



Fall 2024 Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VINYASA YOGA FLOW 5:45-6:30am / Sue P. / JFlow	LES MILLS BODYPUMP & CORE - H 5:45-6:45am / Rebecca / J360	STRENGTH & HIIT 5:30-6:15am / Ashley / J360	CYCLING 5:30-6am / Ashley / JCycle	LES MILLS BODYPUMP 5:30-6:15am / Julianna / J360	CYCLING 8-8:45am / Beth/Jana / JCycle	CYCLING 8:15-8:45am / Beth/Jana / JCycle
GENTLE YOGA - H 8-8:45am / Amy / JFlow	ZEN FLOW - H 7:15-8:15am / Jana / JFlow	CYCLING 6:30-7am / Ashley/ JCycle	UGI BALL 6:15-6:45am / Ashley / J360	CYCLING 6:30-7am / Ulrica / JCycle	YOGA STRETCH & FLOW 8-8:45am / Sheryl / JFlow	BARRE INTENSITY 8:45-9:45am / Melissa / JFlow
BODYPUMP 8:15-9am / Joyce / J360	SCULPT & TONE - H 8:15-9am / Mikki / J360	GENTLE YOGA - H 8-8:45am / Amy / JFlow	LES MILLS CORE - H 8-8:45am / Rebecca / JFlow	GENTLE FLOW YOGA - H 8-8:45am / Sue P. / JFlow	STRENGTH & HIIT 9-9:45am / Beth/Jana / J360	BODY PUMP 9-9:45am / Beverly / J360
CYCLING 9:15-9:45am / Joyce / JCycle	CYCLING 9:15-10am / Shanni / JCycle	BODY PUMP - H 8:30-9:15am / Emelia / J360	SCULPT & TONE - H 8:30-9:15am / Mikki / J360	CYCLING 8:30-9am / Rebecca / JCycle	BARRE ABOVE - H 9:30-10:30am / Karen/Dana / JFlow	BOLLYX NEW! 9/15 9-9:45am/Shamsun/Wellness
VIRTUAL ONLY - BARRE & STRETCH 9:15-10am / Natalie / Zoom	TAI CHI 9:30-10:30am / Morris / J360	CYCLING 9-9:30am / Beth / JCycle	MINDFUL MOVEMENT YOGA 9-9:45am / Pam / JFlow	CYCLING 9:15-9:45am / Kathleen / JCycle	ZUMBA 10:45-11:45am /Joan/Shannan/J360	CARDIO KICKBOXING 10-10:45am / Laurie / JFlow
TOTAL BODY CONDITIONING 9:30-10:30am / Jana / J360	BARRE ABOVE - H 9:30-10:30am / Jana / JFlow	ZEN FLOW 9:30-10:30am / Amy / JFlow	SPIN & SCULPT NEW! 9/12 9:30-10:15am/Rebecca/JCycle	ZEN FIT BOOTCAMP - H 9:30-10:30am / Jana / JFlow		MAT PILATES - H 10:35-11:20am / Eileen / J360
LES MILLS CORE - H 9:30-10:15am/Melissa/JFlow	ZUMBA - H 10:45-11:45am /Yoriko / J360	SCULPT & TONE - H 9:45-10:30am / Beth / J360	BE FIT COMBO 10-10:45am / Patty / J360	BODY PUMP - H 9:30-10:15am / Rebecca / J360		SLOW FLOW 11-12pm / Deepal / JFlow
MAT PILATES 10-10:45am / Eileen / JPilates	TAI CHI 11am-12pm / Morris / JFlow	FOREVER FIT 10-10:45am / Christine / Wellness	ZUMBA 10-10:45am / Yoriko / JFlow	GENTLE ALIGNMENT YOGA 9:45-10:45am / Ruth / Wellness		
EXERCISE ARMS & ABS 10-10:30am/Dr. Yorker/Turf	SLOW FLOW YOGA 12:15-1:15pm / Deepal / JFlow	Virtual Only- MAT PILATES 10:45-11:30am / Natalie / Zoom	SOULFUL YOGA & MEDITATION - H 11am-12pm / Karen / JFlow	MAT PILATES - H 10:30-11:15am / Melanie / J360		
GENTLE YOGA 10:30-11:15m / Karen / JFlow	ADVANCED CHAIR FLOW YOGA 1-1:45pm / Sue P. / J360	ZUMBA 11:30am-12:15pm / Shamsun / J360	TOTAL BODY CONDITIONING - H 11:00am-12:00pm / Melissa / J360	MAT STRETCHING 11-11:30am / Dr. Yorker / Fitness Floor		
BE FIT COMBO 10:45-11:30am/Patty/J360	SPIN & SCULPT 5-5:45pm / Laurie / JCycle	FIT FOR LIFE 12:15-1pm / Shamsun / J360	LES MILLS BODYBALANCE- NEW! 12-12:45pm/Melissa/J360	MINDFUL MOVEMENT YOGA 11:30am-12:30pm / Pam / J360		
BARRE INTENSITY - H 11:30am-12:15pm / Melissa / JFlow	STRETCH & VINYASA - H 6-7pm / Nancy / JFlow	GENTLE YOGA 12:30-1:30pm / Connie / Wellness	TAI CHI - H 12:15-1:15 / Morris / JFlow	LINE DANCING - NEW! 1:30-2:15pm/Shamsun/J360		
TAI CHI 1-2pm / Morris / JFlow	BODY PUMP 7-7:45pm / Sheryl / J360	TAI CHI 1-2pm / Morris / JFlow	STRENGTH & BALANCE 1-2pm / Marjie / J360			
STRENGTH & BALANCE 1-2pm / Marjie / J360	MAT PILATES 7:05-7:50pm / Eileen / JPilates	LINE DANCING - NEW! 1:15-2pm/Shamsun/J360	CYCLE 5-5:45pm/Laurie/Alyssa / JCycle			
SPIN & SCULPT 5-5:45pm / Joyce/Kathleen/ JCycle	HOUSE PARTY FITNESS - H 7:15-8pm / Anne / JFlow	ADVANCED TAI CHI - H 2-3pm / Morris / J360	VINYASA FLOW - H 6-7pm / Spencer / JFlow			
STRENGTH & HIIT 6-7pm / Ashley / J360		LES MILLS BODYBALANCE 5-5:45pm/Sheryl/J360	LES MILLS BODYPUMP & CORE NEW! 9/12 6-7 pm/Michelle/J360			
BARRE ABOVE - H 6:15-7pm / Karen / JFlow		STRENGTH & HIIT - NEW! 6-7pm/Anouk/J360	ZUMBA - H 7:15-8pm / Maribel / J360			
GENTLE VINAYSA 7:15-8pm / Amy / JFlow		BARRE ABOVE - H 6:15-7pm / Dana / JFlow				
ZUMBA - H 7:15-8pm / Karen / J360		SLOW FLOW YOGA 7:15-8:15PM/Deepal/JFlow				
		WARRIOR RHYTHM 7:15-8:15pm / Karen / J360				

Schedule Key
Mind/Body
Cycling
Cardio/Strength
Zumba/Dance
Dr. Yorker
H= Hybrid Classes
Beginner Friendly

katzjcc.org/calendar
 Be sure to register for hybrid, virtual and any in-person classes through the Katz JCC app or website. Registration opens 6 days prior to the date of the class. Classes and instructors are subject to change. Subs will be posted on the app. Please see the Katz JCC app or website for the most up to date information. Updated: 8/29/24

Advanced Chair Flow Yoga: In this class you will use the support of the chair to arrive in yoga poses, move, breathe & ultimately feel good! Benefits of chair yoga include increased mobility, increase strength, stretch the body, reduce stress, reduce pain & clear the mind.

Barre Above: Full body fusion workout with influences from ballet, yoga, Pilates and more. Use a variety of equipment to focus on large and small movements that challenge your muscular endurance, balance, core strength and postural alignment with low to no impact.

Barre Intensity: Barre intensity is a cross-disciplined style workout that combines attributes of Pilates, dance and functional fitness. It is a medium intensity workout that emphasizes proper alignment, balance, and core engagement.

Barre & Stretch: Barre meets the mat. Strength endurance exercises mixed with core and stability focused mat work, add in extra mobility work and stretching and you've got the perfect injury-prevention and recovery workout. What a great way to start your week and set an intention!

Body Pump: Les Mills' original barbell class supplies a full body workout, choreographed to great music. Use light plates and high repetitions to train each muscle group in this fat burning weight training class.

BeFit Combo: Heart-healthy, low impact exercises energize your active lifestyle. Focus on building upper body and core strength as well as cardiovascular endurance by way of low weight, high repetition resistance moves.

Bootcamp: Fast-paced interval training focusing on high intensity cardio, resistance and strength segments to build muscle and cardiovascular strength. Expect high reps and explosive moves using a mix of body weight and equipment (dumbbells, bands, battle and jump ropes, BOSU and more).

Cardio Kick: Combination for cardio and kickboxing moves to burn calories and sculpt using light weights for a total body workout.

Chair Flow Yoga: Chair yoga is a practice that is beneficial to all. In these classes you will use the support of the chair to arrive in yoga poses, move, breathe & ultimately feel good!

Cycling: Combination of drills, challenges and training exercises with variations in speed and resistance on stationary bikes, set to motivating music. Classes may feature interval, strength, endurance, tempo or a mix, so no two classes are identical. On-bike monitors can be used to track performance.

Exercise Arms & Abs: Come for a bands exercise class to target arms and abs. All experience levels welcome.

Fit for Life: Senior fitness focused classes designed to work strength, balance, and cardio. Low impact and perfect for those who are just starting exercise and looking for guidance. This class is done without the use of a chair, so participants must be able to stand on their own. This class will teach you all you need to know to stay fit for life.

Forever Fit: This low intensity workout combines cardio, strength and flexibility, all modified to a seated position with some standing positions as well to challenge your balance. This class is perfect for the active senior, those with balance issues, or anyone who needs a very low intensity workout.

Gentle Alignment Yoga: Create a deeper sense of self-awareness and re-charge your body-mind connection as you connect through breath and physical sensation. Longer holds in postures and healing intentions are features of this practice that may use blocks, straps, and bolsters.

Gentle Flow Yoga: Enjoy a slow vinyasa/flow with assistance from block(s) and a strap. Perfect for those beginning their yoga journey or anyone looking for relaxing practice. House Party Fitness Throwback tunes and high energy dance moves are the heart of this party! Add in light weights for toning plus a little mat-based core work, and you've got a unique mix that's sure to leave you smiling and sweating.

Gentle Vinyasa: Create a deeper sense of self-awareness and recharge your body-mind connection as you connect breath and physical sensations. Longer holds in postures and healing intentions are features of this practice that may use blocks, straps and bolsters.

House Party Fitness: Throwback tunes and high energy dance moves are the heart of this party! Add in light weights for toning plus a little mat-based core work, and you've got a unique mix that's sure to leave you smiling and sweating.

Intro to Cycling: A half hour class designed to show you proper bike setup, positions, metrics & a short ride to get you comfortable with your venture into cycling.

Les Mills Bodybalance: bend & stretch through a series of simple yoga moves, elements of Tai Chi and Pilates. Breathing control is a part of all the exercises.

Les Mills Core: This program hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt as well as improving functional strength and assisting in injury.

Mat Pilates: Develop core strength and stability, and challenge postural muscles. May use a variety of props or just a mat.

Mat Stretching: Individuals will get a full body stretch using movements that will increase flexibility, decrease muscle tension, and help improve muscular balance.

Mindful Movement Yoga: Connecting mind & body with breathing techniques for a tranquil experience.

Sculpt & Tone: Build endurance and strengthen your upper body, lower body and core muscles using a variety of equipment.

Slow Flow Yoga: All level vinyasa style yoga, slightly slowed down to focus on stretches and mind, body and spirit.

Spin & Sculpt: A combination of cycling, mixed with using light hand weights to tone upper body during class.

Strength & Balance: Warmup followed by strength utilizing both weights and exercise bands. Balance practice both stationary and walking ending with stretch.

Strength & HIIT: Experience the ultimate fusion of strength training & high-intensity interval training (HIIT) in our dynamic group fitness class. This class is designed to challenge your body in new ways, combining the muscle-building benefits of strength training with the calorie-burning intensity of HIIT for a total body workout that will leave you feeling stronger and more energized.

Stretch & Vinyasa: This all levels yoga class offered stretches, core and balance along with flows to get a well rounded workout.

Step & Tone: A cardio class using the steps then ending with some sculpt and tone and abs.

Tai-Chi: Move through a series of standing postures to reduce stress while improving balance, blood pressure and bone density.

Total Body Conditioning: A total body workout incorporating strength, cardio and core utilizing various pieces of equipment.

Ugi Ball: Use a weighted ball for a series of basic 1-minute exercises that combine strength, cardio and core challenges.

Vinyasa Yoga Flow: This practice consists of mini flows, beginning with Sun salutation to warm up the body before moving into breath to movement asana, balancing and floor poses. These power sequences are a series of movements that flow one to the next on breath. This is a faster paced moving class suitable for students with prior yoga experience.

Walk with the Doc: Meet at the track to walk and talk with the Doc about your health!

Warrior Rhythm: Fitness-focused with yoga undertones, WARRIOR Rhythm™ increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! Grab a yoga mat, and weights and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing!

Yoga Stretch and Flow: This is an all-levels class, in which gentle postures are held for several minutes to facilitate a deep stretch in the body.

ZenFit: An athletic workout combining high intensity vinyasa yoga with cardio, light weights and core focus. Get the best of both worlds with a challenging workout and a chill mental state.

Zen Flow Yoga: Awaken, recharge and connect your body and brain in this vinyasa flow class using a variety of breathing techniques.

Zumba®: High energy fitness moves come together with dance steps to create a cardio party. Repetitive choreography and interval intensity pair with international music in this easy-to-modify format led with non-verbal cues: the beat is our common language!