

PJCC Group Ex • Yoga • Cycle • Pilates v.2

January 2 – 31, 2024 Happy New Year! Let's Sweat 😊



MONDAY							
TIME	CLASS	INSTRUCTOR	LOCATION*				
8:00 am	Tai Chi	Irene	GXS	5:30 pm (70 min)	Hatha Yoga	Walter	V
8:00 am (45 min)	HIIT Circuits	Charity	V	6:15 pm	Aqua Fitness	Taj	IP
9:00 am	Aqua Fitness	Cher	IP	6:30 pm (70 min)	Vinyasa Yoga	Rada	YS
9:00 am (70 min)	Vinyasa Yoga	Suchi	YS	6:30 pm	Zumba/U-Jam	Banu	GXS
9:30 am	DanceMixx	Kori	GXS	THURSDAY			
10:00 am	Body Weight Sculpt & Tone	Christian	V	TIME	CLASS	INSTRUCTOR	LOCATION*
10:30 am (70 min)	Hatha Yoga	Rada	YS	7:30 am	Mat Pilates Fusion	Rosalie	GXS
10:35 am (30 min)	Flow & Stretch	Kori	GXS	8:00 am	Cycling	Claire	FFP
12:00 pm (60 min)	Gentle Yoga	Carol A.	YS	9:00 am	Aqua Fitness	Carole	IP
2:00 pm	Stretch & Strengthen	Christian	V	9:15 am	Fiercely Fit	Fiona	GXS
4:00 pm	Strength & Movement(Adv)	Shar	GXS	9:30 am (70 min)	Vinyasa Yoga	Anat	YS
5:15 pm	Strength & Movement (Adv)	Shar	GXS	10:30 am	Total Body Conditioning	Christian	V
5:15 pm (70 min)	Hatha Yoga	Supriya	YS	10:30 am	Zumba Gold	Gaby	GXS
6:15 pm	Aqua Fitness	Cher/Banu	IP	12:00 pm	Zumba	Ying	GXS
6:30 pm (70 min)	Yoga Flow	Lakshmi	YS	12:00 pm (70 min)	Hatha Yoga	Walter	V
6:30 pm	U-Jam Fitness	Joyce	GXS	12:30 pm	Release, Relax & Restore	Carol A.	YS
7:40 pm (30 min)	BodyWork Sprint	Joyce	GXS	2:00 pm	Strength & Recovery	Christian	V
TUESDAY				5:15 pm (60 min)	Slow Flow Yoga	Debi	YS
TIME	CLASS	INSTRUCTOR	LOCATION*	5:15 pm (30 min)	BodyWork Sprint	Jennifer	GXS
7:30 am	Mat Pilates Fusion	Rosalie	GXS	6:00 pm	Zumba	Margarita	GXS
8:00 am	Cycling	Claire	FFP	6:30 pm (70 min)	Yoga Flow	Lakshmi	YS
8:15 am (70 min)	Morning Yoga	Anat	YS	7:05 pm	Total Body Conditioning	Charles	GXS
9:00 am	Aqua Fitness	Carole C	IP	FRIDAY			
9:00 am (70 min)	Vinyasa Yoga	Walter	V	TIME	CLASS	INSTRUCTOR	LOCATION*
9:15 am	Athletic Conditioning	Lynette	GXS	9:00 am	Aqua Fitness	Cher	IP
9:30 am (70 min)	Vinyasa Yoga	Anat	YS	9:00 am	Total Body Conditioning	Christian	V
10:00 am	Total Body Conditioning	Christian	V	9:00 am	Hatha Yoga	Debi	YS
10:30 am	Zumba Gold	Gaby	GXS	9:30 am	Zumba	Wendy	GXS
1:00 pm	Gentle Yoga	Adriana	YS	10:15 am	Chair Yoga	Adriana	V
4:00 pm	Chair Yoga	Adriana	YS	10:35 am (30 min)	BodyWork Sprint	Wendy	GXS
5:15 pm (70 min)	Hatha Yoga	Adriana	YS	12:00 pm (70 min)	Back Care Yoga	Diane	YS
5:15 pm	DanceMixx	Shar	GXS	1:20 pm (70 min)	Back Care Yoga	Diane	YS
6:15 pm (15 min)	Core Conditioning	Dina	GXS	SATURDAY			
6:30 pm (45 min)	Kickboxing Bootcamp	Dina	GXS	TIME	CLASS	INSTRUCTOR	LOCATION*
6:30 pm (70 min)	Vinyasa Yoga	Debi	YS	8:00 am	Total Body Conditioning	Charles	GXS
7:15 pm (45 min)	Zumba / U-Jam Mash-Up	Dina	GXS	8:25 am	Aqua Fitness	Cher	IP
WEDNESDAY				8:30 am	Mat Pilates Fusion	Cici	V
TIME	CLASS	INSTRUCTOR	LOCATION*	9:00 am	Cardio Kickboxing	Charles	GXS
8:30 am (45 min)	Mat Pilates Fusion	Pam	V	9:00 am (70 mins)	Hatha Yoga	Suchi	YS
9:00 am	Aqua Fitness	Cher	IP	10:00 am	BodyWorks Sprint	Charles	GXS
9:15 am	Total Body Conditioning	Michelle H	GXS	10:30 am	Body Sculpting	Jia	V
10:15 am	Chair Yoga	Carol	V	10:30 am (70 mins)	Vinyasa Yoga	Karen / Dalad	YS
10:30 am	S.I.T.- Seated Intense Training	Debbie	GXS	10:35 am	U-Jam Fitness	Yuko	GXS
10:30 am (70 min)	Vinyasa Yoga	Rada	YS	11:50 am (60 mins)	Vinyasa Yoga	Yuko	YS
10:30 am	Kickbox Bootcamp	Christian	V	SUNDAY			
12:00 pm	Zumba	Kim / Kori	GXS	TIME	CLASS	INSTRUCTOR	LOCATION*
12:00 pm (70 min)	Healing Yoga for Cancer Patients	Serena	YS	8:00 am	Mat Pilates Fusion	Rosalie	GXS
2:00 pm	Stretch & Strengthen	Christian	V	9:00 am	Essentrics	Kendall	YS
4:00 pm	Strength & Movement (Adv)	Shar	GXS	9:15 am	Zumba	Margarita	GXS
5:15 pm	Strength & Movement (Adv)	Shar	GXS	9:30 am (70 min)	Hatha Yoga	Carol	V
5:15 pm (70 min)	Ashtanga Fundamentals	<u>Does not Start until 1/24</u>		10:30 am	Cardio Kickboxing	Kat	GXS
				10:30 am (70 min)	Hatha Yoga	Dalad	YS
				4:00 pm (70 min)	Vinyasa Yoga	Yuko	YS

IMPORTANT INFORMATION

* Key: FFP = Outdoor Functional Fitness Park | V = Virtual | P = Pilates Studio | IP = Indoor Pool | GXS = Group Ex Studio | YS = Yoga Studio | OP = Outdoor Pool

- All group exercise classes held at the PJCC require registration in MyPJCC
- Please arrive 5 minutes before the start of the class to secure your place in class.
- Students who do not arrive 5 minutes before the start of the class will forfeit their place to those on the waitlist.
- IF YOU CANNOT MAKE IT TO CLASSES HELD AT THE PJCC, YOU MUST CANCEL YOUR REGISTRATION. Use the PJCC app or call the Welcome Center at 650.378.2703. Failure to do so has consequences.
- All classes are 55-minutes unless otherwise noted.
- For full class descriptions, visit pjcc.org.
- **Healing Yoga for Cancer is a complimentary class for the community; it is for Cancer Patients, Cancer Survivors, and their caretakers.

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CLASSES APPROPRIATE FOR ACTIVE OLDER ADULTS

PILATES REFORMER CLASSES

TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY			
10:00 am	Pilates Reformer (\$)	Rosalie	P
1:00 pm	Pilates Reformer (\$)	Rosalie	P
5:15 pm	Pilates Essentials (\$)	Michele	P
TUESDAY			
9:00 am	Pilates Reformer (\$)	Rosalie	P
10:00 am	Pilates Reformer (\$)	Rosalie	P
12:30 pm	Pilates Essentials (\$)	Michele	P
WEDNESDAY			
9:00 am	Pilates Reformer (\$)	Rosalie	P
1:00 pm	Pilates Reformer (\$)	Michele	P
THURSDAY			
9:00 am	Pilates Reformer (\$)	Rosalie	P
10:00 am	Pilates Reformer (\$)	Rosalie	P
12:00 pm	Pilates Reformer (\$)	Michele	P
SUNDAY			
9:00 am	Pilates Reformer (\$)	Rosalie	P
10:00 am	Pilates Reformer (\$)	Rosalie	P

Email mmandell@pjcc.org if interested in signing up for a class or a free Pilates Reformer Trial.

TIME	CLASS	INSTRUCTOR	LOCATION*
MONDAY			
8:00 am	Tai Chi	Irene	Grp Ex
9:00 am	Aqua Fitness	Cher	Indoor Pool
12:00 pm (60 min)	Gentle Yoga	Carol	Yoga Studio
6:15 pm	Aqua Fitness	Cher/Banu	Indoor Pool
7:40 pm (30 min)	BodyWork Sprint	Joyce	Grp Ex
TUESDAY			
8:15 am	Morning Yoga	Anat	Yoga Studio
9:00 am (70 min)	Aqua Fitness	Carole	Indoor Pool
10:30 am	Zumba Gold	Gaby	Grp Ex
1:00 pm (70 min)	Gentle Yoga	Adriana	Yoga Studio
2:00 pm	Stretch & Strengthen	Christian	Virtual
4:00 pm (60 min)	Chair Yoga	Adriana	Yoga Studio
WEDNESDAY			
9:00 am	Aqua Fitness	Cher	Indoor Pool
10:15 am	Chair Yoga	Carol	Virtual
10:30 am (50 min)	SIT: Seated Intense Fitness	Debbie	Grp Ex
12:00 pm (70 min)	*Healing Yoga for Cancer Patients /	Serena	Yoga Studio
2:00 pm	Stretch & Strengthen	Christian	Virtual
THURSDAY			
9:00 am	Aqua Fitness	Carole	Indoor Pool
10:30 am	Zumba Gold	Gaby	Grp Ex
12:30 pm	Release, Relax & Restore	Carol A	Yoga Studio
FRIDAY Indoor Pool			
9:00 am	Aqua Fitness	Cher	Indoor Pool
10:15 am	Chair Yoga	Adriana	Virtual
12:00 pm (70 min)	Back Care Yoga	Diane	Yoga Studio
1:20 pm (70 min)	Back Care Yoga	Diane	Yoga Studio
SATURDAY			
8:25 am	Aqua Fitness	Cher	Indoor Pool
SUNDAY			
9:30 am (60 min)	Yoga	Carol	Virtual
10:30 am (70 min)	Hatha Yoga	Adriana	Yoga Studio

*Healing Yoga for Cancer Patients: *This class is complimentary for the community; cancer patients, cancer survivors, and their caretakers*

IMPORTANT CLASS INFORMATION

* Key: FFP = Function Fitness Park | V = Virtual | P = Pilates Studio (located in the Koret back hallway)
IP = Indoor Pool | GXS = Group Ex Studio | YS = Yoga Studio

- All Classes are 55 minutes long unless otherwise noted.
- **A 24-hour notice is required to cancel any Pilates class, private Pilates session or any other fee-based specialty Group Exercise class or series.. Less than 24-hours' notice will result in the session being fully charged.**
- Free Pilates Demos for any member curious about Pilates. Contact mmandell@pjcc.org to schedule a free Pilates Demo.
- **Please Contact** Michele Mandell, Pilates and Group Exercise Manager, at mmandell@pjcc.org or pilates@pjcc.org **before signing up for your first Pilates class.** PJCC • 800 Foster City Blvd., Foster City, CA 94404 | 650.212.PJCC (7522) | pjcc.org