



Thank you for registering. Check MyPJCC for updates.

Pilates Reformer, Older Adults & Virtual schedules on reverse side

**MONDAY**

| TIME              | CLASS                     | INSTRUCTOR  | LOCATION* |
|-------------------|---------------------------|-------------|-----------|
| 8:00 am           | Tai Chi                   | Irene       | GXS       |
| 9:00 am           | Aqua Fitness              | Cher        | OP        |
| 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 (40 min) | Flow & Stretch            | Kori        | GXS       |
| 12:00 pm (60 min) | Gentle Yoga               | Carol A.    | YS        |
| 1:10 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       |

|                  |                        |       |     |
|------------------|------------------------|-------|-----|
| 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       |
| 8:00 am          | Aqua Fitness            | Carole     | IP        |
| 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         | DanceMixx               | Phoebe     | 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    | 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      | YS        |
| 10:35 am           | U-Jam Fitness           | Yuko       | GXS       |

**SUNDAY**

| TIME               | CLASS              | INSTRUCTOR | LOCATION* |
|--------------------|--------------------|------------|-----------|
| 8:00 am            | Mat Pilates Fusion | Rosalie    | GXS       |
| 9:15 am (New Time) | Essentrics         | Kendall    | YS        |
| 9:15 am            | Zumba              | Margarita  | GXS       |
| 10:30 am           | Cardio Kickboxing  | Kat        | GXS       |
| 10:30 am (70 min)  | Hatha Yoga         | Stella     | YS        |
| 4:00 pm (70 mins)  | 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.
- **\*\*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**



Thank you for registering. Check MyPJCC for updates.

Group Ex, Pilates & Yoga schedules on reverse side

**VIRTUAL CLASS SCHEDULE via Zoom**

To Attend: Go to MyPjcc | Tip: Logging in is easier on a computer

| 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     |
| 2:00 pm           | Strength & Recovery       | Christian  |
| <b>FRIDAY</b>     |                           |            |
| 9:00 am           | Total Body Conditioning   | 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    | P        |
| <b>TUESDAY</b>   |   |            |          |
| 9:00 am          | Pilates Reformer (\$)                       | Rosalie    | P        |
| 10:00 am         | Pilates Reformer (\$)                       | Rosalie    | P        |
| <b>WEDNESDAY</b> |   |            |          |
| 9:00 am          | Pilates Reformer (\$)                       | Rosalie    | P        |
| 12:00 pm         | Pilates Essentials (\$)                     | Michele    | P        |
| 1:00 pm          | Pilates Reformer (\$)                       | Michele    | P        |
| <b>THURSDAY</b>  |   |            |          |
| 9:00 am          | Pilates Reformer (\$)                       | Rosalie    | P        |
| 10:00 am         | Pilates Reformer (\$)                       | Rosalie    | P        |
| <b>FRIDAY</b>    |   |            |          |
| 9:00 am          | Pilates Essentials (\$)<br>(Begins on 8/16) | Yumi       | 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 cancelation
- 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 Studio |
| 9:00 am           | Aqua Fitness                        | Cher       | Indoor Pool   |
| 12:00 pm (60 min) | Gentle Yoga                         | Carol      | Yoga Studio   |
| 1:10 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 Sprint                    | Joyce      | Grp Ex Studio |
| <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 Studio |
| 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       |
| 10:30 am          | SIT: Seated Training                | Debbie     | Grp Ex Studio |
| 11:35 am (50 min) | Better Balance for all Ages         | Susana     | Yoga Studio   |
| 12:00 pm (70 min) | *Healing Yoga for Cancer Patients / | Serena     | Yoga Studio   |
| 2:00 pm           | Stretch & Strengthen                | Christian  | Virtual       |
| <b>THURSDAY</b>   |                                     |            |               |
| 8:00 am           | Aqua Fitness                        | Carole     | Indoor Pool   |
| 9:00 am           | Aqua Fitness                        | Carole     | Indoor Pool   |
| 10:30 am          | Zumba Gold                          | Gaby       | Grp Ex Studio |
| 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