



PJCC Group Ex • Yoga • Cycle • Pilates | October 2025 v2

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!	Aziana	Board Room
10:15 am (70 min)	Vinyasa Yoga	Rada	YS
10:30 am	S.I.T.- Seated Intense Training	Cher	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

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!	Stella	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!	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	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 10/11 & 10/25

There will be NO classes on 10/1 after 4:00 pm. There will be no classes on 10/2.

* 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.



P.I.C.C. Group Ex • Yoga • Cycle • Pilates | October 2025 v2

PILATES REFORMER CLASSES				MONDAY			
TIME	CLASS	INSTRUCTOR	LOCATION	8:15 am	Tai Chi	Irene	Grp Ex Studio
				9:00 am	Aqua Fitness	Cher	Outdoor Pool
MONDAY				12:00 pm (60 min)	Gentle Yoga	Carol	Yoga Studio
10:00 am	Pilates Reformer (\$)	Rosalie	P	1:10 pm (60 min)	Gentle Yoga	Carol	Yoga Studio
1:00 pm	Pilates Reformer (\$)	Rosalie	P	2:00 pm NEW!	Strictly Stretch	Christian	Virtual
5:15 pm	Pilates Essentials (\$)	Michele	P	6:30 pm	Aqua Fitness	Ginger	Indoor Pool
TUESDAY				TUESDAY			
9:00 am	Pilates Reformer (\$)	Rosalie	P	8:00 AM	Aqua Fitness	Carole	Indoor Pool
10:00 am	Pilates Reformer (\$)	Rosalie	P	9:00 am	Aqua Fitness	Carole	Indoor Pool
WEDNESDAY				10:30 am	Zumba Gold	Gaby	Grp Ex Studio
9:00 am	Pilates Reformer (\$)	Rosalie	P	11:00 pm (70 min)	Chair Yoga	Adriana	Yoga Studio
1:00 pm	Pilates Reformer (\$)	Kerry	P	12:20 pm (70 min)	Gentle Yoga	Adriana	Yoga Studio
3:45 pm	Pilates Reformer (\$)	Rosalie	P	1:40 pm (70 min)	Gentle Yoga	Adriana	Yoga Studio
THURSDAY				WEDNESDAY			
9:00 am	Pilates Reformer (\$)	Rosalie	P	9:00 am	Aqua Fitness	Dina D.	Indoor Pool
10:00 am	Pilates Reformer (\$)	Rosalie	P	10:30 am	S.I.T.-Seated Training	Cher	Grp Ex Studio
FRIDAY				11:35 am (50 min)	Better Balance	Rada	Yoga Studio
9:00 am	Pilates Reformer (\$)	Kerry	P	12:35 pm	Restore & Renew	Aziana	Yoga Studio
10:00 am	Jump Board (\$)	Kerry	P	2:00 pm NEW!	Strictly Stretch	Christian	Virtual
SATURDAY				THURSDAY			
3:00 PM	Pilates Reformer (\$)	Kerry	P	8:00 am	Aqua Fitness	Carole	Indoor Pool
SUNDAY				9:00 am	Aqua Fitness	Carole	Outdoor Pool
9:00 am	Pilates Reformer (\$)	Rosalie	P	10:30 am	Zumba Gold	Gaby	Grp Ex Studio
10:00 am	Pilates Reformer (\$)	Rosalie	P	11:00 am	Peaceful Movement	Stella	Yoga Studio
				12:30 pm	Back Care Yoga	Stella	Yoga Studio
				1:30 pm	Mindful Movement	Cher	Grp Ex Studio

- 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 10/11 & 10/25 only	
SUNDAY			
9:30 am	Yoga	Carol A	

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

CLASSES APPROPRIATE FOR ACTIVE OLDER ADULTS

TIME	CLASS	INSTRUCTOR	LOCATION*
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