



PJCC Group Ex • Yoga • Cycle • Pilates v3 | January 2025

Thank you for registering. Check MyPJCC for updates.

Begins: Monday January 6th

Pilates Reformer, Older Adults & Virtual schedules on reverse side

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
8:15 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 (40 min)	Flow & Stretch	Kori	GXS
12:00 pm (60 min)	Gentle Yoga	Carol A.	YS
1:10 pm (60 min-Ret)	Gentle Yoga	Carol A.	YS
4:00 pm (Returned)	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 / Aqua Zumba	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*
6:00 am (New!)	Athletic Conditioning	Karmyn	GXS
7:30 am	Mat Pilates Fusion	Rosalie	GXS
8:00 am	Cycling	Claire	FFP
8:00 am	Aqua Fitness	Carole C	IP
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
12:00 pm (New Day!)	DanceMixx	Phoebe	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
5:30 pm	Zumba	Dina	GXS
6:30 pm (30 min)	Core Conditioning	Dina	GXS
7:05 pm	Kickboxing Bootcamp	Dina	GXS
6:30 pm (70 min)	Vinyasa Yoga	Debi	YS

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
9:00 am	Aqua Fitness	Cher	IP
9:00 am	Essentrics	Kendall	YS
9:00 am (New Time!)	Total Body Conditioning	Charles	GXS
10:15 am (70 min)	Vinyasa Yoga	Rada	YS
10:30 am	S.I.T.- Seated Intense Training	Debbie L	GXS
11:35 am (50 min)	Better Balance for all Ages	Susana	YS
12:00 pm	Zumba	Kori / Karen	GXS
12:35 pm (70 min)	Healing Yoga for Cancer Patients	Susana	YS
4:00 pm (60 min)	Vinyasa	Suchi	YS
4:00 pm (Returned)	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	Cardio Kickboxing	Kat / Janet	GXS

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
6:00 am (New!)	Athletic Conditioning	Karmyn	GXS
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
12:30 pm	Back Care Yoga	Carol A.	YS
1:30 pm (New!)	Mindful Movement	Debi	GXS
1:50 pm (Returned)	Back Care Yoga	Carol A.	YS
5:00 pm (Don't miss)	Cycling	Kendra	FFP
5:15 pm (60 min)	Slow Flow Yoga	Debi	YS
5:15 pm (30 min)	BodyWorks Sprint	Jennifer	GXS
6:00 pm	Total Body Conditioning	Charles	GXS
6:30 pm (70 min)	Yoga Flow	Lakshmi	YS
7:05 pm	GROOV3 Dance	Yuko	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	U-Jam Fitness	Joyce / Jen / Ang	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 (New!)	Vinyasa Yoga	Yuko	GXS
4:00 pm	Mat Pilates	Kerry	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 / Dalad	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 | FFP = Functional Fitness Park

- 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.**
- ****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



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

PILATES REFORMER CLASSES

TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY			
9:00 am (New!)	Pilates Reformer (\$)	Kerry	P
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
WEDNESDAY			
9:00 am	Pilates Reformer (\$)	Rosalie	P
12:00 pm	Pilates Essentials (\$)	Kerry	P
1:00 pm	Pilates Reformer (\$)	Kerry	P
3:45 pm	Pilates Reformer (\$)	Rosalie	P
THURSDAY			
9:00 am	Pilates Reformer (\$)	Rosalie	P
10:00 am	Pilates Reformer (\$)	Rosalie	P
FRIDAY			
9:00 am	Pilates Reformer (\$)	Kerry	P
10:00 am	Pilates Reformer (\$)	Rosalie	P
1:00 pm	Pilates Reformer (\$)	Rosalie	P
5:15 pm	Pilates Essentials (\$)	Michele	P
10:00 am	Pilates Essentials (\$)	Kerry	P
10:00 am (New!)	Pilates Essentials (\$)	Kerry	P
SATURDAY			
2:00 PM (New!)	Pilates Essentials (\$)	Kerry	P
3:00 PM	Pilates Reformer (\$)	Kerry	P
SUNDAY			
9:00 am	Pilates Reformer (\$)	Rosalie	P
10:00 am	Pilates Reformer (\$)	Rosalie	P

CLASSES APPROPRIATE FOR ACTIVE OLDER ADULTS

TIME	CLASS	INSTRUCTOR	LOCATION*
MONDAY			
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
TUESDAY			
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
1:00 pm (70 min)	Gentle Yoga	Adriana	Yoga Studio
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	SIT: Seated Training	Debbie	Grp Ex Studio
11:35 am (50 min)	Better Balance for all Ages	Susana	Yoga Studio
12:35 pm (70 min)	*Healing Yoga for Cancer Patients / Susana	Susana	Yoga Studio
2:00 pm	Stretch & Strengthen	Christian	Virtual
THURSDAY			
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
1:30 pm (NEW!)	Mindful Movement	Debi	Grp Ex Studio
1:50 pm	Back Care Yoga	Carol A	Yoga Studio
FRIDAY			
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
SATURDAY			
8:25 am	Aqua Fitness	Cher	Indoor Pool
SUNDAY			
9:30 AM	Yoga	Carol A	Virtual

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

- Email mmandell@pjcc.org if interested in signing up for a complimentary Pilates Reformer Intro.
- We offer Pilates Reformer Classes / Privates / Semi-Privates
- Public / Non-Member pricing is available.
- For more information, contact mmandell@pjcc.org.

• All Pilates Reformer classes require a 24-hour cancellation