



PJCC Group Ex • Yoga • Virtual • Pilates | January 2026

Thank you for registering. Check MyPJCC for updates.

Pilates Reformer, Older Adults & Virtual schedules on reverse side

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
8:10 am (70 min)	Qigong & Tai Chi New Time!	Irene	GXS
9:00 am	Aqua Fitness	Cher	IP
9:00 am (70 min)	Vinyasa Yoga	Suchi	YS
9:30 am	DanceMixx	Kori	GXS
10:00 am	Bodyweight Burn	Christian/Lynette	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 (Starts 1/19)	Christian	Virtual
4:00 pm	Strength & Movement	Shar	GXS
5:15 pm	Strength & Movement	Shar	GXS
5:15 pm (70min)	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
9:15 am	Mat Pilates Fusion (Starts 1/13)	Michele	Board Room
9:30 am (70 min)	Vinyasa Yoga	Anat	YS
10:00 am	Simply Strength	Christian	Virtual
10:30 am	Zumba Gold	Gaby	GXS
10:30 am	Balance & Stretch NEW!	Tina	Board Room
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 / U-Jam Fitness	Dina/Jennifer	GXS
6:30 pm (30 min)	Core Conditioning	Dina / Jia	GXS
6:30 pm (70 min)	Yin Yang Yoga Flow NEW!	Supriya	YS
7:05 pm	Kickboxing Bootcamp	Dina /Jia	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	Debbie L	GXS
10:30 am	Core Collective	Christian / Jia	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 (Starts 1/21)	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

6:30 pm	Vinyasa	Riana	YS
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 (70 min)	Tai Chi NEW!	Marlon	YS
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	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 (Starts 1/23)	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	Tina	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 / Jia	Virtual
9:30 am (70 min)	Vinyasa Yoga	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 / Debbie L	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
10:40 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	GXS

*Saturday, 10:00 am Virtual Total Body Conditioning happens every other week.
1/24—Because of travel, Jia will only teach on 1/24

* 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.



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Thank you for registering. Check MyPJCC for updates.

PILATES REFORMER CLASSES

TIME	CLASS	INSTRUCTOR	LOCATION
MONDAY			
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
1:00 pm	Pilates Reformer (\$)	Kerry	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	Circuit: Pilates Reformer (\$)	Kerry	P
SATURDAY			
9:00 am	Pilates Reformer	If interested, please let us know.	
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	Bodyweight Burn	Lynette / Christian
2:00 pm	Strictly Stretch	Christian (starting 1/19)
TUESDAY		
10:00 am	Simply Strength	Lynette / Christian
WEDNESDAY		
8:30 am (45 min.)	Mat Pilates Fusion	Pam
10:30 am	Core Collective	Jia / Christian
2:00 pm	Strictly Stretch	Christian (starting 1/21)
5:30 pm	Yoga	Walter
THURSDAY		
12:00 pm	Yoga	Walter
2:00 pm	Rep & Restore	Christian (starting 1/22)
FRIDAY		
9:00 am	The Power Mix	Jia / Christian
10:15 am	Chair Yoga	Adriana
SATURDAY		
8:30 am	Mat Pilates Fusion	Cici
10:00 am	Total Body Conditioning	Jia (Jan. 24 only)
SUNDAY		
9:30 am	Yoga	Carol A

CLASSES APPROPRIATE FOR ACTIVE OLDER ADULTS

TIME	CLASS	INSTRUCTOR	LOCATION*
MONDAY			
8:15 am (70 min)	Qigong & Tai Chi	Irene	Grp Ex Studio
9:00 am	Aqua Fitness	Cher	Indoor Pool
12:00 pm (60 min)	Gentle Yoga	Carol A	Yoga Studio
1:10 pm (60 min)	Gentle Yoga	Carol A	Yoga Studio
2:00 pm	Strictly Stretch	Christian (start 1/19)	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	Balance & Stretch	Tina	Board Room
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	Cher	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	Strictly Stretch	Christian (start 1/21)	Virtual

THURSDAY			
8:00 am	Aqua Fitness	Carole	Indoor Pool
8:00 am (70 min)	Tai Chi	Marlon	Yoga Studio
9:00 am	Aqua Fitness	Carole	Indoor Pool
10:30 am	Zumba Gold	Gaby	Grp Ex Studio
11:00 am (70 min)	Peaceful Movement	Stella	Yoga Studio
12:30 pm (70 min)	Back Care Yoga	Stella	Yoga Studio
1:30 pm	Mindful Movement	Deb	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 (70 min)	Yoga	Carol A	Virtual

- For more information with Group Exercise classes, Pilates classes, or private sessions, please contact mmandell@pjcc.org.