

Monthly Sample Schedule

Morning

OSHMAN FAMILY JCC
GOLDMAN
SPORTS & WELLNESS
COMPLEX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Vinyasa 6:00-6:55 AM Emily Yoga Studio	UPDATE Pilates + Barre Fusion 6:00-6:55 AM Ting Yoga Studio	Vinyasa 6:00-6:55 AM Laura Yoga Studio	Hatha Flow 6:00-6:55 AM Preethi Yoga Studio	Vinyasa 6:00-6:55 AM John Yoga Studio	Vinyasa: Level 2 (75 min) 7:45-9:00 AM Vince Yoga Studio	BODYCOMBAT™ (45 min) 8:00-8:45 AM Anita Main Studio
Cycling 6:00-6:55 AM Darlene Cycle Studio	UPDATE Cycling 6:00-6:55 AM Abby Cycle Studio	Cycling 6:00-6:55 AM Lisa Cycle Studio	Cycling 6:00-6:55 AM Bruce Cycle Studio	NEW Cycling 6:00-6:55 AM Abby Cycle Studio	Aqua Interval 8:15-9:10 AM Victoria Outdoor Pool	Cycling 8:00-8:55 AM Bruce Cycle Studio
Total Body Conditioning 6:00-6:55 AM Carlene Main Studio	Core Blast (30min) 7:00-7:25 AM Carlene Main Studio	Total Body Conditioning 6:00-6:55 AM Carlene Main Studio	Core Blast (30min) 7:00-7:25 AM Bruce Main Studio	Hatha Yoga (75 min) 7:00-8:15 AM John Yoga Studio	BODYPUMP™ 8:15-9:10 AM Allan Main Studio	Power Pilates + Yoga 9:00-9:55 AM Terri Yoga Studio
Total Body Conditioning 7:00-7:55 AM Carlene Main Studio	Barre Sculpt (45 min) 7:30-8:15 AM Carlene Main Studio	BODYPUMP™ 7:00-8:00 AM Janet Main Studio	Barre Sculpt (45 min) 7:30-8:15 AM Carlene Main Studio	BollyX™ 7:30-8:25 AM Deepti Main Studio	Cycling 8:20-9:15 AM Tara T. Cycle Studio	ZUMBA® 9:00-9:55 AM Deepti Main Studio
Chair Yoga (A) 8:15-9:10 AM Lily Yoga Studio	Vinyasa: Level 1 8:15-9:10 AM Vince Yoga Studio	Hatha Flow 7:30-8:25 AM Anfisa Yoga Studio	Vinyasa: Level 1 8:15-9:10 AM Vince Yoga Studio	Cycling 8:15-9:10 AM Angela Cycle Studio	Vinyasa (75 min) 9:05-10:20 AM Vince Yoga Studio	Cycling UPDATE 9:05-10:00 AM Ahmet/Justin Cycle Studio
Aqua Fitness (A) 8:30-9:25 AM Carlene Outdoor Pool	Aqua Interval 8:30-9:25 AM Carlene Outdoor Pool	Aqua Stretch (A) 8:30-9:25 AM Carlene Indoor Pool	Aqua Fitness 8:30-9:25 AM Parke Indoor Pool	NEW Aqua Stretch 8:30-9:25 AM Parke Indoor Pool	Vitamin(D)ance® 9:15-10:20 AM Rowe Gym	BODYPUMP™ 10:00-10:55 AM Janet Main Studio
Barre Sculpt 8:30-9:25 AM Erica Main Studio	AGSALA! 8:30-9:25 AM Cyrus Main Studio	Cycle 45 (45 min) 8:30-9:15 AM Galit Cycle Studio	Cardio Kickboxing 8:30-9:25 AM Eversley Main Studio	Yoga Sculpt 8:30-9:25 AM Jen Yoga Studio	Cycling 9:30-10:25 AM Allan Cycle Studio	Hatha Flow (75 min) 10:15-11:30 AM Gloria T. Yoga Studio
Cycle 45 (45 min) 8:30-9:15 AM Galit Cycle Studio	Vinyasa: Level 2 (75 min) 9:15-10:30 AM Jen Yoga Studio	Gentle Yoga (A) 8:30-9:25 AM Lily Yoga Studio	Vinyasa: Level 2 (75 min) 9:15-10:30 AM Jen Yoga Studio	ZUMBA® 8:30-9:25 AM Tennishia Gym	Interval F.I.T. 9:30-10:25 AM Lloyd Main Studio	Feldenkrais (A) (75min) 11:40 AM-12:55 PM Brad Yoga Studio
Hatha: Level 2 (75 min) 9:15-10:30 AM Gloria B. Yoga Studio	Cycling 9:30-10:25 AM Pinar Cycle Studio	ZUMBA® 8:30-9:25 AM Tennishia Main Studio	Cycling 9:30-10:25 AM Ginny Cycle Studio	BARRE Sculpt UPDATE 8:30-9:25 AM STAFF Main Studio	ZUMBA® 10:30-11:25 AM Kristine Gym	
BODYPUMP™ 9:30-10:25 AM Pam Main Studio	Body Blast (30min) 9:40-10:10 AM Carlene Main Studio	BODYPUMP™ 9:30-10:25 AM Erica Main Studio	Step Interval 9:30-10:25 AM Eversley Main Studio	Step Interval UPDATE 9:30-10:25 AM STAFF Main Studio	Core & Glute Attack 10:30-10:55 AM Lloyd Main Studio	
Cycling 9:30-10:25 AM Angela Cycle Studio	Barre Sculpt UPDATE 10:15-10:55 AM (40min) STAFF Main Studio	Cycling UPDATE 9:30-10:25 AM Gabrielle Cycle Studio	Aqua Interval 9:45-10:40 AM Carlene Outdoor Pool	Cycling UPDATE 9:30-10:25 AM Bruce Cycle Studio	Mat Pilates 10:30-11:25 AM Nicole Yoga Studio	
ZUMBA® 9:30-10:25 AM Asya Gym	Pilates + Props 10:40-11:35 AM Karen Yoga Studio	Qigong 9:30-10:25 AM Gloria T. Field	Core Blast (30min) 10:30-10:55 AM Eversley Main Studio	Barre 9:30-10:25 AM Jun Yoga Studio	Nia Fitness (A) 11:30-12:25 AM Nancy M. Yoga Studio	
Hatha 10:40-11:35 AM Nicole Yoga Studio	Stretch + Move (45 min) 11:00-11:45 AM Galit Main Studio	Vinyasa: Level 2 (75 min) 9:40-10:55 AM Vince Yoga Studio	Pilates + Props 10:40-11:35 AM Karen Yoga Studio	ZUMBA® 9:45-10:35 AM Asya Gym	BODYPUMP™ NEW 11:00-12:00 PM Aliza Main Studio	
ZUMBA® Gold 10:40-11:35 AM Asya Main Studio		Nia Fitness (A) 10:40-11:35 AM Nancy H. Main Studio	Stretch + Move (45 min) 11:00-11:45 AM Galit Main Studio	Core Blast UPDATE 10:30-10:55 AM (30min) STAFF Main Studio		
		Cycle + Krank (A) (45 min) 10:45-11:30 AM Galit Cycle Studio	Nia Fitness 11:45 AM - 12:40 PM Nancy M. Yoga Studio	Gentle Yoga (A) 10:40-11:35 AM Lily Yoga Studio		
		Aqua Fitness 11:00-11:55 AM Carlene Outdoor Pool		Cycle & Krank 10:45-11:30 AM Galit Cycle Studio		
				ZUMBA® Gold 11:00-11:55 AM Asya Main Studio		

SCHEDULE KEY

- UPDATE** Change of time or instructor
- NEW** New class on the schedule
- (A)** All levels. Lite/gentle classes for participants returning to fitness or with limited mobility.
- (\$)** Additional Fee. Registration Required
- **** "Staff". Visit the OFJCC Website or Mobile App for daily updates.

Monthly Sample Schedule

Afternoon & Evening

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP™ 12:00-12:55 PM Lloyd Main Studio	Interval F.I.T. UPDATE 12:00-12:55 PM Gabrielle Main Studio	Gentle Yoga (75 min) 11:15AM -12:30 PM Camella Yoga Studio	Interval F.I.T. (45 min) 12:00-12:45 PM Yue Main Studio	BODYPUMP™ 12:00-12:55 PM Brenda Main Studio	Qigong 3:00-3:55 PM Gloria T. Main Studio	Pop Pilates™ 3:00-3:55 PM Wendy Main Studio
Vinyasa: Level 1 12:00-12:55 PM Gloria B. Yoga Studio	Vinyasa: Level 2 12:00-12:55 PM Gloria B. Yoga Studio	BODYPUMP™ 12:00-12:55 PM Brenda Main Studio	Feldenkrais (A) 1:00-1:55 PM Brad Yoga Studio	Mat Pilates 12:00-12:55 PM Jun Yoga Studio	Vinyasa (75 min) 4:00-5:15 PM Gloria T. Yoga Studio	Hatha 4:00-4:55 PM Kendra Yoga Studio
Feldenkrais (A) (75 min) 2:00-3:15 PM Brad Yoga Studio	Qigong 1:00-1:55 PM Anya Main Studio	Cycle 45 12:15-1:00 PM Ginny Cycle Studio	Qigong 1:00-1:55 PM Gloria T. Main Studio	Hatha (75 min) 2:00-3:15 PM Rachel Yoga Studio		ZUMBA® 4:00-4:55 PM Kristine Main Studio
FIT-4- Kids (Grades K-5) 4:00-4:45 PM Alejandra Main Studio	Iyengar Yoga (A) (75min) 2:00-3:15 PM Betty Yoga Studio	Hatha 12:45-1:40 PM Camella Yoga Studio	Iyengar Yoga (A) (75 min) 2:00-3:15 PM Betty Yoga Studio	Bliss Yoga + Meditation 4:00-5:30PM (90 min) Jiin Yoga Studio		Restorative Yoga (90min) 5:00-6:30 PM Kendra Yoga Studio
Mat Pilates 4:30-5:25 PM Melody Yoga Studio	Youth Yoga (Grades K-5) 4:00- 4:55 PM Rachel Yoga Studio	NIA/Stanford Health 1:15-2:15 PM Nancy M. Main Studio	Gentle Yoga (75min) 4:30- 5:45 PM Rachel Yoga Studio	Drench 5:30-6:25 PM Fi Main Studio		
Cycle 45 (45min) 5:00-5:45 PM Brenda Cycle Studio	20/20/20 4:15-5:10 PM Shar Main Studio	Feldenkrais (A) (75 min) 2:00-3:15 PM Brad Yoga Studio	BODYCOMBAT UPDATE 4:15-5:10 PM Ting Main Studio	Foam Rolling (30 min) 6:30-7:00 PM Fi Main Studio		
Strength + Stretch 5:15-6:10 PM Asya Main Studio	Pilates + Props 5:00-5:55 PM Karen Yoga Studio	FIT-4- Kids (Grades K-5) 4:00-4:45 PM Alejandra Main Studio	STRONG By Zumba® 5:15- 6:10 PM Asya Main Studio			
Yin Yoga (75 min) 5:45-6:55 PM Jiin Yoga Studio	BODYCOMBAT® 5:15-6:10 PM Wendy Main Studio	Yin Yoga 4:30-5:25 PM Charina Yoga Studio	Cycling 5:20-6:15 PM Allan Cycle Studio			
ZUMBA® 6:15-7:10 PM Tennishia Main Studio	Cycling 5:20-6:15 PM Kendra Cycle Studio	Dance Fit 5:15 -6:10 PM Shar Main Studio	Vinyasa (75 min) 6:00-7:15 PM Anfisa Yoga Studio			
Cycle45 6:00-6:55 PM Ahmet Cycle Studio	Vinyasa (75 min) 6:00-7:15 PM Anfisa Yoga Studio	Mat Pilates 5:30-6:25 PM Karen Yoga Studio	Vitamin (D)ance® 6:15-7:10 PM Rowe Main Studio			
Deep Water Fitness 7:00-7:55 PM Victoria Outdoor Pool	ZUMBA® 6:15-7:10 PM Rowe Main Studio	Rhythm & Ride 6:00-6:55 PM David Cycle Studio	Cycling UPDATE 6:30-7:25 PM Audrey Cycle Studio			
Power Yoga (75 min) 7:00-8:15 PM Mia Yoga Studio	Cycling 6:30-7:25 PM Kelly Cycle Studio	Cardio Kickboxing 6:15-7:10 PM Fi Main Studio	Strength + Stretch 7:15-8:10 PM Fi Main Studio			
BODYPUMP™ 7:15-8:10 PM Janet Main Studio	20/20/20 7:15-8:10 PM Fi Main Studio	Deep Water Fitness 7:00-7:55 PM Larre Outdoor Pool	Mat Pilates 7:30-8:25 PM Melody Yoga Studio			
	Mat Pilates 7:30-8:25 PM Melody Yoga Studio	Vinyasa Yoga (75 min) 7:00-8:15 PM Jiin Yoga Studio	Goju Ryu Karate \$ 8:15-9:30 PM Des T. Main Studio			
	Goju Ryu Karate \$ 8:15-9:30 PM Des T. Main Studio	BODYPUMP™ 7:15-8:10 PM Lisa Main Studio				

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