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

Thank you for registering. *Check MyPJCC for updates*

Pilates Reformer, Center of Healthy Longevity & Virtual schedules on reverse side

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
6:00 am	Athletic Conditioning	Tina	GXS
8:10 am (70 min)	Qigong & Tai Chi	Irene	GXS
9:00 am	Aqua Fitness	Yasmine (Yasi)	OP
9:00 am (70 min)	Vinyasa Yoga	Suchi	YS
10:00 am	Virtual Chair Yoga	Adriana	Virtual
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
11:00 am	Strictly Stretch	Christian	Virtual
11:30 am	Zumba	Laurette	GXS
12:00 pm (60 min)	Gentle Yoga	Carol A.	YS
1:10 pm (60 min)	Gentle Yoga	Carol A.	YS
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 **Class Returns!**	Yasmine (Yasi)	IP
7:40 pm (30 min)	BodyWorks Sprint	Joyce	GXS

TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
6:00 am	Athletic Conditioning	Tina	GXS
7:30 am	Mat Pilates Fusion	Rosalie	GXS
8:15 am	Morning Yoga	Anat	YS
8:00 am	Aqua Fitness **Class Returns!**	Carole	IP
9:00 am	Aqua Fitness	Carole C	IP
9:15 am	Athletic Conditioning	Abbygail	GXS
9:15 am	Mat Pilates Fusion	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	Supriya / Annie	Board Room
11:00 am (70 min)	Slow Flow Yoga **NEW!**	Debi	YS
12:00 pm	Zumba	Laurette	GXS
12:20 pm	Chair Yoga	Carol A	YS
5:15 pm (70 min)	Vinyasa Yoga	Karen	YS
5:30 pm	Zumba / U-Jam Fitness	Sandra /Jennifer	GXS
6:30 pm (30 min)	Core Conditioning	Jia	GXS
6:30 pm (70 min)	Mindful Flow & Restore	Lila	YS
7:05 pm	Kickboxing Bootcamp	Jia	GXS

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
8:00 am	Total Body Conditioning	Sahba	GXS
8:30 am	Virtual Mat Pilates Fusion	Pam	Virtual
9:00 am	Essentrics	Kendall	YS
9:00 am	Total Body Conditioning	Sahba	GXS
9:00 am	Aqua Fitness **Class Returns!**	Yasmine (Yasi)	IP
9:15 am (70 min)	Hatha Yoga	Aziana	Board Room
10:00 am	Core Collective	Christian	Virtual
10:15 am (70 min)	Vinyasa Yoga	Rada	YS
10:30 am	S.I.T.- Seated Intense Training	Debbie	GXS
11:00 am	Strictly Stretch	Christian	Virtual
11:35 am (50 min)	Better Balance	Rada	YS
12:00 pm	Zumba	Sandra	GXS
12:35 pm	Restore & Renew	Aziana	YS
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	Cardio Kickboxing	Kat/Janet	GXS
6:30 pm	Evening Yoga	Riana	YS
6:35 pm	Aqua Fitness **Class Returns!**	Yasmine (Yasi)	IP

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
6:00 am	Athletic Conditioning	Tina	GXS
7:30 am	Mat Pilates Fusion	Rosalie	GXS
8:00 am (70 min)	Tai Chi	Marlon	YS
8:00 am	Aqua Fitness **Class Returns!**	Carole	IP
9:00 am	Aqua Fitness	Carole	OP
9:15 am	Fiercely Fit	Fiona	GXS
9:20 am (70 min)	Vinyasa Yoga	Stella	YS
9:30 am (70 min)	Vinyasa Yoga	Anat	Board Room
10:30 am	Zumba Gold	Gaby	GXS
11:00 am (70 min)	Gentle Yoga	Stella	YS
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 (70 min)	Slow Flow Yoga	Debi	YS
5:20 pm (30 min)	BodyWorks Sprint	Jennifer	GXS
6:00 pm	Total Body Conditioning	Michele	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	OP
9:00 am	Hatha Yoga	Debi	YS
9:00 am	The Power Mix	Christian	Virtual
9:00 am	Total Body Conditioning	Abbygail	GXS
9:30 am (70 min)	Vinyasa Yoga	Anat	Board Room
10:00 am	Zumba **NEW TIME!**	Gaby	GXS
11:00 am	Mat Pilates Fusion **NEW!**	Lila	YS
11:30 am	Gentle Ballet Fundamentals ($)	Kori	GXS
12:10 pm (70 min)	Gentle Yoga **NEW!**	Lila	YS
1:00 pm	S.I.T.-Seated Intense Training	Debbie	GXS
4:30 pm	U-Jam Fitness	Ying	GXS
5:30 PM (70 min)	Vinyasa Yoga **NEW!**	Laura	YS

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
8:00 am	Strength & Mobility	Wendy / Tina	GXS
8:25 am	Aqua Fitness	Dina D	OP
8:30 am	Virtual Mat Pilates Fusion	Cici	Virtual
9:00 am (30 min)	Core Conditioning	Wendy / Tina	GXS
9:00 am (70 min)	Hatha Yoga	Suchi	YS
9:35 am	Strength & Sweat	Wendy / Tina	GXS
10:30 am (70 min)	Vinyasa Yoga	Karen / Dalad	YS
10:00 am	Virtual Total Body Conditioning	Jia	Virtual
10:40 am	U-Jam Fitness	Yuko	GXS
11:45 am	BodyWorks Sprint	Yuko	GXS
4:00 pm	Mat Pilates Fusion	Lila/Kahea	GXS

SUNDAY

TIME	CLASS	INSTRUCTOR	LOCATION*
8:00 am	Mat Pilates Fusion	Rosalie	GXS
9:15 am (70 min)	Essentrics	Kendall	YS
9:15 am	Zumba	Wendy/Veronika	GXS
9:30 am	Virtual Yoga	Carol A.	Virtual
10:30 am	Cardio Kickboxing	Kat	GXS
10:35 am (70 min)	Hatha Yoga	Stella / Dalad	YS
11:35 am	U-Jam Fitness	Lori	GXS
3:00 pm	Israeli Folk Dancing ($)	Nov. 1 & 15 ($)	GXS
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 to make sure they don't lose their spot to someone on the waitlist. 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 - All Levels ($)	Rosalie	P
1:00 pm	Pilates Reformer - All Levels ($)	Rosalie	P
5:15 pm	Pilates Essentials ($)	Michele	P
TUESDAY			
9:00 am	Pilates Reformer - All Levels ($)	Rosalie	P
10:00 am	Pilates Reformer - All Levels ($)	Rosalie	P
WEDNESDAY			
9:00 am	Pilates Reformer - All Levels ($)	Rosalie	P
12:00 pm	Pilates Reformer - All Levels ($)	Michele	P
1:00 pm	Pilates Reformer - All Levels ($)	Honey	P
THURSDAY			
9:00 am	Pilates Reformer - All Levels ($)	Rosalie	P
10:00 am	Pilates Reformer - All Levels ($)	Rosalie	P
FRIDAY			
8:00 am	Pilates Reformer - All Levels ($)	Honey NEW!	P
9:00 am	Pilates Reformer - All Levels ($)	Honey	P
SUNDAY			
9:00 am	Pilates Reformer - All Levels ($)	Rosalie	P
10:00 am	Pilates Reformer - All Levels ($)	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	Christian
10:15 am	Chair Yoga NEW DAY & TIME	Adriana
11:00 am	Strictly Stretch	Christian
TUESDAY		
10:00 am	Simply Strength	Christian
WEDNESDAY		
8:30 am (45 min.)	Mat Pilates Fusion	Pam
10:00 am	Core Collective	Christian
11:00 am	Strictly Stretch	Christian
THURSDAY		
2:00 pm	Rep & Restore	Christian
FRIDAY		
9:00 am	The Power Mix	Christian
SATURDAY		
8:30 am	Mat Pilates Fusion	Cici
10:00 am	Total Body Conditioning	Jia
SUNDAY		
9:30 am	Yoga	Carol A

For Beginners, those Returning to Exercise, and Center for Healthy Longevity participants

TIME	CLASS	INSTRUCTOR	LOCATION*
MONDAY			
8:10 am (70 min)	Qigong & Tai Chi	Irene	Grp Ex Studio
9:00 am	Aqua Fitness	Yasmine	Outdoor Pool
10:15 am (70 min)	Chair Yoga	Adriana NEW TIME	Virtual
11:00 pm	Strictly Stretch	Christian	Virtual
12:00 pm (60 min)	Gentle Yoga	Carol A	Yoga Studio
1:10 pm (60 min)	Gentle Yoga	Carol A	Yoga Studio
TUESDAY			
9:00 am	Aqua Fitness	Carole	Outdoor Pool
10:30 am	Balance & Stretch	Supriya	Board Room
10:30 am	Zumba Gold	Gaby	Grp Ex Studio
11:00 pm (70 min)	Slow Flow Yoga	Debi **NEW!**	Yoga Studio
12:20 pm (70 min)	Chair Yoga	Carol A **NEW!**	Yoga Studio
WEDNESDAY			
10:30 am	S.I.T.-Seated Training	Michele	Grp Ex Studio
11:00 am	Strictly Stretch	Christian	Virtual
11:35 am (50 min)	Better Balance	Rada	Yoga Studio
12:35 pm (70 min)	Restore & Renew	Aziana	Yoga Studio
THURSDAY			
8:00 am (70 min)	Tai Chi	Marlon	Yoga Studio
9:00 am	Aqua Fitness	Carole	Outdoor Pool
10:30 am	Zumba Gold	Gaby	Grp Ex Studio
11:00 am (70 min)	Gentle Yoga	Stella	Yoga Studio
12:20 pm (70 min)	Back Care Yoga	Stella	Yoga Studio
1:30 pm	Mindful Movement	Debi	Grp Ex Studio
5:15 pm (70 min)	Slow Flow Yoga	Debi	Yoga Studio
FRIDAY			
9:00 am	Aqua Fitness	Dina	Outdoor Pool
12 :10 am	Gentle Yoga	Lila **NEW!**	Yoga Studio
1:00 pm	S.I.T.- Seated Training	Group Ex Team	Grp Ex Studio
SATURDAY			
8:25 am	Aqua Fitness	Dina	Outdoor Pool
SUNDAY			
9:30 am (70 min)	Yoga	Carol A	Virtual

Classes available to Center for Healthy Longevity Pass Members. CHL)

Special Classes:
Israeli Folk Dance ($)
Sunday, November 1 & 15
3:00-5:30 pm Group Exercise Studio

• For more information with Group Exercise classes, Pilates classes, or private sessions, please contact Michele Mandell at mmandell@pjcc.org.