Group Fitness Schedule

January 2019

Studio A (Group Fitness Studio)

Sunday

Strong
8:00-9:00am
Amy

Zumba®
9:15-10:15am
Amy

JCC Sprints
10:30-11:30am
Chris

Monday

Spinning®
6:00-7:00am
Else

Spin & Core
8:00-9:00am
Cesar

HIIT
9:00-10:00am
Hila

Zumba®
10:00-11:00am
Judy

Healthy Hearts
11:00am-12:00pm
Else
Studio A*
*(new location)

Body Conditioning
11:00am-12:00pm
Bill M. NEW
Basketball Court

Spinning®
5:30-6:30pm
Paris

SCULPT
6:40-7:40pm
Marcia

Tuesday

Sculpt
6:00-7:00am
Luciana

Cardio Sculpt
8:30-9:30am
Luciana

Zumba®
9:45-10:45am
Rosie

FIT
(Forever in Training)
11:00am-12:00pm
Else

Spin XP
12:15-12:45pm
Joe

Roll & Release
12:45-1:15pm
Joe

On the Ball
4:15-5:15pm
Marcia

Zumba®
5:30-6:30pm
Amy

Spinning®
6:30-7:30pm
Jennifer

Wednesday

Spinning®
6:00-7:00am
Keni

Cardio Kick XP
8:30-9:00am
Luciana

SCULPT
9:00-10:00am
Luciana

Zumba Basics ®
10:15-11:15am
Dora

Healthy Hearts NEW
11:15am-12:15pm
Else

Spinning ®
12:15-1:00pm
Marcia

Spinning®
5:30-6:30pm
Joe

Cardio Dance
6:45-7:45pm
Kia

Thursday

Cardio Sculpt
6:00-7:00am
Luciana

BARBELL X
8:30-9:30am
Michele M.

STRONG
9:30-10:30am
Joanna

FIT
(Forever in Training)
11:00am-12:00pm
Else

Spin XP
12:15-12:45pm
Joe

Roll & Release
12:45-1:15pm
Joe

20/20/20
4:15-5:15pm
Marcia

JCC Sprints
5:30-6:30pm
Frankie

Spinning®
6:30-7:30pm
Jennifer

Friday

Cardio Kick XP
8:00-8:45am
Alissa

SCULPT
8:45-9:45am
Judy G.

Zumba®
10:00-11:00am
Joanna

Healthy Hearts
11:00am-12:00pm
Herb/Rachel
Studio A*
*(new location)

Zumba®
5:30-6:30pm
Paris

Saturday

Spinning®
8:00-9:00am
Keni

PUREcore
9:00-10:00am
Keni

ZUMBA®
10:00-11:00am
Marcia/Teresa

HIIT
11:00am-12:00pm
Teresa/Hila

Wellbeing Walk

A monthly walk from the JCC to Los Gatos Creek for meditation and reflection.

When 1st Wednesday of the month
Time 11:00am-12:00 noon
Where Meet in Main Lobby
Instructor Rabbi Hugh Seid-Valencia

Studio B (Mind-Body Studio)

Sunday

Vigorous Vinyasa
9:15-10:30am
Courtney

Monday

Classical Pilates Mat
8:00-8:50am
Juliet

Iyengar Yoga
9:00-10:00am
Karina

Pilates Fundamentals
10:15-11:00am
Juliet

Chair Yoga
10:30-11:30am
Linda
Adult Lounge

Cardio Barre
11:00am-12:00pm
Jenn

Gentle/ Restorative Yoga
4:00-5:15pm
Shelly

Power Pilates
5:30-6:30pm
Charise

Hatha Yoga
6:45-8:00pm
Laura

Tuesday

Yoga is Therapy
7:30-8:45am
Linda

Flow & Align Yoga
9:00-10:25am
Karina

Barre Express
11:15am-12:00pm
Jenn

Gentle/ Restorative Yoga
4:30-5:45pm
Beverly

Flow & Hold® Yoga
6:00-7:15pm
Courtney

Yoga Nidra
7:20-7:45pm
Courtney

Wednesday

Pilates Mat
8:00-9:00am
Keni

Yoga Fundamentals
9:15-10:30am
Sara F.

Mobility, Core & Balance
10:45-11:45am
Rich

Pilates & Posture
12:00-1:00pm
Sandy

Tai Chi
4:30-5:30pm
Ellen

Vinyasa Flow
5:45-7:00pm
Marcela

Candlelight Stretch
8:00-9:00pm
Kia

Thursday

Mobility, Core & Balance
7:15-8:15am
Rich

Cardio Barre
8:30-9:30am
Alissa

Flow & Hold® Yoga
9:45-11:00am
Marcela

Chair Yoga
10:30-11:30am
Janine
Adult Lounge

Gentle Yoga
4:30-5:45pm
Sara F.

Gentle Vinyasa
6:00-7:15pm
Jill

Friday

Yoga for Athletes
6:00-7:00am
Luciana

Classical Pilates Mat
8:00-8:50am
Juliet

Iyengar Yoga
9:00-10:00am
Karina

Gentle Yoga
10:15-11:15am
Shelly

Power Hour Yoga
11:30am-12:30pm
Marcela

Basic Tai Chi
12:30-1:30pm
Pearl

Candlelight Stretch
6:00-7:00pm
Rich

Saturday

Classical Pilates Mat
8:00-8:50am
Juliet

Cardio Barre
9:00-10:00am
Alissa/Jenn

Hatha Yoga
10:45am-12:00pm
Laura

$	Fee-based class Call 408.357.7419 for a reservation
XP	Express

Pool (Water Fitness)

Sunday

Aqua Fit
11:00am-12:00pm
Marla

Monday

Masters Swim
6:00-7:00am

Aqua Fit
9:00-10:00am
Else

Tuesday

Masters Swim
6:00-7:00am

Aqua Fit
9:00-10:00am
Marlene

Aqua Yoga
11:00am-12:00pm
Camella

Wednesday

Masters Swim
6:00-7:00am

Aqua Tabata
11:00am-12:00pm
Lori

Aqua Fit
6:15-7:15pm
Deb H.

Thursday

Masters Swim
6:00-7:00am

Aqua Running & Resistance
9:00-10:00am
Lori

Aqua Tabata
6:15-7:15pm
Amy

Friday

Masters Swim
6:00-7:00am

Aqua Fit
9:00-10:00am
Marlene

Aqua Fitness
11:00am-12:00pm
Lori

Saturday

Aqua Bootcamp
9:00-10:00am
Deb H.

Water Fitness Class Etiquette

- Only equipment recommended by the instructor is allowed during the water fitness class.
- Please shower before entering the pool.

Fitness B (TRX & Small Group Training)*

Sunday

Monday

TRX $
9:15-10:00am
Cesar

TRX $
6:00-6:45pm
Madeleine

Tuesday

TRX $
6:15-7:00am
Herb

Kettlebell Body Charger $
6:00-6:45pm
Chris

Wednesday

TRX $
6:00-6:45pm
Frankie

Thursday

TRX $
6:15-7:00am
Herb

Cardio Tennis $
10:30-11:30am
Mary
Tennis Courts

Friday

Saturday

Small Group Boot Camp $
10:00-10:45am
Chris

*Fitness B is located on the first floor of the JCC, near the locker rooms.

Check the website apjcc.org/group for holiday group fitness schedule