

# FITNESS & WELLNESS MONTHLY SCHEDULE

## Month of March 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: 3/3 3/10 3/17 3/24 3/31	5:30 AM	6:30 AM	Barre Above	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	833 9246 7139	Jflow
	8:00 AM	8:45 AM	Gentle Yoga	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	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	<a href="https://bit.ly/JCC-Natalie">https://bit.ly/JCC-Natalie</a>	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	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	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	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	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	<a href="https://rb.gy/yn7ls">https://rb.gy/yn7ls</a>	845 9850 3405	J360
	5:00 PM	5:45 PM	Spin & Sculpt	Location: JCYcling		
	6:15 PM	7:00 PM	Barre Above	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	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	<a href="https://rb.gy/yn7ls">https://rb.gy/yn7ls</a>	845 9850 3405	J360	
Tuesdays: 3/4 3/11 3/18 3/25	5:45 AM	6:45 AM	Strength & HIIT	Location: J360 Studio		
	7:15 AM	8:15 AM	Zen Flow Yoga	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	833 9246 7139	Jflow
	8:15 AM	9:00 AM	Sculpt & Tone	<a href="https://rb.gy/yn7ls">https://rb.gy/yn7ls</a>	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	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	833 9246 7139	Jflow
	10:45 AM	11:45 AM	Zumba	<a href="https://rb.gy/yn7ls">https://rb.gy/yn7ls</a>	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	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	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	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	833 9246 7139	Jflow	
Wednesdays: 3/5 3/12 3/19 3/26	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	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	833 9246 7139	Jflow
	8:30 AM	9:15 AM	Les Mills Body Pump	<a href="https://rb.gy/yn7ls">https://rb.gy/yn7ls</a>	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	<a href="https://rb.gy/yn7ls">https://rb.gy/yn7ls</a>	845 9850 3405	J360
	10:00 AM	10:45 AM	Forever Fit	Location: Wellness Studio		
	10:45 AM	11:30 AM	Mat Pilates	<a href="https://bit.ly/JCC-Natalie">https://bit.ly/JCC-Natalie</a>	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	<a href="https://rb.gy/yn7ls">https://rb.gy/yn7ls</a>	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	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	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: 3/6 3/13 3/20 3/27	5:45 AM	6:45 AM	Les Mills Body Pump & Core	Location: J360		
	8:00 AM	8:45 AM	Les Mills Core	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	833 9246 7139	Jflow
	8:30 AM	9:15 AM	Sculpt & Tone	<a href="https://rb.gy/yn7ls">https://rb.gy/yn7ls</a>	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	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	833 9246 7139	Jflow
	11:00 AM	12:00 PM	Total Body Conditioning	<a href="https://rb.gy/yn7ls">https://rb.gy/yn7ls</a>	845 9850 3405	J360
	12:00 PM	12:45 PM	Les Mills BodyBalance	Location: J360 Studio		
	12:15 PM	1:15 PM	Tai Chi	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	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	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	833 9246 7139	Jflow
7:15 PM	8:00 PM	Zumba	<a href="https://rb.gy/yn7ls">https://rb.gy/yn7ls</a>	845 9850 3405	J360	
Fridays: 3/7 3/14 3/21 3/28	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	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	833 9246 7139	Jflow
	9:30 AM	10:15 AM	Les Mills Body Pump	<a href="https://rb.gy/yn7ls">https://rb.gy/yn7ls</a>	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	Location: JPilates		
	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: 3/1 3/8 3/15 3/22 3/29	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	<a href="https://rb.gy/ozlo5">https://rb.gy/ozlo5</a>	833 9246 7139	Jflow
10:45 AM	11:45 AM	Zumba	Location: J360 Studio			
Sundays: 3/2 3/9 3/16 3/23 3/30	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	<a href="https://rb.gy/yn7ls">https://rb.gy/yn7ls</a>	845 9850 3405	J360
11:00 AM	12:00 PM	Slow Flow Yoga	Location: JFlow			