



PJCC Group Ex • Yoga • Cycle • Pilates v2 | July 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	Yoga Staff	YS
9:30 am	Zumba	Gaby	GXS
10:00 am	Virtual Body Wt. Strength	Christian	Virtual
10:30 am (70 min)	Hatha Yoga	Rada	YS
10:35 am (40 min)	Flow & Stretch	Group Ex Team	GXS
12:00 pm (60 min)	Gentle Yoga	Carol A.	YS
1:10 pm (60 min)	Gentle Yoga	Carol A.	YS
2:00 pm	Virtual 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
6:30 pm	Aqua Fitness	Ginger	IP
6:30 pm (70 min)	Vinyasa Yoga Flow	Yoga Team	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	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	Virtual 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
4:00 pm (70 min)	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	Virtual 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	Virtual Kickbox Bootcamp	Christian	Virtual
11:35 am (50 min)	Better Balance	Rada	YS
12:00 pm	Zumba	Gaby	GXS
12:35 pm NEW!	Restore & Renew	Aziana	YS
2:00 pm	Virtual Stretch & Strengthen	Christian	Virtual
4:00 pm	Vinyasa	Yoga Team	YS
4:00 pm	Strength & Movement (Adv)	Shar	GXS
5:15 pm	Strength & Movement (Adv)	Shar	GXS
5:15 pm (70 min)	Vinyasa Yoga	Yoga Team	YS
5:30 pm	Virtual 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	Aqua Fitness	Carole	IP
9:00 am	Aqua Fitness	Carole	OP
9:15 am	Fiercely Fit	Group Ex Team	GXS
9:30 am (70 min)	Vinyasa Yoga	Anat	YS
10:30 am	Zumba Gold	Gaby	GXS
11:00 am (70 min)	Peaceful Movement NEW!	Stella	YS
12:00 pm	Virtual Yoga	Walter	Virtual
12:20 pm (70 min)	Back Care Yoga	Stella	YS
1:30 pm	Mindful Movement	Debi	GXS
2:00 pm	Virtual Strength & Recovery	Christian	Virtual
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)	Yin Yang Yoga Flow	Yoga Team	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	Virtual Total Body Conditioning	Christian	Virtual
9:30 am	Zumba	Wendy	GXS
10:15 am	Virtual Chair Yoga	Adriana	Virtual
10:35 am (30 min)	BodyWorks Sprint	Wendy	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	Virtual Mat Pilates Fusion	Cici	Virtual
9:00 am	Cardio Kickboxing	Charles	GXS
9:00 am (70 mins)	Hatha Yoga	Yoga Staff	YS
10:00 am (30 min)	BodyWorks Sprint	Charles	GXS
10:30 am (70 mins)	Vinyasa Yoga	Karen / Dalad	YS
10:30 am	Virtual Total Body Conditioning	Jia	Virtual
10:35 am	U-Jam Fitness	Yuko	GXS
11:50 am (70 mins)	Vinyasa Yoga	Yuko	YS
4:00 pm	Mat Pilates Fusion	Kerry	GXS

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	Virtual 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 | 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.



Thank you for registering. Check MyPJCC for updates.

PILATES REFORMER CLASSES

TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY			
8:00 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
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	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
10:30 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	Aziana	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
11:00 am NEW!	Peaceful Movement	Stella	Yoga 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.