Group Fitness Schedule

September 2019

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	**SHiNE™** 8:00-9:00am Holly	**Spinning®** 8:00-8:55am 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	**SCULPT** (New Day) 9:00-10:00am Judy	**Body Conditioning** (New Class) 9:00-10:00am Jessica	**PUREcore** 9:00-9:55am Keni
JCC Sprints 10:30-11:30am Chris	**HIIT** 9:00-10:00am Teresa	**Zumba®** 9:45-10:45am Judy	**SCULPT** 9:00-10:00am Luciana	**Zumba®** (New Day) 10:00-11:00am Joanna	**Dance Alive** (New Class) 10:00-11:00am Jessica	**ZUMBA®** 10:00-11:00am Marcia/Teresa
	Zumba® 10:00-11:00am Judy	**FIT** (Forever in Training) 11:00am-12:00pm Else	**Zumba Basics®** 10:10-11:10am Dora	**FIT** (Forever in Training) 11:00am-12:00pm Else	**Mobility, Core & Balance** 11:15am-12:15pm Rich	**HIIT** 11:00am-12:00pm Teresa/Chris
	Healthy Hearts 11:00am-12:00pm Else	**Spin XP** 12:15-12:45pm Else	**Healthy Hearts** 11:15am-12:15pm Else	**Spin XP** 12:15-12:45pm Else	**STRONG** (New Day & Time) 12:15-1:15pm Joanna	
	Body Shred 12:15-1:00pm Bill M.	**Roll & Release** 12:45-1:30pm Else	**Spinning ®** 12:15-1:00pm Marcia	**Roll & Release** 12:45-1:30pm Else		
		On the Ball 4:15-5:15pm Marcia		**20/20/20** 4:15-5:15pm Marcia		
	Spinning® 5:30-6:30pm Paris	**Zumba®** 5:30-6:30 pm Amy	**Spinning®** 5:30-6:30pm Else	**JCC Sprints** 5:30-6:30pm Chris	**Zumba®** 5:30-6:30pm Paris	
	SCULPT 6:40-7:40pm Marcia	**Spinning®** 6:30-7:30pm Jennifer	**Cardio Dance** 6:45-7:45pm Kia	**Spinning®** 6:30-7:30pm Jennifer		

Studio B (Mind-Body Studio)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vigorous Vinyasa 9:15-10:30am Courtney	**Classical Pilates Mat** (New Time) 7:45-8:45am Juliet	**Yoga is Therapy** 7:30-8:45am Linda	**Pilates Mat** 8:00-9:00am Keni	**Mobility, Core & Balance** (New Time) 7:00-8:00am Rich	**Yoga for Athletes** 6:00-7:00am Luciana	**Classical Pilates Mat** 8:00-8:55am Juliet
	Iyengar-Based 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** 8:00-8:55am Juliet	**Cardio Barre** 9:00-10:00am Alissa/Jenn
	Pilates Fundamentals (New Time) 10:15-11:15am Juliet	**Qi Gong** (New Class) 10:30-11:15am Lisa	**Mobility, Core & Balance** 10:45-11:45am Rich	**Breathe & Flow Yoga** (New Time) 10:00-11:15am Marcela	**Iyengar-Based Yoga** 9:00-10:00am Karina	
	Cardio Barre (New Time) 11:15am-12:15pm Jenn	**Power Barre Express** (New Time) 11:30am-12:15pm Jenn	**Pilates & Posture** 12:00-1:00pm Sandy		**Gentle Yoga** 10:15-11:15am Shawn	**Hatha Yoga** 10:45am-12:00pm Laura
	Gentle Vinyasa 4:00-5:00pm Lori	**Gentle/ Restorative Yoga** 4:30-5:45pm Courtney	**Tai Chi** 4:30-5:30pm Ellen	**Gentle Yoga** 4:30-5:45pm Sara F.	**Power Hour Yoga** 11:15am-12:15pm Marcela	
	Barre Beats® (New Class) 5:30-6:30pm Charise		**Dynamic Flow** 5:45-7:00pm Marcela	**Yoga Sculpt** (New Class) 6:00-7:00pm Jessica		
	Hatha Yoga 6:45-8:00pm Laura	**Flow & Hold® Yoga** 6:00-7:15pm Courtney	**Candlelight Stretch** 8:00-9:00pm Kia	**Yoga Flow** (New Class) 7:00-8:00pm Jessica	**Candlelight Stretch** 6:00-7:00pm Rich	

Pool (Water Fitness)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 Fit 9:00-10:00am Else	**Aqua Fit** 9:00-10:00am Marlene		**Aqua Fit** 9:00-10:00am Lori	**Aqua Fit** 9:00-10:00am Marlene	**Aqua Bootcamp** 9:00-10:00am Deb H.
Aqua Fit 11:00am-12:00pm Marla		**Aqua Yoga** 11:00am-12:00pm Camella	**Aqua Tabata** 11:00am-12:00pm Lori		**Aqua Fit** (New Class) 11:00am-12:00pm Deb C	
		Aqua Fit (New Class) 6:15-7:15pm Madeleine	**Aqua Fit** 6:15-7:15pm Deb H.	**Aqua Tabata** 6:15-7:15pm Amy		

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)*

Fitness B is located on the 1st floor of the JCC, near the locker rooms.
$ **Fee-based class** *Call 408.357.7419 for a reservation* *XP* **Express**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	TRX $ 9:15-10:00am Cesar	**TRX $** 6:15-7:00am Herb	**TRX $** 9:00-9:45am Bill	**TRX $** 6:15-7:00am Herb	**TRX $** 9:00-9:45am Bill	**TRX $** 9:00-9:45am Jack
	TRX $ 6:00-6:45pm Madeleine	**TRX 20/20/20 $** 6:00-7:00pm Chris	**TRX $** 6:00-6:45pm Frankie			**TRX Boot Camp $** 10:00-11:00am Chris

Adult Lounge

Monday	Thursday
Chair Yoga 10:30-11:30am Linda	**Chair Yoga** 10:30-11:30am Linda

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

Group Fitness Class Guidelines
- Classes are complimentary for Full Center Members ages 13 & up, unless otherwise indicated.
- First timers, please arrive 5 min early to get acquainted.
- Entry to any class is prohibited after first 10 minutes.
- Please keep conversations to a minimum during class.
- If you must leave early, please inform the instructor and leave as quietly as possible.
- Please silence your phone before class begins.
- Shoes are required in Studio A.