

### Studio A (Group Fitness Studio)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strong 8:00-9:00am Amy	Spinning® 6:00-7:00am Else	Sculpt 6:00-7:00am Luciana	Spinning® 6:00-7:00am Keni	Cardio Sculpt 6:00-7:00am Luciana	Cardio Kick XP 8:00-8:45am Alissa	Spinning® 8:00-9:00am Keni
Zumba® 9:15-10:15am Amy	Spin & Core 8:00-9:00am Cesar	Cardio Sculpt 8:30-9:30am Luciana	Cardio Kick XP 8:30-9:00am Luciana	BARBELL X 8:30-9:30am Michele M.	SCULPT 8:45-9:45am Judy G.	PUREcore 9:00-10:00am Keni
JCC Sprints 10:30-11:30am Chris	HIIT 9:00-10:00am Hila	Zumba® 9:45-10:45am Rosie	SCULPT 9:00-10:00am Luciana	STRONG 9:45-10:30am Joanna	Zumba® 10:00-11:00am Joanna	ZUMBA® 10:00-11:00am Marcia/Teresa
	Zumba® 10:00-11:00am Judy	FIT (Forever in Training) 11:00am-12:00pm Else	Zumba Basics ® 10:15-11:15am Dora	FIT (Forever in Training) 11:00am-12:00pm Else	Healthy Hearts 11:00am-12:00pm Herb/Rachel Studio A* *new location)	HIIT 11:00am-12:00pm Teresa/Hila
	Healthy Hearts 11:00am-12:00pm Else Studio A* *new location)	Spin XP 12:15-12:45pm Joe	Healthy Hearts <b>NEW</b> 11:15am-12:15pm Else	Spin XP 12:15-12:45pm Joe	Zumba® 5:30-6:30pm Paris	
	Body Conditioning 11:00am-12:00pm Bill M. <b>NEW</b> Basketball Court	Roll & Release 12:45-1:15pm Joe	Spinning® 12:15-1:00pm Marcia	Roll & Release 12:45-1:15pm Joe		
	Spinning® 5:30-6:30pm Paris	On the Ball 4:15-5:15pm Marcia	Spinning® 5:30-6:30pm Joe	20/20/20 4:15-5:15pm Marcia		
	SCULPT 6:40-7:40pm Marcia	Zumba® 5:30-6:30pm Amy	Cardio Dance 6:45-7:45pm Kia	JCC Sprints 5:30-6:30pm Frankie		
		Spinning® 6:30-7:30pm Jennifer		Spinning® 6:30-7:30pm Jennifer		

**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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vigorous Vinyasa 9:15-10:30am Courtney	Classical Pilates Mat 8:00-8:50am Juliet	Yoga is Therapy 7:30-8:45am Linda	Pilates Mat 8:00-9:00am Keni	Mobility, Core & Balance 7:15-8:15am Rich	Yoga for Athletes 6:00-7:00am Luciana	Classical Pilates Mat 8:00-8:50am Juliet
	Iyengar Yoga 9:00-10:00am Karina	Flow & Align Yoga 9:00-10:25am Karina	Yoga Fundamentals 9:15-10:30am Sara F.	Cardio Barre 8:30-9:30am Alissa	Classical Pilates Mat 8:00-8:50am Juliet	Cardio Barre 9:00-10:00am Alissa/Jenn
	Pilates Fundamentals 10:15-11:00am Juliet	Barre Express 11:15am-12:00pm Jenn	Mobility, Core & Balance 10:45-11:45am Rich	Flow & Hold® Yoga 9:45-11:00am Marcela	Iyengar Yoga 9:00-10:00am Karina	Hatha Yoga 10:45am-12:00pm Laura
	Chair Yoga 10:30-11:30am Linda Adult Lounge	Gentle/ Restorative Yoga 4:30-5:45pm Beverly	Pilates & Posture 12:00-1:00pm Sandy	Chair Yoga 10:30-11:30am Janine Adult Lounge	Gentle Yoga 10:15-11:15am Shelly	
	Cardio Barre 11:00am-12:00pm Jenn	Flow & Hold® Yoga 6:00-7:15pm Courtney	Tai Chi 4:30-5:30pm Ellen	Gentle Yoga 4:30-5:45pm Sara F.	Power Hour Yoga 11:30am-12:30pm Marcela	
	Gentle/ Restorative Yoga 4:00-5:15pm Shelly	Yoga Nidra 7:20-7:45pm Courtney	Vinyasa Flow 5:45-7:00pm Marcela	Vinyasa Flow 6:00-7:15pm Jill	Basic Tai Chi 12:30-1:30pm Pearl	
	Power Pilates 5:30-6:30pm Charise		Candlelight Stretch 8:00-9:00pm Kia		Candlelight Stretch 6:00-7:00pm Rich	
	Hatha Yoga 6:45-8:00pm Laura					

**\$** Fee-based class  
Call 408.357.7419  
for a reservation

**XP** Express

### Pool (Water Fitness)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Fit 11:00am-12:00pm Marla	Masters Swim 6:00-7:00am	Masters Swim 6:00-7:00am	Masters Swim 6:00-7:00am	Masters Swim 6:00-7:00am	Masters Swim 6:00-7:00am	Aqua Bootcamp 9:00-10:00am Deb H.
	Aqua Fit 9:00-10:00am Else	Aqua Fit 9:00-10:00am Marlene	Aqua Tabata 11:00am-12:00pm Lori	Aqua Running & Resistance 9:00-10:00am Lori	Aqua Fit 9:00-10:00am Marlene	
		Aqua Yoga 11:00am-12:00pm Camella	Aqua Fit 6:15-7:15pm Deb H.	Aqua Tabata 6:15-7:15pm Amy	Aqua Fitness 11:00am-12:00pm Lori	

### Fitness B (TRX & Small Group Training)\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	TRX \$ 9:15-10:00am Cesar	TRX \$ 6:15-7:00am Herb	TRX \$ 6:00-6:45pm Frankie	TRX \$ 6:15-7:00am Herb		Small Group Boot Camp \$ 10:00-10:45am Chris
	TRX \$ 6:00-6:45pm Madeleine	Kettlebell Body Charger \$ 6:00-6:45pm Chris		Cardio Tennis \$ 10:30-11:30am Mary Tennis Courts		

Check the website  
[apjcc.org/group](http://apjcc.org/group)  
 for holiday  
 group fitness  
 schedule

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