



# Fall 2025 Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BARRE ABOVE - H</b> 5:30-6:30am / Jana / JFlow	<b>STRENGTH &amp; HIIT</b> 5:45-6:45am / Jana/Laurie/ J360	<b>VINYASA FLOW</b> 5:30-6:15am / Sue / JFlow	<b>STRENGTH &amp; HIIT</b> 5:30-6:15am / Laurie/ J360	<b>BARBELLS &amp; DUMBBELLS</b> 5:30-6:15am / Beth / J360	<b>CYCLING</b> 8-8:45am / Beth/Jana / JCycle	<b>EXPRESS CYCLING</b> 8:15-8:45am / Beth/Jana / JCycle
<b>GENTLE YOGA - H</b> 8-8:45am / Amy / JFlow	<b>ZEN FLOW-H</b> 7:00-8:00am/ Jana/ JFlow	<b>EXPRESS CYCLING</b> 6:30-7:00am/ Beth/Jana/JCycle	<b>Express Cycling</b> 6:30-7:00am / Christine/ JCycle	<b>CYCLING</b> 6:30-7:15am/ Beth/ JCycle	<b>YOGA STRETCH &amp; FLOW</b> 8:00-8:45am/ Sheryl/ JFlow	<b>BARRE INTENSITY</b> 8:45-9:45am/ Melissa/ JFlow
<b>LES MILLS BODYPUMP</b> 8:15-9am / Joyce / J360	<b>SCULPT &amp; TONE - H</b> 8:15-9am / Mikki / J360	<b>GENTLE YOGA - H</b> 8-8:45am / Amy / JFlow	<b>CORE AND MORE</b> 8-8:30am Christine/ JFlow	<b>STRENGTH &amp; HIIT</b> 7:30-8:15am/Jana/J360	<b>STRENGTH &amp; HIIT</b> 9-9:45am / Beth/Jana / J360	<b>LES MILLS BODYPUMP</b> 9-9:45am / Beverly / J360
<b>SPIN &amp; SCULPT</b> 9:15-10:00am/Joyce/JCycle	<b>CYCLING</b> 9:30-10:15/Shanni/ Jcycle	<b>LES MILLS BODYPUMP &amp; CORE</b> 8:30-9:30am/ Emilia/ J360	<b>SCULPT &amp; TONE - H</b> 8:30-9:15am/Mikki/J360	<b>BREATH &amp; BALANCE</b> 8:00-8:45am/ Sue P/Jflow	<b>BARRE ABOVE - H</b> 9:30-10:30am / Karen/Dana / JFlow	<b>BOLLYX</b> 9:00-9:45am/Shamsun/Wellness
<b>VIRTUAL ONLY - BARRE &amp; STRETCH</b> 9:15-10am / Natalie / Zoom	<b>TAI CHI</b> 9:30-10:30am / Morris/ J360	<b>EXPRESS CYCLING</b> 9-9:30am / Beth / JCycle	<b>MINDFUL MOVEMENT YOGA</b> 9-9:45am / Pam / JFlow	<b>EXPRESS CYCLING</b> 8:15-8:45am / Beth / JCycle	<b>ZUMBA</b> 10:45-11:45am/ Joan/Shannan/ J360	<b>CARDIO FUSION</b> 9:45-10:30am/ Shamsun/JFlow
<b>LES MILLS CORE - H</b> 9:30-10:15am/Melissa/JFlow	<b>BARRE ABOVE - H</b> 9:30-10:30am/Jana/JFlow	<b>ZEN FLOW YOGA</b> 9:30-10:30am/Amy/JFlow	<b>ZUMBA</b> 10-10:45am / Yoriko / JFlow	<b>EXPRESS CYCLING</b> 9:15-9:45am / Kathleen / JCycle	<b>HATHA YOGA WITH PRANAYAMA</b> 10:45-11:45am/ Ritu/ J360	<b>MAT PILATES</b> 10:35-11:20am/Eileen/ JPilates
<b>TOTAL BODY CONDITIONING - H</b> 9:30-10:30am/ Jana/ J360	<b>ZUMBA - H</b> 10:45-11:45am / Yoriko / J360	<b>SCULPT &amp; TONE - H</b> 9:45-10:25am/Beth/J360	<b>BE FIT COMBO</b> 10:00-10:45am/Patty/J360	<b>BODYPUMP</b> 9:00-9:45am/Sheryl/J360	<b>YOGA 101</b> 10:45-11:30am/ Nancy/Pilates	<b>SLOW FLOW YOGA</b> 11-12pm / Deepal / JFlow
<b>MAT PILATES</b> 10-10:45am / Eileen / JPilates	<b>TAI CHI</b> 11am-12pm / Morris / JFlow	<b>SEAT</b> 9:45-10:45am/Christine/Wellness	<b>GENTLE YOGA - H</b> 11am-12pm /Susan B. / JFlow	<b>ZEN FIT BOOTCAMP</b> 9:15-10:15am/Jana/JFlow		
<b>Soulful Yoga</b> 10:30-11:15am / Karen / JFlow	<b>FIND YOUR CENTER</b> 12:00-12:45/Patty/ J360	<b>Virtual Only- MAT PILATES</b> 10:45-11:30am/ Natalie/Zoom	<b>TOTAL BODY CONDITIONING - H</b> 11:00am-12:00pm/ Melissa/J360	<b>GENTLE ALIGNMENT YOGA</b> 9:45-10:45am / Ruth / Wellness		
<b>BE FIT COMBO</b> 10:45-11:30am/Patty/J360	<b>SLOW FLOW YOGA</b> 12:15-1:15pm / Deepal / JFlow	<b>ZUMBA</b> 11:35am-12:20pm / Shamsun / J360	<b>LES MILLS BODYBALANCE</b> 12-12:45pm/Melissa/J360	<b>WALK THIS WAY</b> 10-10:45am/Anouk/Track		
<b>WALK THIS WAY</b> 10:45-11:30am/Anouk / Track	<b>CHAIR FLOW YOGA +</b> 1-1:45pm / Sue P. / J360	<b>FIT FOR LIFE</b> 12:25-1:10pm / Shamsun / J360	<b>TAI CHI - H</b> 12:15-1:15 / Morris / JFlow	<b>Forever Fit-NEW!</b> 10:00-10:45am / Christine / J360		
<b>BARRE INTENSITY - H</b> 11:45am-12:45pm/Melissa/JFlow	<b>SPIN &amp; SCULPT</b> 5-5:45pm / Laurie / JCycle	<b>GENTLE YOGA</b> 12:30-1:30pm / Connie / Wellness	<b>STRENGTH &amp; BALANCE</b> 1-2pm/Nancy/J360	<b>MAT PILATES</b> 10:30-11:15am/ Melanie/ JPilates		
<b>BARRE STRETCH</b> 11:35-12:20pm/Patty/J360	<b>STRETCH &amp; VINYASA - H</b> 6-7pm / Nancy / JFlow	<b>TAI CHI</b> 1-2pm / Morris / JFlow	<b>CYCLING</b> 5-5:45pm/Laurie / JCycle	<b>LET'S DANCE</b> 11:30am-12:30pm/Patty/JFlow		
<b>TAI CHI</b> 1-2pm / Morris / JFlow	<b>LES MILLS BODYPUMP</b> 7:00-7:45/Sheryl/J360	<b>Beginner Line Dancing</b> 1:15-2:00pm/ Shamsun/J360	<b>VINYASA FLOW - H</b> 6-7pm/Spencer/Jflow	<b>MINDFUL MOVEMENT YOGA</b> 11:30-12:30pm/Pam/J360		
<b>STRENGTH &amp; BALANCE - H</b> 1-2pm / Marjie / J360	<b>MAT PILATES</b> 7:05-7:50pm / Eileen / JPilates	<b>ADVANCED TAI CHI - H</b> 2-3pm/Morris/J360	<b>ABSolutely ABS</b> 6-7pm/Anouk/J360	<b>BARRE INTENSITY - NEW!</b> 1:15-2pm/Robyn/JFlow		
<b>SPIN &amp; SCULPT</b> 5:00-5:45pm/Joyce/Kathleen/Jcycle	<b>HOUSE PARTY FITNESS - H</b> 7:15-8pm / Anne / JFlow	<b>BARRE ABOVE - H</b> 6:15-7pm / Dana / Melissa/JFlow	<b>ZUMBA - H</b> 7:15-8pm / Maribel / J360	<b>FIT FOR LIFE</b> 1:15-2:00pm/Shamsun/J360		
<b>ZUMBA</b> 6:15-7pm/Rafael/J360		<b>BOLLYX</b> 6:15-7:00pm/Shamsun/J360		<b>LINE DANCING - NEW!</b> 2:00-2:45pm/Shamsun/J360		
<b>BARRE ABOVE - H</b> 6:15-7:00pm/ Karen/ Jflow		<b>SLOW FLOW YOGA</b> 7:15-8:15PM/Deepal/JFlow				
<b>WARRIOR Combat - H</b> 7:15-8pm / Karen / J360		<b>WARRIOR RHYTHM</b> 7:15-8:15pm / Karen / J360				
<b>AUTHENTIC VINYASA FLOW</b> 7:15-8:00pm/Ritu/JFlow						

<b>Schedule Key</b>
<i>Cycling</i>
<i>Cardio/Strength</i>
<i>Zumba/Dance</i>
<i>H= Hybrid Classes</i>
<i>Beginner Friendly</i>

[katzjcc.org/calendar](http://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 8/27/25**