

PICC | 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

TIME	MONDAY				6:30 pm (70 min)	Vinyasa Yoga	Rada	YS
9.00 am Aqua Fitness Cher IP TIME CLASS NSTRUCTOR LOCATION	TIME	CLASS	INSTRUCTOR	LOCATION*	6:30 pm	Cardio Kickboxing	Kat / Janet	GXS
9.00 am Aqua Filmess Cher IP TIME CLASS MSTRUCTOR SS SO am (New) Athletic Conditioning Karmyn SS SS SS SS SS SS SS	8:15 am	Tai Chi	Irene	GXS	THURSDAY			
9.00 am (70 min)	9:00 am	Aqua Fitness	Cher	IP		CLASS	INSTRUCTOR	LOCATION*
9.30 am DanceMixx Nor GXS 7.30 am Mat Pilates Fusion Rosalie GXS	9:00 am (70 min)	Vinyasa Yoga	Suchi	YS				
19.35 am (70 min) Halah Yoga Rada YS 8.00 am Cycling Claire FFP 12.00 pm (80 min) Flow & Stretch Kori GXS 8.00 am Aqua Fitness Carole IP 12.00 pm (80 min) Gentel Yoga Carol A YS 9.00 am Aqua Fitness Carole IP 12.00 pm (80 min) Strength & Movement (Adv) Shar GXS 9.15 am Fitreolly Fit Fiona GXS 10.30 am Cymin Halah Yoga Strength & Movement (Adv) Shar GXS 9.30 am (70 min) Virysas Yoga Anat YS 15.15 pm (70 min) Strength & Movement (Adv) Shar GXS 10.30 am Zumba Gold Gaby GXS 15.15 pm (70 min) Yoga Flow Lakshmi YS 12.30 pm Back Care Yoga Carol A YS 15.30 pm (70 min) Yoga Flow Lakshmi YS 12.30 pm Returned Sack Care Yoga Carol A YS 15.30 pm (70 min) BodyWorks Sprint Joyce GXS 15.50 pm (Returned) Sack Care Yoga Carol A YS 15.15 pm (70 min) Yoga Flow Lakshmi YS 12.30 pm Returned Sack Care Yoga Carol A YS 15.15 pm (80 min) BodyWorks Sprint Joyce GXS 15.50 pm (Returned) Sack Care Yoga Carol A YS 15.15 pm (80 min) SodyWorks Sprint Joyce GXS 15.50 pm (Returned) Sack Care Yoga Carol A YS 15.15 pm (80 min) SodyWorks Sprint Joyce GXS 15.50 pm (Returned) Sack Care Yoga Carol A YS 15.15 pm (80 min) SodyWorks Sprint Joyce GXS 15.50 pm (Returned) Sack Care Yoga Carol A YS 15.15 pm (80 min) SodyWorks Sprint Joyce GXS 15.50 pm (Returned) Sack Care Yoga Carol A YS 15.15 pm (80 min) SodyWorks Sprint Joyce GXS 15.50 pm (Both mins You You Sack You You You Sack You You You Sack You	9:30 am	DanceMixx	Kori	GXS	, ,			
10.35 am (40 min) Flow & Stretch Kori GXS 8:00 am Aqua Filness Carola Flee	10:30 am (70 min)	Hatha Yoga	Rada	YS				
12:00 pm (60 min)		Flow & Stretch	Kori	GXS		, ,		
1-10 pm (80 min-Ret) Santen Kroga	12:00 pm (60 min)	Gentle Yoga	Carol A.	YS		•		
Find Strength & Movement (Adv) Shar GXS 9:30 am (70 min) Find Strength & Movement (Adv) Shar GXS 9:30 am (70 min) Find Strength & Movement (Adv) Shar GXS 9:30 am (70 min) Find Gaby GXS 5:15 pm (70 min) Halbar Yoga Supriya YS 10:30 am Strength & Movement (Adv) GAS Gaby GXS GAS G		t) Gentle Yoga	Carol A.	YS		•		
5-15 pp Strength & Movement (Adv) Shar GXS 10-30 am Virysan (9g) Affat 17.8 5-15 pp (70 min) Hatha Yoga Supriya YS 10-30 am Zumba Gold Gaby GXS 6-30 pm (70 min) Aqua Fitness / Aqua Zumba Cher / Banu IP 12-30 pm Back Care Yoga Carol A. YS 6-30 pm (70 min) Yoga Flow Joyce GXS 5.00 pm (Bortin Its) Overling (Inditid) Movement Debi YS 7-30 pm (30 min) BodyWorks Sprint Joyce GXS 5.00 pm (Bortin Its) Overling Kendra FFP TIME CLASS INSTRUCTOR LOCATION* 5.15 pm (30 min) BodyWorks Sprint Jannifer GXS 7.30 am Mat Pilates Fusion Rosalie GXS 6.30 pm (70 min) BodyWorks Sprint Jannifer GXS 8:00 am Cycling Karmyn GXS 6.30 pm (70 min) Yoga Flow Lakshmin YS 7:30 am Mat Pilates Fusion Carole C IP FRIDAY FRI	• •	· •	Shar	GXS		•		
5.15 pm (70 min)		, ,		GXS	, , ,	,		
6.30 pm	•	. ,		YS			•	
6.30 pm 70 min 70 oga Flow Lakshmi YS 1.30 pm (Newl) Mindful Movement Debi GXS 6.30 pm U-Jam Fliness Joyce GXS 5.00 pm Don't miss Cycling Kendra FFP		Agua Fitness / Agua Zumba	Cher / Banu	IP		-		
6.30 pm U-Jam Fitness				YS	1:30 pm (New!)	Mindful Movement	Debi	GXS
TAUESDAY		U-Jam Fitness	Joyce	GXS	1:50 pm (Returned)	Back Care Yoga	Carol A.	YS
TIME	7:40 pm (30 min)	BodyWorks Sprint	Joyce	GXS			Kendra	FFP
TIME	TUESDAY				5:15 pm (60 min)	Slow Flow Yoga	Debi	YS
Charles Char		CLASS	INSTRUCTOR	I OCATION*	5:15 pm (30 min)	BodyWorks Sprint	Jennifer	GXS
Rosalie GXS Fire					6:00 pm	Total Body Conditioning	Charles	GXS
8:00 am			,		6:30 pm (70 min)	Yoga Flow	Lakshmi	YS
8:00 am Aqua Fitness					7:05 pm	GROOV3 Dance	Yuko	GXS
8.15 am		, ,			EDIDAY			
9:00 am		•				01.400	INCTRUCTOR	LOCATIONS
9:15 am								
9:30 am (70 min)		•				•		
10:30 am		•	•					
12:00 pm (New Day!) DanceMixx							•	
1:00 pm (70 min) Gentle Yoga					, ,	,		
Action A	12:00 pm (New Day!	!) DanceMixx	Phoebe		,	•		
5:15 pm (70 min) Hatha Yoga Adriana YS SATURDAY 5:30 pm Zumba Dina GXS TIME CLASS INSTRUCTOR LOCATION* 6:30 pm (30 min) Core Conditioning Dina GXS 8:00 am Total Body Conditioning Charles GXS 6:30 pm (70 min) Vinyasa Yoga Debi YS 9:00 am Cardio Kickboxing Charles GXS WEDNESDAY TIME CLASS INSTRUCTOR LOCATION* 9:00 am Aqua Fitness Cher IP 10:30 am (70 min) Hatha Yoga Suchi YS 9:00 am Aqua Fitness Cher IP 10:30 am (70 min) Vinyasa Yoga Karen /Dalad YS 9:00 am (New Timet) Total Body Conditioning Charles GXS 11:50 am (70 min) Vinyasa Yoga Karen /Dalad YS 10:35 am (50 min) Better Balance for all Ages Susana YS 11:35 am (50 min) Better Balance for all Ages Susana YS 12:35 pm (70 min) Vinyasa Suchi YS 4:00 pm (80 min) Vinyasa Suchi YS 4:00 pm (80 min) Vinyasa Suchi YS 9:15 am (70 min) Vinyasa Yoga Suchi YS 9:15 am (70 min) Vinyasa Yoga Fada YS 11:30 am S.I.T Seated Intense Training Debbie L GXS 12:35 pm (70 min) Healing Yoga for Cancer Patients Susana YS 12:35 pm (70 min) Vinyasa Suchi YS 12:35 pm (70 min) Healing Yoga for Cancer Patients Susana YS 12:35 pm (70 min) Vinyasa Suchi YS 10:30 am Cardio Kickboxing Kat GXS 10:30 am (70 min) Hatha Yoga Stella / Dalad YS	1:00 pm (70 min)	Gentle Yoga	Adriana	YS		0 0		
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Dina GXS Dina GXS Dina GXS Bild CLASS	5:15 pm (70 min)	Hatha Yoga	Adriana	YS	SATURDAY			
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4:00 pm (Returned) Strength & Movement (Adv) Shar GXS 10:30 am Cardio Kickboxing Kat GXS 5:15 pm Strength & Movement (Adv) Shar GXS 10:30 am (70 min) Ashtanga Fundamentale Sughi					9:15 am (New Time)	Essentrics	Kendall	YS
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5:15 pm (70 min) Ashtanga Fundamentals Suchi YS 4:00 pm (70 mins) Vinyasa Yoga Yuko YS		, ,			10:30 am (70 min)	Hatha Yoga	Stella / Dalad	YS
	5:15 pm (70 min)	Ashtanga Fundamentals	Suchi	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.

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- 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

Aqua Fitness

6:30 pm

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

Thank you for registering. Check MyPJCC for updates.

Group Ex, Pilates & Yoga schedules on reverse side

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To Attend: Go to My TIME	/PJCC Tip : Logging in is ea CLASS	sier on a compute
MONDAY		
10:00 am	Body Wt. Strength/Stretch	Christian
2:00 pm TUESDAY	Stretch & Strengthen	Christian
10:00 am WEDNESDAY	Total Body Conditioning	Christian
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 FRIDAY	Strength & Recovery	Christian
9:00 am	Total Body Conditioning	Christian
10:15 am SATURDAY	Chair Yoga	Adriana
8:30 am	Mat Pilates Fusion	Cici
10:30 am SUNDAY	Total Body Conditioning	Jia
9:30 am	Yoga	Carol A

PILATES REFORMER CLASSES

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

CLASSES APPROPRIATE FOR ACTIVE OLDER ADULTS

CLASS

Begins: Monday January 6th

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	Agua 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
1.00 pm (00 mm)	onan roga	ranara	roga otaalo
WEDNESDAY			
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 Age		Yoga Studio
, ,	*Healing Yoga for Cano		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 Moveme	ent. 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
	Cancer Patients: This class		e community;
cancer patients, car	ncer survivors, and their ca	aretakers	

[•] 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