

FITNESS & WELLNESS MONTHLY SCHEDULE

Month of May 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)
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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: 5/6 5/13 5/20 5/27	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			
	9:15 AM	9:45 AM	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	Total Body Conditioning	Location: J360 Studio			
	9:30 AM	10:15 AM	NEW! Les Mills Core	Location: JFlow Studio			
	9:45 AM	10:30 AM	Exercise Arms & Abs	Location: Turf			
	10:00 AM	10:45 AM	Cycling	Location: JCycling			
	10:00 AM	10:45 AM	Mat Pilates	Location: JPilates			
	10:30 AM	11:00 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/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			
	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/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: 5/7 5/14 5/21 5/28	5:45 AM	6:45 AM	Les Mills Body Pump & 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	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/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: 5/1 5/8 5/15 5/22 5/29	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: JFlow Studio			
	9:45 AM	10:30 AM	Sculpt & Tone	https://rb.gy/vn7ls	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			
	5/22	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	
	5:00 PM	5:45 PM	NEW! Les Mills BodyBalance	Location: J360 Studio			
	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	Warrior Rhythm	Location: J360 Studio				
Thursdays: 5/2 5/9 5/16 5/23 5/30	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/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	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	Total Body Conditioning	https://rb.gy/vn7ls	845 9850 3405	J360	
	5/23	12:00 PM	12:45 PM	NEW! Les Mills BodyBalance	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	Strength & Balance	Location: J360			
	5:00 PM	5:45 PM	Cycling	Location: JCycling			
	6:00 PM	7:00 PM	Vinyasa Flow Yoga	https://rb.gy/ozlo5	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/vn7ls	845 9850 3405	J360		
Fridays: 5/3 5/10 5/17 5/24 5/31	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			
	9:15 AM	9:45 AM	Cycling	Location: JCycling			
	5/10	9:30 AM	10:30 AM	Zen Fit Bootcamp	https://rb.gy/ozlo5	833 9246 7139	JFlow
	5/17	9:30 AM	10:15 AM	Body Pump	https://rb.gy/vn7ls	845 9850 3405	J360
	5/24	9:45 AM	10:45 AM	Gentle Alignment Yoga	Location: Wellness Studio		
	5/31	10:30 AM	11:15 AM	Mat Pilates	https://rb.gy/vn7ls	845 9850 3405	J360
11:00 AM	11:30 AM	Mat Stretching	Location: Fitness Floor				
11:15 AM	12:15 AM	Mindful Movement Yoga	Location: JPilates				
Saturdays: 5/4 5/11 5/18 5/25	8:00 AM	8:45 AM	Cycling	Location: JCycling			
	8:00 AM	8:45 AM	Yoga Stretch & Flow	Location: JFlow			
	5/11	9:00 AM	9:45 AM	Xtreme Mashup	Location: J360 Studio		
	5/18	9:00 AM	9:45 AM	Cycling	Location: JCycling		
	5/25	9:30 AM	10:30 AM	Barre Above	https://rb.gy/ozlo5	833 9246 7139	JFlow
10:45 AM	11:45 AM	Zumba	Location: J360 Studio				
Sundays: 5/5 5/12 5/19 5/26	8:15 AM	8:45 AM	Cycling	Location: JCycling			
	8:45 AM	9:45 AM	Barre Intensity	Location: JFlow			
	5/12	9:00 AM	9:45 AM	Body Pump	Location: J360 Studio		
	5/19	10:00 AM	10:45 AM	Cardio Kickbox	Location: JFlow		
	5/26	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			