

# PJCC Group Ex • Yoga • Cycle • Pilates v3

## March 4 - 31, 2024 *Spring is around the corner...you are doing great!*



*Pilates Reformer, Older Adults & Virtual schedules on back page*

### MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
8:00 am	Tai Chi	Irene	GXS
9:00 am	Aqua Fitness	Cher	IP
9:00 am (70 min)	Vinyasa Yoga	Suchi	YS
9:30 am	DanceMixx	Kori	GXS
10:30 am (70 min)	Hatha Yoga	Rada	YS
10:35 am (30 min)	Flow & Stretch	Kori	GXS
12:00 pm (60 min)	Gentle Yoga	Carol A.	YS
4:00 pm	Strength & Movement (Adv)	Shar	GXS
5:15 pm	Strength & Movement (Adv)	Shar	GXS
5:15 pm (70 min)	Hatha Yoga	Supriya	YS
6:30 pm	Aqua Fitness	Cher/Banu	IP
6:30 pm (70 min)	Yoga Flow	Lakshmi	YS
6:30 pm	U-Jam Fitness	Joyce	GXS
7:40 pm (30 min)	BodyWorks Sprint	Joyce	GXS

### TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
7:30 am	Mat Pilates Fusion	Rosalie	GXS
8:00 am	Cycling	Claire	FFP
8:15 am	Morning Yoga	Anat	YS
9:00 am	Aqua Fitness	Carole C	IP
9:15 am	Athletic Conditioning	Lynette	GXS
9:30 am (70 min)	Vinyasa Yoga	Anat	YS
10:30 am	Zumba Gold	Gaby	GXS
1:00 pm (70 min)	Gentle Yoga	Adriana	YS
4:00 pm	Chair Yoga	Adriana	YS
5:15 pm (70 min)	Hatha Yoga	Adriana	YS
5:15 pm	DanceMixx	Shar	GXS
6:15 pm (15 min)	Core Conditioning	Dina	GXS
6:30 pm (45 min)	Kickboxing Bootcamp	Dina	GXS
6:30 pm (70 min)	Vinyasa Yoga	Debi	YS
7:20 pm (45 min)	Zumba / U-Jam Mash-Up	Dina	GXS

### WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
9:00 am	Aqua Fitness	Cher	IP
9:00 am	Essentrics ( <i>New!</i> )	Kendall	YS
9:15 am	Total Body Conditioning	Michelle H	GXS
10:30 am	S.I.T.- Seated Intense Training	Debbie	GXS
10:30 am (70 min)	Vinyasa Yoga	Rada	YS
12:00 pm	Zumba	Kim / Kori	GXS
12:00 pm (70 min)	Healing Yoga for Cancer Patients	Serena	YS
4:00 pm	Strength & Movement (Adv)	Shar	GXS
5:15 pm	Strength & Movement (Adv)	Shar	GXS
5:15 pm (70 min)	Ashtanga Fundamentals	Suchi	YS
6:30 pm	Aqua Fitness	Taj	IP
6:30 pm (70 min)	Vinyasa Yoga	Rada	YS
6:30 pm	Zumba / BollyX Mash-up	Banu	GXS

### THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
7:30 am	Mat Pilates Fusion	Rosalie	GXS
8:00 am	Cycling	Claire	FFP
9:00 am	Aqua Fitness	Carole	IP
9:15 am	Fiercely Fit	Fiona	GXS
9:30 am (70 min)	Vinyasa Yoga	Anat	YS
10:30 am	Zumba Gold	Gaby	GXS
12:00 pm	Zumba	Ying	GXS
12:30 pm	Back Care Yoga	Carol A.	YS
1:50 pm	Back Care Yoga	Carol A.	YS
5:15 pm (60 min)	Slow Flow Yoga	Debi	YS
5:15 pm (30 min)	BodyWorks Sprint	Jennifer	GXS
6:00 pm	Zumba	Margarita	GXS
6:30 pm (70 min)	Yoga Flow	Lakshmi	YS
7:05 pm	Total Body Conditioning	Charles	GXS

### FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
9:00 am	Aqua Fitness	Cher	IP
9:00 am	Hatha Yoga	Debi	YS
9:30 am	Zumba	Wendy	GXS
10:35 am (30 min)	BodyWorks Sprint	Wendy	GXS
12:00 pm (70 min)	Yoga for Better Movement	Adriana	YS
1:20 pm (70 min)	Beginning Hatha Yoga	Adriana	YS
4:30 pm	Zumba / U-Jam Mash-up	Wendy/Ying	GXS

### SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
8:00 am	Total Body Conditioning	Charles	GXS
8:25 am	Aqua Fitness	Cher	IP
9:00 am	Cardio Kickboxing	Charles	GXS
9:00 am (70 mins)	Hatha Yoga	Suchi	YS
10:00 am (30 min)	BodyWorks Sprint	Charles	GXS
10:30 am (70 mins)	Vinyasa Yoga	Karen / Dalad	YS
10:35 am	U-Jam Fitness	Yuko	GXS
11:50 am (60 mins)	Vinyasa Yoga	Yuko	YS

### SUNDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
8:00 am	Mat Pilates Fusion	Rosalie	GXS
9:00 am	Essentrics	Kendall	YS
9:15 am	Zumba	Margarita	GXS
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 CLASS INFORMATION

\* Key: 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 may forfeit their place to those on the waitlist.**
- **Waitlisted students, please wait outside the studio until the instructor tells you there is room in the class for you.**
- **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.
- **DO NOT ENTER A STUDIO AFTER THE WARM-UP, THIS IS AN UNSAFE PRACTICE. PLEASE COME ON TIME TO CLASS.**
- **All classes are 55-minutes** unless otherwise noted.
- For full class descriptions, visit [pjcc.org](http://pjcc.org).
- **\*\*Healing Yoga for Cancer** is a complimentary class for the community; it is for Cancer Patients, Cancer Survivors, and their caretakers.
- **Please "Silence" your phones** upon entering the studio or leave them in your locker.
- **Please keep talking to a minimum**

## VIRTUAL CLASS SCHEDULE via Zoom

To Attend: Go to MyPjcc | Tip: Desktop view is easier to log in

TIME	CLASS	INSTRUCTOR
<b>MONDAY</b>		
8:00 am (45 min)	HIIT Circuits	Charity
10:00 am	Body Wt. Strength/Stretch	Christian
2:00 pm	Stretch & Strengthen	Christian
<b>TUESDAY</b>		
9:00 am	Yoga	Walter
10:00 am	Total Body Conditioning	Christian
<b>WEDNESDAY</b>		
8:30 am (45 min.)	Mat Pilates Fusion	Pam
10:15 am (70 min)	Chair Yoga	Carol A.
10:30 am	Kickboxing Bootcamp	Christian
2:00 pm	Stretch & Strengthen	Christian
5:30 pm	Yoga	Walter
<b>THURSDAY</b>		
12:00 pm	Yoga	Walter
12:00 pm	Strength & Recovery	Christian
<b>FRIDAY</b>		
9:00 am	Total Body Cond.	Christian
10:15 am	Chair Yoga	Adriana
<b>SATURDAY</b>		
8:30 am	Mat Pilates Fusion	Cici
10:30 am	Total Body Conditioning	Jia
<b>SUNDAY</b>		
9:30 am	Yoga	Carol A

## PILATES REFORMER CLASSES

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

- All Pilates Reformer classes require a 24-hour cancel
- Email mmandell@pjcc.org if interested in signing up for a class or a free Pilates Reformer Trial.
- 4-Pack: \$112 | 8-Pack: \$224 | 12-Pack: \$336
- Public / Non-Member pricing is available.
- For more information, contact: mmandell@pjcc.org.

## CLASSES APPROPRIATE FOR ACTIVE OLDER ADULTS

TIME	CLASS	INSTRUCTOR	LOCATION*
<b>MONDAY</b>			
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
2:00 pm	Stretch & Strengthen	Christian	Virtual
6:30 pm	Aqua Fitness	Cher/Banu	Indoor Pool
7:40 pm (30 min)	BodyWorks	SprintJoyce	Grp Ex
<b>TUESDAY</b>			
8:15 am	Morning Yoga	Anat	Yoga Studio
9:00 am	Aqua Fitness	Carole	Indoor Pool
10:30 am	Zumba Gold	Gaby	Grp Ex
1:00 pm (70 min)	Gentle Yoga	Adriana	Yoga Studio
4:00 pm (60 min)	Chair Yoga	Adriana	Yoga Studio
<b>WEDNESDAY</b>			
9:00 am	Aqua Fitness	Cher	Indoor Pool
10:15 am	Chair Yoga	Carol	Virtual 1
10:30 am	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
<b>THURSDAY</b>			
9:00 am	Aqua Fitness	Carole	Indoor Pool
10:30 am	Zumba Gold	Gaby	Grp Ex
12:30 pm	Back Care Yoga	Carol A.	Yoga Studio
1:50 pm	Back Care Yoga	Carol A.	Yoga Studio
<b>FRIDAY</b>			
9:00 am	Aqua Fitness	Cher	Indoor Pool
10:15 am	Chair Yoga	Adriana	Virtual
12:00 pm (70 min)	Yoga for Better Movement.	Adriana	Yoga Studio
1:20 pm (70 min)	Beginning Yoga	Adriana	Yoga Studio
<b>SATURDAY</b>			
8:25 am	Aqua Fitness	Cher	Indoor Pool
<b>SUNDAY</b>			
9:30 am (60 min)	Yoga	Carol A.	Virtual

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