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

Thank you for registering. *Check MyPJCC for updates.*

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	Dina D	OP
9:00 am (70 min)	Vinyasa Yoga	Rada	YS
9:30 am	DanceMixx	Kori	GXS
10:00 am	Body Wt. Strength/Stretch	Christian	Virtual
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
2:00 pm	Stretch & Strengthen	Christian	Virtual
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
6:00 pm	Cycling	Jacob	FFP
6:30 pm	Aqua Fitness	Ginger	IP
6:30 pm (70 min)	Vinyasa 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	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	Wendy	GXS
9:30 am (70 min)	Vinyasa Yoga	Anat	YS
10:00 am	Total Body Conditioning	Christian	Virtual
10:30 am	Zumba Gold	Gaby	GXS
12:00 pm	DanceMixx	Phoebe	GXS
1:00 pm (70 min)	Gentle Yoga	Adriana	YS
2:00 pm	Stretch & Strengthen	Christian	Virtual
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
6:30 pm (70 min)	Vinyasa Yoga	Debi	YS
7:05 pm	Kickboxing Bootcamp	Dina	GXS

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
8:00 am	Total Body Conditioning	Charles	GXS
8:30 am	Mat Pilates Fusion	Pam	Virtual
9:00 am	Aqua Fitness	Dina D	IP
9:00 am	Essentrics	Kendall	YS
9:00 am	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
10:30 am	Kickbox Bootcamp	Christian	Virtual
11:35 am (50 min)	Better Balance	Rada	YS
12:00 pm	Zumba	Gaby/Sandra	GXS
12:35 pm **NEW!**	Restore & Renew	Amy	YS
4:00 pm	Vinyasa	Suchi	YS
4:00 pm	Strength & Movement (Adv)	Shar	GXS
5:15 pm	Strength & Movement (Adv)	Shar	GXS
5:15 pm (70 min)	Vinyasa	GE Team	YS
5:30 pm	Yoga	Walter	Virtual
6:30 pm	Aqua Fitness	Taj	IP
6:30 pm	Cardio Kickboxing	Kat / Janet	GXS

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
6:00 am	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	OP
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	Yoga	Walter	Virtual
12:30 pm	Back Care Yoga	Stella	YS
1:30 pm	Mindful Movement	Debi	GXS
2:00 pm	Strength & Recovery	Christian	Virtual
5:00 pm	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) **NEW!**	Yin Yang Yoga Flow	Lakshmi	YS
7:05 pm	GROOV3 Dance	Yuko	GXS

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
9:00 am	Aqua Fitness	Dina D	IP
9:00 am	Hatha Yoga	Debi	YS
9:00 am	Total Body Conditioning	Christian	Virtual
9:30 am	Zumba	Wendy	GXS
10:30 am	Chair Yoga	Adriana	Virtual
10:35 am (30 min)	BodyWorks Sprint	Wendy	GXS
11:35 am	*Gentle Ballet Fundamentals* ($)	Kori	GXS
12:00 pm (70 min)	Yoga for Better Movement	Adriana	YS
1:00 pm **NEW!**	S.I.T.-Seated Intense Training	Debbie	GXS
1:20 pm (70 min)	Beginning Hatha Yoga	Adriana	YS
4:30 pm	U-Jam Fitness	Ying	GXS

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
8:00 am	Total Body Conditioning	Charles	GXS
8:25 am	Aqua Fitness	Dina D	IP
8:30 am	Mat Pilates Fusion	Cici	Virtual
9:00 am	Cardio Kickboxing	Charles	GXS
9:00 am (70 mins)	Hatha Yoga	GE Team	YS
10:00 am (30 min)	BodyWorks Sprint	Charles	GXS
10:00 am	Total Body Conditioning	Jia	Virtual
10:30 am (70 mins)	Vinyasa Yoga	Karen / Dalad	YS
10:35 am	U-Jam Fitness	Yuko	GXS
11:50 am	Vinyasa Yoga	Yuko	GXS
4:00 pm	Mat Pilates Fusion	Kerry	GXS
4:00 pm	*Yoga Ballet Fusion* ($)(5/3 only)	Liron	YS

SUNDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
8:00 am	Mat Pilates Fusion	Rosalie	GXS
9:15 am	Essentrics	Kendall	YS
9:15 am	Zumba	Margarita	GXS
9:30 am	Yoga	Carol A.	Virtual
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

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

Everyone must check in for their spot in class, 5 minutes before the printed class time. (above)

All classes are 55 min. unless otherwise noted.

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Thank you for registering. *Check MyPJCC for updates.*

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 ($)	Kerry	P
10:00 am **NEW!**	Jumpboard Pilates ($)	Kerry	P
SATURDAY			
3:00 PM	Pilates Reformer ($)	Kerry	P
SUNDAY			
9:00 am	Pilates Reformer ($)	Rosalie	P
10:00 am	Pilates Reformer ($)	Rosalie	P

• All Pilates Reformer classes require a 24-hour cancellation
• Email mmandell@pjcc.org if interested in signing up for a complimentary **Introduction to Pilates Reformer Class.**

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
10:00 am	Total Body Conditioning	Jia
SUNDAY		
9:30 am	Yoga	Carol A

CLASSES APPROPRIATE FOR *ACTIVE OLDER ADULTS*

TIME	CLASS	INSTRUCTOR	LOCATION*
MONDAY			
8:15 am	Tai Chi	Irene	Grp Ex Studio
9:00 am	Aqua Fitness	Dina D.	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	Ginger	Indoor Pool
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	Dina D.	Indoor Pool
10:30 am	S.I.T.: Seated Training	Debbie	Grp Ex Studio
11:35 am (50 min)	Better Balance	Rada	Yoga Studio
12:35 pm **NEW!**	Restore & Renew	Amy	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	Stella	Yoga Studio
1:30 pm **NEW!**	Mindful Movement	Debi	Grp Ex Studio
FRIDAY			
9:00 am	Aqua Fitness	Dina D.	Indoor Pool
10:15 am	Chair Yoga	Adriana	Virtual
12:00 pm (70 min)	Yoga for Better Movement.	Adriana	Yoga Studio
1:00 pm **NEW!**	S.I.T.: Seated Training	Debbie	Grp Ex Studio
1:20 pm (70 min)	Beginning Yoga	Adriana	Yoga Studio
SATURDAY			
8:25 am	Aqua Fitness	Dina D.	Indoor Pool
SUNDAY			
9:30 AM	Yoga	Carol A	Virtual

• For more information, regarding anything to do with Group Exercise classes or Pilates classes, or private sessions, please contact mmandell@pjcc.org.