

FITNESS & WELLNESS MONTHLY SCHEDULE

Month of December 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: 12/2 12/9 12/16 12/23 12/30	5:30 AM	6:30 AM	Barre Above	https://rb.gy/ozlo5	833 9246 7139	JFlow
	8:00 AM	8:45 AM	Gentle Yoga	https://rb.gy/ozlo5	833 9246 7139	JFlow
	8:15 AM	9:00 AM	Les Mills Body Pump	Location: J360 Studio		
	9:15 AM	9:45 AM	Express 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	Les Mills Core	https://rb.gy/ozlo5	833 9246 7139	JFlow
	10:00 AM	10:45 AM	Mat Pilates	Location: JPilates		
	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	https://rb.gy/yn7ls	845 9850 3405	J360
	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
	6:15 PM	7:00 PM	Zumba	Location: J360 Studio		
7:15 PM	8:00 PM	Gentle Vinyasa	Location: JFlow Studio			
7:15 PM	8:00 PM	Warrior Combat	https://rb.gy/yn7ls	845 9850 3405	J360	
Tuesdays: 12/3 12/10 12/17 12/24 - Closes at 6pm 12/31 - Closes at 6pm	5:45 AM	6:45 AM	Strength & HIIT	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/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/ozlo5	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/ozlo5	833 9246 7139	JFlow
	7:00 PM	7:45 PM	Les Mills 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: 12/4 12/11 12/18 12/25/2024 - See Holiday Schedule	5:30 AM	6:15 AM	Vinyasa Flow	Location: J360 Studio		
	6:30 AM	7:00 AM	Express 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	Les Mills Body Pump	https://rb.gy/yn7ls	845 9850 3405	J360
	9:00 AM	9:30 AM	Express Cycling	Location: Jcycling		
	9:30 AM	10:30 AM	Zen Flow	Location: JFlow Studio		
	9:45 AM	10:25 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	Mat Pilates	https://bit.ly/JCC-Natalie	498 651 9766	Natalie
	11:35 AM	12:20 PM	Zumba	Location: J360 Studio		
	12:25 PM	1:10 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		
	1:15 PM	2:00 PM	Line Dancing	Location: J360 Studio		
	2:00 PM	3:00 PM	Advanced Tai Chi	https://rb.gy/yn7ls	845 9850 3405	J360
	5:00 PM	5:45 PM	Les Mills BodyBalance	Location: J360 Studio		
	6:00 PM	7:00 PM	Total Body Conditioning	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: 12/5 12/12 12/19 12/26	5:45 AM	6:45 AM	Les Mills Body Pump & Core	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/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	Soulful Yoga & Meditation	https://rb.gy/ozlo5	833 9246 7139	JFlow
	11:00 AM	12:00 PM	Total Body Conditioning	https://rb.gy/yn7ls	845 9850 3405	J360
	12:00 PM	12:45 PM	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/yn7ls	845 9850 3405	J360
Fridays: 12/6 12/13 12/20 12/27	5:30 AM	6:15 AM	Barbells & Dumbbells	Location: J360		
	6:30 AM	7:00 AM	Cycling	Location: Jcycling		
	8:00 AM	8:45 AM	Breath & Balance	Location: JFlow		
	8:30 AM	9:00 AM	Express Cycling	Location: Jcycling		
	9:15 AM	9:45 AM	Express 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	Les Mills Body Pump	https://rb.gy/yn7ls	845 9850 3405	J360
	9:45 AM	10:45 AM	Gentle Alignment Yoga	Location: Wellness Studio		
	10:00 AM	10:45 AM	Walk This Way	Location: Indoor Track		
	10:30 AM	11:15 AM	Mat Pilates	https://rb.gy/yn7ls	845 9850 3405	J360
	11:30 AM	12:30 PM	Mindful Movement Yoga	Location: J360		
1:15 PM	2:00 PM	Barre Intensity	Location: JFlow			
1:30 PM	2:15 PM	Line Dancing	Location: J360			
Saturdays: 12/7 12/14 12/21 12/28	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: 12/1 12/8 12/15 12/22 12/29	8:15 AM	8:45 AM	Express Cycling	Location: Jcycling		
	8:45 AM	9:45 AM	Barre Intensity	Location: JFlow		
	9:00 AM	9:45 AM	Body Pump	Location: J360 Studio		
	9:00 AM	9:45 AM	Bollyx	Location: Wellness 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			