



Summer 2025 Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BARRE ABOVE - H 5:30-6:30am / Jana / JFlow	STRENGTH & HIIT 5:45-6:45am / Jana/Laurie/ J360	VINYASA FLOW 5:30-6:15am / Sue / JFlow	STRENGTH AND HIIT 5:30-6:15am / Christine / J360	BARBELLS & DUMBBELLS 5:30-6:15am / Beth / J360	CYCLING 8-8:45am / Beth/Jana / JCycle	EXPRESS 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	EXPRESS CYCLING 6:30-7am/Kierstin/JCycle	EXPRESS CYCLING 6:30-7am /Christine/ JCycle	CYCLING 6:30-7:15am / Beth / JCycle	YOGA STRETCH & FLOW 8-8:45am / Sheryl / JFlow	BARRE INTENSITY 8:45-9:45am / Melissa / JFlow	
LES MILLS BODYPUMP 8:15-9am / Joyce / J360	SCULPT & TONE - H 8:15-9am / Mikki / J360	GENTLE YOGA - H 8-8:45am / Amy / JFlow	CORE AND MORE 8-8:30am Christine/ JFlow	BREATH & BALANCE 8-8:45am / Sue P. / JFlow	STRENGTH & HIIT 9-9:45am / Beth/Jana / J360	LES MILLS BODYPUMP 9-9:45am / Beverly / J360	
EXPRESS CYCLING 9:15-9:45am / Joyce / JCycle	CYCLING 9:15-10am / Shanni / JCycle	LES MILLS BODYPUMP - H 8:30-9:15am / Emelia / J360	SCULPT & TONE - H 8:30-9:15am/Mikki/J360	EXPRESS CYCLING 8:15-8:45am / Beth/ JCycle	CYCLING 9-9:45am/Joyce/JCycle	BOLLYX 9-9:45am/Shamsun/Wellness	
VIRTUAL ONLY - BARRE & STRETCH 9:15-10am / Natalie / Zoom	TAI CHI 9:30-10:30am / Morris / J360	EXPRESS CYCLING 9-9:30am / Beth / JCycle	MINDFUL MOVEMENT YOGA 9-9:45am / Pam / JFlow	EXPRESS CYCLING 9:15-9:45am / Kathleen / JCycle	BARRE ABOVE - H 9:30-10:30am / Karen/Dana / JFlow	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	BE FIT COMBO 10-10:45am / Patty / J360	ZEN FIT BOOTCAMP - H 9:15-10:15am / Jana / JFlow	ZUMBA 10:45-11:45am /Joan/Shannan/J360	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 9:45-10:25am / Beth / J360	ZUMBA 10-10:45am / Yoriko / JFlow	BARBELLS AND DUMBBELLS - H 9:00-9:45am / Beth / J360		SLOW FLOW YOGA 11-12pm / Deepal / JFlow	
MAT PILATES 10-10:45am / Eileen / JPilates	TAI CHI 11am-12pm / Morris / JFlow	FOREVER FIT 10-10:45am / Christine / Wellness	SOULFUL YOGA & MEDITATION - H 11am-12pm / Karen / JFlow	GENTLE ALIGNMENT YOGA 9:45-10:45am / Ruth / Wellness			
GENTLE YOGA 10:30-11:15am / Karen / JFlow	SLOW FLOW YOGA 12:15-1:15pm / Deepal / JFlow	Virtual Only- MAT PILATES 10:45-11:30am / Natalie / Zoom	TOTAL BODY CONDITIONING - H 11:00am-12:00pm / Melissa / J360	WALK THIS WAY - NEW! 10-10:45am/Anouk/Track			
BE FIT COMBO 10:45-11:30am/Patty/J360	ADVANCED CHAIR FLOW YOGA 1-1:45pm / Sue P. / J360	ZUMBA 11:35am-12:20pm / Shamsun / J360	LES MILLS BODYBALANCE 12-12:45pm/Melissa/J360	Forever Fit- NEW! 10:00-10:45am / Christine / J360			
BARRE INTENSITY - H 11:30am-12:15pm / Melissa / JFlow	SPIN & SCULPT 5-5:45pm / Laurie / JCycle	FIT FOR LIFE 12:25-1:10pm / Shamsun / J360	TAI CHI - H 12:15-1:15 / Morris / JFlow	MAT PILATES 10:30-11:15am / Melanie / JPilates			
BARRE STRETCH - NEW! 2/3 11:35am-12:20pm/Patty/J360	STRETCH & VINYASA - H 6-7pm / Nancy / JFlow	GENTLE YOGA 12:30-1:30pm / Connie / Wellness	STRENGTH & BALANCE 1-2pm / Marjie / J360	LET'S DANCE 11:30am-12:30pm/Patty/JFlow	Schedule Key		
TAI CHI 1-2pm / Morris / JFlow	LES. MILLS BODYPUMP 7-7:45pm / Sheryl/ J360	TAI CHI 1-2pm / Morris / JFlow	CYCLING 5-5:45pm/Laurie/ JCycle	MINDFUL MOVEMENT YOGA 11:30am-12:30pm / Pam / J360	Mind/Body		
STRENGTH & BALANCE - H 1-2pm / Marjie / J360	MAT PILATES 7:05-7:50pm / Eileen / JPilates	LINE DANCING 1:15-2pm/Shamsun/J360	VINYASA FLOW - H 6-7pm / Spencer / JFlow	BARRE INTENSITY - NEW! 1:15-2pm/Robyn/JFlow	Cycling		
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	ZUMBA - H 7:15-8pm / Maribel / J360	LINE DANCING - NEW! 1:30-2:15pm/Shamsun/J360	Cardio/Strength		
BARRE ABOVE - H 6:15-7pm / Karen / JFlow		LES MILLS BODYBALANCE 5-5:45pm/Sheryl/J360			Zumba/Dance		
ZUMBA 6:15-7pm/Rafael/J360		TOTAL BODY CONDITIONING 6-7pm/Anouk/J360			H= Hybrid Classes		
GENTLE VINAYSA 7:15-8pm / Amy / JFlow		BARRE ABOVE - H 6:15-7pm / Dana / Melissa/JFlow			Beginner Friendly		
WARRIOR Combat - H 7:15-8pm / Karen / J360		SLOW FLOW YOGA 7:15-8:15PM/Deepal/JFlow					
		WARRIOR RHYTHM 7:15-8:15pm / Karen / J360					
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 2/28/24	