

FITNESS & WELLNESS MONTHLY SCHEDULE

Month of February 2025

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: 2/3 2/10 2/17 2/24	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 PM	Barre Intensity	https://rb.gy/ozlo5	833 9246 7139	Jflow	
	11:35 AM	12:20 PM	Barre Stretch	Location: J360 Studio			
	1:00 PM	2:00 PM	Tai Chi	Location: JFlow Studio			
	1:00 PM	2:00 PM	Strength & Balance	https://rb.gy/vn7ls	845 9850 3405	J360	
	5:00 PM	5:45 PM	Spin & Sculpt	Location: JCYcling			
	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/vn7ls	845 9850 3405	J360		
Tuesdays: 2/4 2/11 2/18 2/25	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/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	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: 2/5 2/12 2/19 2/26	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/vn7ls	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/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	
11:35 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/vn7ls	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: 2/6 2/13 2/20 2/27	5:45 AM	6:45 AM	Les Mills Bodypump & 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/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	Soulful Yoga & Meditation	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	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: 2/7 2/14 2/21 2/28	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/vn7ls	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/vn7ls	845 9850 3405	J360	
	10:30 AM	11:30 AM	Intro to Stand Tall	Location: JFlow			
	11:30 AM	12:30 PM	Let's Dance	Location: JFlow			
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: 2/1 2/8 2/15 2/22	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			
	9:00 AM	9:45 AM	Cycling	Location: JCYcling			
	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: 2/2 2/9 2/16 2/23	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	Bellyx	Location: Wellness 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				