



PJCC @Home Weekly Events and Fitness Schedule

We Are Community. Connected

Most virtual group exercise classes and fitness programs are exclusive to active Center Members only. Log on to mypjcc.org to access these classes. Group exercise and fitness classes marked with (P) or (P)\$ are open to the public. To register or access these classes, go to pjcc.org/virtual-fitness.

PLEASE NOTE: The following virtual fitness classes have been added to the schedule:

Tuesday: Yoga with Tracey at 9:15 am; Wednesday: Yoga with Walter at 12:00 pm; Thursday: Yoga with Walter at 12:00 pm. These classes can be accessed by active Center Members via MyPJCC.

Sunday (8/02/2020)

8:30 am
Mat Pilates
 with Rosalie (Zoom)

9:30 am
Yoga
 with Carol A (Zoom)

10:00 am
Tu B'Av Celebration with PJCC, PTBE & Jewish Baby Network (P)
 with Jeni, Alison, & Carol (Zoom)

Monday (8/03/20)

9:30 am
Guided Meditation (P)
 with Rabbi Lavey Derby (Zoom)

9:30 am
Total Body Conditioning
 with Michelle H (Zoom)

10:30 am
Stretch and Strength, Bodyweight Training (P)
 with Christian (Zoom)

11:00 am
Live Online Women on Weights (WOW) Training *(P)\$
 with Mark (Zoom)

12:00 pm
Tai Chi
 with Irene (Zoom)

3:30 pm
Let's Talk About It Current Events Discussion Group (P)
 with David & Jon (Zoom)

5:00 pm
Core Conditioning
 with Michele M (Zoom)

6:00 pm
U-Jam Fitness
 with Joyce (Zoom)

Tuesday (8/04/20)

9:00 am
Live Online Women on Weights (WOW) Training *(P)\$
 with Kim K (Zoom)

10:00 am
Live Online Women on Weights (WOW) Training *(P)\$
 with Charity (Zoom)

10:30 am
Low Impact
 with Ginger (Zoom)

11:00 am
Pink Power Workout (P)
 with Vicki (Zoom)

11:00 am
Yiddish Club (P)
 with Peer-led (Zoom)

12:00 pm
Mat Pilates Fusion
 with Monique (Zoom)

1:00 pm
PJ Library Story Time (P)
 with Jeni (Facebook Live)

5:00 pm
DanceMix
 with Shar (Zoom)

6:00 pm
Yoga
 with Anat (Zoom)

Wednesday (8/05/20)

8:30 am
Mat Pilates Fusion
 with Monique (Zoom)

10:00 am
Women's Discussion & Support Group (in Hebrew) (P)
 with Relli (Zoom)

10:00 am
Coffee Talk in the Nest (P)
 with Jeni (Zoom)

10:30 am
Kickbox Bootcamp
 with Christian (Zoom)

11:00 am
Live Online Women on Weights (WOW) Training *(P)\$
 with Mark (Zoom)

12:00 pm
Zumba
 with Kim Y (Zoom)

4:30 pm
Live Online Women on Weights (WOW) Training *(P)\$
 with Alison (Zoom)

5:30 pm
Yoga
 with Walter (Zoom)

6:30 pm
U-Jam (P)
 with Yuko (Zoom)

8:00 pm
Beit Midrash: Conversations & Learning About Israel's Society (P)
Part three of a four-part series:
"Tateh" Jewish vs Israel
 with Roey Yamin, WZO-DDA's Head of Delegation to North America (Zoom)

Thursday (8/06/20)

10:00 am
Live Online Women on Weights (WOW) Training *(P)\$
 with Charity (Zoom)

10:15 am
Life It's Complicated (P)
 with Rabbi Lavey Derby (Zoom)

10:30 am
Low Impact
 with Ginger (Zoom)

12:00 pm
Mat Pilates Fusion
 with Monique (Zoom)

12:00 pm
Yoga
 with Walter (Zoom)

1:00 pm
Deep Stretch Yoga
 with Serena (Zoom)

3:30 pm
Whatcha Watchin'? (CANCELLED)

4:00 pm
Lovingkindness Meditation (P)
 with Rabbi Lavey Derby (Zoom)

5:00 pm
Zumba
 with Sandra C (Zoom)

Friday (8/07/20)

8:30 am
Total Body Conditioning
 with Michelle H (Zoom)

10:00 am
Shababa (P)
 with Jeni (Zoom)

10:15 am
Chair Yoga (P)
 with Ranya (Zoom)

1:30 pm
Beginning Drawing & Watercolors (Ages 15+) (P)
 with Shirley (Zoom)

5:30 pm
Ultimate Dance
 with Deepti (Zoom)

Saturday (8/08/20)

8:30 am
Mat Pilates
 with Rosalie (Zoom)

9:30 am
Zumba
 with Wendy (Zoom)

10:30 am
Core Conditioning
 with Jia (Zoom)

4:30 pm
Rabbi Lavey's Joyous Learning Table (Tisch) (P)
 with Rabbi Lavey Derby (Zoom)

Sunday (8/09/20)

8:30 am
Mat Pilates
 with Rosalie (Zoom)

9:30 am
Yoga
 with Carol A (Zoom)

10:00 am
Youth Watercolors (Ages 8-15) (P)
 with Shirley (Zoom)

1:30 pm
Beginning Drawing & Watercolors (Ages 15+) (P)
 with Shirley (Zoom)

In the Community

Monday | 8/03 | 1:00 pm
Generosity for Yourselves and Others (P)
 with Rabbi Marvin Goodman (Zoom)

*\$ Class sizes limited. WOW small group training is fee-based, and pre-registration in MindBody Online is required. Questions? Please contact Vicki McGrath at vmcgrath@pjcc.org.

Schedules subject to change without notice.