



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	Cher	OP
9:00 am (70 min)	Vinyasa Yoga	Suchi	YS
9:30 am	DanceMixx	Kori	GXS
10:00 am	Bodyweight Burn	Christian	Virtual
10:30 am (70 min)	Hatha Yoga	Rada	YS
10:35 am (40 min)	Flow & Stretch	Kori	GXS
11:30 am	Zumba NEW!	Laurette	GXS
12:00 pm (60 min)	Gentle Yoga	Carol A.	YS
1:10 pm (60 min)	Gentle Yoga	Carol A.	YS
2:00 pm	Strictly Stretch	Christian	Virtual
4:00 pm	Strength & Movement	Shar	GXS
5:15 pm	Strength & Movement	Shar	GXS
5:15 pm (70 min)	Hatha Yoga	Supriya	YS
6:30 pm (70 min)	Vinyasa Yoga Flow	Lakshmi	YS
6:30 pm	U-Jam Fitness	Joyce	GXS
6:35 pm	Aqua Fitness	Ginger	IP
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	Tina	GXS
9:30 am (70 min)	Vinyasa Yoga	Anat	YS
10:00 am	Simply Strength	Christian	Virtual
10:30 am	Zumba Gold	Gaby	GXS
11:00 am	Chair Yoga	Adriana	YS
12:00 pm	DanceMixx	Phoebe	GXS
12:20 pm (70 min)	Gentle Yoga	Adriana	YS
1:40 pm (70 min)	Gentle Yoga	Adriana	YS
5:15 pm (70 min)	Vinyasa Yoga	Karen	YS
5:30 pm	Zumba	Dina	GXS
6:30 pm (30 min)	Core Conditioning	Dina	GXS
6:30 pm (70 min)	Yin Yang Yoga Flow NEW!	Supriya	YS
7:05 pm	Kickboxing Bootcamp	Dina	GXS

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
8:00 am	Total Body Conditioning	Sabha	GXS
8:30 am	Virtual Mat Pilates Fusion	Pam	Virtual
9:00 am	Aqua Fitness	Cher	IP
9:00 am	Essentrics	Kendall	YS
9:00 am	Total Body Conditioning	Sabha	GXS
9:15 am (70 min)	Hatha Yoga NEW! Starting 9/10	Aziana	Board Room
10:15 am (70 min)	Vinyasa Yoga	Rada	YS
10:30 am	S.I.T.- Seated Intense Training	Debbie L	GXS
10:30 am	Core Collective	Christian	Virtual
11:35 am (50 min)	Better Balance	Rada	YS
12:00 pm	Zumba	Sandra	GXS
12:35 pm	Restore & Renew	Aziana	YS
2:00 pm	Strictly Stretch	Christian	Virtual
4:00 pm	Vinyasa Yoga	Suchi	YS
4:00 pm	Strength & Movement	Shar	GXS
5:15 pm	Strength & Movement	Shar	GXS
5:15 pm (70 min)	Ashtanga Fundamentals	Suchi	YS
5:30 pm	Virtual Yoga	Walter	Virtual
6:30 pm	Cardio Kickboxing	Kat / Janet	GXS
6:35 pm	Aqua Fitness	Taj	IP

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	Fiona	GXS
9:15 am (70 min)	Vinyasa Yoga NEW! Start 9/11	Aziana	Board Room
9:30 am (70 min)	Vinyasa Yoga	Anat	YS
10:30 am	Zumba Gold	Gaby	GXS
11:00 am (70 min)	Peaceful Movement	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	Rep & Restore	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	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	The Power Mix	Christian	Virtual
9:30 am (70 min)	Vinyasa Yoga NEW! Start 9/12	Anat	Board Room
9:30 am	Zumba	Gaby	GXS
10:15 am	Virtual Chair Yoga	Adriana	Virtual
10:35 am (30 min)	BodyWorks Sprint	Michele	GXS
12:00 pm (70 min)	Yoga for Better Movement	Adriana	YS
1:00 pm	S.I.T.-Seated Intense Training	Debbie / Cher	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	Strength & Mobility NEW!	Jia / Satish	GXS
8:25 am	Aqua Fitness	Dina D	IP
8:30 am	Virtual Mat Pilates Fusion	Cici	Virtual
9:00 am (30 min)	Core Conditioning NEW!	Jia / Satish	GXS
9:00 am (70 min)	Hatha Yoga	Suchi	YS
9:35 am	Strength & Sweat NEW!	Jia / Satish	GXS
10:30 am (70 min)	Vinyasa Yoga	Karen / Dalad	YS
10:30 am	Virtual Total Body Conditioning	Jia	Virtual
10:35 am	U-Jam Fitness	Yuko	GXS
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

* Saturday, 10:30 am Virtual Total Body Conditioning happens every other week.
Classes will occur 9/13 & 9/27

* 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	Pilates Circuit (\$) NEW!	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 NEW!	Bodyweight Burn	Christian
2:00 pm NEW!	Strictly Stretch	Christian
TUESDAY		
10:00 am NEW!	Simply Strength	Christian
WEDNESDAY		
8:30 am (45 min.)	Mat Pilates Fusion	Pam
10:30 am NEW!	Core Collective	Christian
2:00 pm NEW!	Strictly Stretch	Christian
5:30 pm	Yoga	Walter
THURSDAY		
12:00 pm	Yoga	Walter
2:00 pm NEW!	Rep & Restore	Christian
FRIDAY		
9:00 am NEW!	The Power Mix	Christian
10:15 am	Chair Yoga	Adriana
SATURDAY		
8:30 am	Mat Pilates Fusion	Cici
10:30 am	Total Body Conditioning	Jia 9/13 & 9/27 only
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	Cher	Outdoor Pool
12:00 pm (60 min)	Gentle Yoga	Carol	Yoga Studio
1:10 pm (60 min)	Gentle Yoga	Carol	Yoga Studio
2:00 pm NEW!	Strictly Stretch	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
11:00 pm (70 min)	Chair Yoga	Adriana	Yoga Studio
12:20 pm (70 min)	Gentle Yoga	Adriana	Yoga Studio
1:40 pm (70 min)	Gentle 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	Restore & Renew	Aziana	Yoga Studio
2:00 pm NEW!	Strictly Stretch	Christian	Virtual
THURSDAY			
8:00 am	Aqua Fitness	Carole	Indoor Pool
9:00 am	Aqua Fitness	Carole	Outdoor 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	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	S.I.T.- Seated Training	Debbie / Cher	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.