 12:00 PM                   | Total Body Conditioning                               | <a href="https://rb.gy/vn7s">https://rb.gy/vn7s</a>                 | 845 9850 3405 | J360     |
|   | 12:15 PM   | 1:15 PM                    | Tai Chi   | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>               | 833 9246 7139 | Jflow    |
|   | 1:00 PM    | 2:00 PM                    | Strength & Balance                                    | Location: J360  |               |          |
|   | 5:00 PM    | 5:45 PM                    | Cycling   | Location: Jcycling  |               |          |
| 6:00 PM   | 7:00 PM    | Vinyasa Flow Yoga          | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a> | 833 9246 7139   | Jflow         |          |
| 6:30 PM   | 7:00 PM    | Les Mills Core             | Location: J360 Studio                                 |   |               |          |
| 7:15 PM   | 8:00 PM    | Zumba                      | <a href="https://rb.gy/vn7s">https://rb.gy/vn7s</a>   | 845 9850 3405   | J360          |          |
| Fridays:<br>4/5<br>4/12<br>4/19<br>4/26         | 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                                      | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>               | 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                                      | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>               | 833 9246 7139 | Jflow    |
|   | 9:30 AM    | 10:15 AM                   | Body Pump   | <a href="https://rb.gy/vn7s">https://rb.gy/vn7s</a>                 | 845 9850 3405 | J360     |
|   | 9:45 AM    | 10:45 AM                   | Gentle Alignment Yoga                                 | Location: Wellness Studio   |               |          |
|   | 10:30 AM   | 11:15 AM                   | Mat Pilates   | <a href="https://rb.gy/vn7s">https://rb.gy/vn7s</a>                 | 845 9850 3405 | J360     |
| 11:00 AM  | 11:30 AM   | Mat Stretching             | Location: Fitness Floor                               |   |               |          |
| 11:15 AM  | 12:15 PM   | NEW! Mindful Movement Yoga | Location: JPilates                                    |   |               |          |
| 2:30 PM   | 3:15 PM    | NEW! Zumba                 | Location: J360  |   |               |          |
| Saturdays:<br>4/6<br>4/13<br>4/20<br>4/27       | 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   | <a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>               | 833 9246 7139 | Jflow    |
| 10:45 AM  | 11:45 AM   | Zumba                      | Location: J360 Studio                                 |   |               |          |
| Sundays:<br>4/7<br>4/14<br>4/21<br>4/28         | 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   | <a href="https://rb.gy/vn7s">https://rb.gy/vn7s</a>                 | 845 9850 3405 | J360     |
| 11:00 AM  | 12:00 PM   | Slow Flow Yoga             | Location: JFlow                                       |   |               |          |