

FITNESS & WELLNESS MONTHLY SCHEDULE

Month of July 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: 7/1 7/8 7/15 7/22 7/29	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		
	10:00 AM	10:30 AM	Exercise Arms & Abs	Location: Turf		
	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	Strength & HIIT	Location: J360 Studio			
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: 7/2 7/9 7/16 7/23 7/30	5:45 AM	6:45 AM	Les Mills Bodypump & 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: 7/3 7/10 7/17 7/24 7/31	5:30 AM	6:15 AM	Strength & HIIT	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	Mat Pilates	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
	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	
7:15 PM	8:15 PM	Slow Flow Yoga	Location: JFlow Studio			
7:15 PM	8:15 PM	Warrior Rhythm	Location: J360 Studio			
Thursdays: 7/11 7/18 7/25	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	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
	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	
7:15 PM	8:00 PM	Zumba	https://rb.gy/vn7ls	845 9850 3405	J360	
Fridays: 7/5 7/12 7/19 7/26	5:30 AM	6:15 AM	NEW! Starting 7/12 - Les Mills Bodypump	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		
	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
	11:00 AM	11:30 AM	Mat Stretching	Location: Fitness Floor		
11:15 AM	12:15 AM	Mindful Movement Yoga	Location: JPilates			
Saturdays: 7/6 7/13 7/20 7/27	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	Strength & HIIT	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	Location: J360 Studio		
Sundays: 7/7 7/14 7/21 7/28	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	https://rb.gy/vn7ls	845 9850 3405	J360
11:00 AM	12:00 PM	Slow Flow Yoga	Location: JFlow			