

# Group Exercise December

## Morning Schedule

OSHMAN FAMILY JCC  
**GOLDMAN**  
SPORTS & WELLNESS  
COMPLEX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycling</b> 6:00-6:55 AM Darlene Cycle Studio	<b>Cycling</b> 6:00-6:55 AM Bruce Cycle Studio	<b>Cycling</b> 6:00-6:55 AM Lisa Cycle Studio	<b>Cycling</b> 6:00-6:55 AM Bruce /Ginny Cycle Studio	<b>Cycling</b> 6:00-6:55 AM Bruce Cycle Studio	<b>Vinyasa: Level 2 (75 min)</b> 7:45-9:00 AM Vince Yoga Studio	<b>Cycling</b> 8:00-8:55 AM Bruce B. Cycle Studio
<b>Total Body Conditioning</b> 6:00-6:55 AM Carlene Main Studio	<b>Pilates + Barre Fusion</b> 6:00-6:55 AM Jun Yoga Studio	<b>Total Body Conditioning</b> 6:00-6:55 AM Carlene Main Studio	<b>Hatha Flow</b> 6:00-6:55 AM Preethi Yoga Studio	<b>BODYPUMP™</b> 6:00-6:55 AM Lloyd Main Studio	<b>BODYPUMP™</b> 8:15-9:10 AM Allan Main Studio	<b>ZUMBA®</b> 9:00-9:55 AM Deepti Main Studio
<b>Vinyasa</b> 6:00-6:55 AM Charina Yoga Studio	<b>Core Blast (30m)</b> 7:00-7:25 AM Bruce Main Studio	<b>Vinyasa</b> 6:00-6:55 AM Laura Yoga Studio	<b>Core Blast (30m)</b> 7:00-7:25 AM Bruce/Ginny Main Studio	<b>Vinyasa</b> 6:00-6:55 AM Vince Yoga Studio	<b>Aqua Interval</b> 8:15-9:10 AM Victoria/Elaine Out.Pool	<b>Power Pilates + Yoga</b> 9:00-9:55 AM Terri Yoga Studio
<b>Total Body Conditioning</b> 7:00-7:55 AM Carlene Main Studio	<b>Barre Sculpt</b> 7:30-8:15 AM (45 min) Carlene Main Studio	<b>BODYPUMP™</b> 7:00-8:00 AM Janet Main Studio	<b>Vinyasa: Level 1</b> 8:15-9:10 AM Vince Yoga Studio	<b>Hatha Yoga</b> 7:00-8:15 AM John Yoga Studio	<b>Cycling</b> 8:20-9:15 AM Tara Cycle Studio	<b>Cycling</b> 9:05-10:00 AM Justin Cycle Studio
<b>Chair Yoga (A)</b> 8:15-9:10 AM Lily Yoga Studio	<b>Vinyasa: Level 1</b> 8:15-9:10 AM Vince Yoga Studio	<b>Hatha Flow</b> 7:30-8:25 AM Anfisa Yoga Studio	<b>Cardio Kickboxing</b> 8:30-9:25 AM Eversley Main Studio	<b>Cycling</b> 8:15-9:10 AM Angela Cycle Studio	<b>Vinyasa (75 min)</b> 9:05-10:20 AM Vince Yoga Studio	<b>BODYPUMP™</b> 10:00-10:55 AM Janet Main Studio
<b>Barre Sculpt</b> 8:30-9:25 AM Erica Main Studio	<b>AGSALA!</b> 8:30-9:25 AM Cyrus Main Studio	<b>ZUMBA®</b> 8:30-9:25 AM Tennishia Main Studio	<b>Aqua ZUMBA®</b> 8:30-9:25 AM Carlene Indoor Pool	<b>ZUMBA®</b> 8:30-9:25 AM Tennishia Gym	<b>Vitamin(D)ance + Stretch</b> 9:15-10:20 AM Rowe Gym	<b>Hatha Flow 75 min</b> 10:15-11:30 AM Gloria T. Yoga Studio
<b>Aqua Fitness (A)</b> 8:30-9:25 AM Carlene Indoor Pool	<b>Aqua Interval</b> 8:30-9:25 AM Carlene Indoor Pool	<b>Aqua Stretch (A)</b> 8:30-9:25 AM Carlene Indoor Pool	<b>Vinyasa: Level 2 (75 min)</b> 9:15-10:30 AM Jen Yoga Studio	<b>Aqua Fitness (A)</b> 8:30-9:25 AM Kendra Indoor Pool	<b>Cycling</b> 9:30-10:25 AM Allan R. Cycle Studio	<b>Feldenkrais (A) (75min)</b> 11:40 AM-12:55 PM Brad Yoga Studio
<b>Cycle 45 (45 min)</b> 8:30-9:15 AM Galit Cycle Studio	<b>Vinyasa: Level 2 (75 min)</b> 9:15-10:30 AM Jen Yoga Studio	<b>Cycle 45 (45 min)</b> 8:30-9:15 AM Galit Cycle Studio	<b>Cycling</b> 9:30-10:25 AM Ginny Cycle Studio	<b>Yoga Sculpt</b> 8:30-9:25 AM Adrienne Yoga Studio	<b>Interval F.I.T.</b> 9:30-10:25 AM Lloyd Main Studio	
<b>Hatha: Level 2 (75 min)</b> 9:15-10:30 AM Gloria B. Yoga Studio	<b>Cycling</b> 9:30-10:25 AM Pinar Cycle Studio	<b>Gentle Yoga (A)</b> 8:30-9:25 AM Lily Yoga Studio	<b>Step Interval</b> 9:30-10:25 AM Eversley Main Studio	<b>BARRE Sculpt</b> 8:30-9:25 AM Yue Main Studio	<b>Core &amp; Glute Attack</b> 10:30-10:55 AM Lloyd Main Studio	
<b>ZUMBA®</b> 9:30-10:25 AM Asya Gym	<b>Body Blast (30min)</b> 9:40-10:10 AM Carlene Main Studio	<b>Cycling</b> 9:30-10:25 AM Justin Cycle Studio	<b>Aqua Interval</b> 9:45-10:40 AM Carlene Indoor Pool	<b>Cycling   Gear Up</b> 9:30-10:25 AM Judy Cycle Studio	<b>Mat Pilates</b> 10:30-11:25 AM Nicole Yoga Studio	
<b>Cycling</b> 9:30-10:25 AM Angela Cycle Studio	<b>Barre Sculpt (40min)</b> 10:15-10:55 AM Yue Main Studio	<b>BODYPUMP™</b> 9:30-10:25 AM Erica Main Studio	<b>Core Blast (30m)</b> 10:30-10:55 AM Eversley Main Studio	<b>Floor Barre</b> 9:30-10:25 AM Melody Yoga Studio	<b>ZUMBA®</b> 10:30-11:25 AM Kristine Gym	
<b>BODYPUMP™</b> 9:30-10:25 AM Pam Main Studio	<b>Pilates + Props</b> 10:40-11:35 AM Karen Yoga Studio	<b>Vinyasa: Level 2 (75 min)</b> 9:40-10:55 AM Vince Yoga Studio	<b>Pilates + Props</b> 10:40-11:35 AM Karen Yoga Studio	<b>Step Interval</b> 9:30-10:25 AM Yue Main Studio		
<b>Hatha</b> 10:40-11:35 AM Nicole Yoga Studio	<b>Stretch + Move (45 min)</b> 11:00-11:45 AM Galit Main Studio	<b>Nia Fitness (A)</b> 10:40-11:35 AM Nancy Main Studio	<b>Stretch + Move (45 min)</b> 11:00-11:45 AM Galit Main Studio	<b>ZUMBA®</b> 9:45-10:35 AM Asya Gym		
<b>Light &amp; Easy (A)</b> 10:40-11:35 AM Tennishia Main Studio		<b>Cycle + Krank (A) (45 min)</b> 10:45-11:30 AM Galit Cycle Studio	<b>Nia Fitness</b> 11:45 AM - 12:40 PM Nancy M. Yoga Studio	<b>Core Blast (30min)</b> 10:30-10:55 AM Yue Main Studio		
		<b>Aqua Interval</b> 11:00-11:55 AM Carlene Outdoor Pool		<b>Gentle Yoga (A)</b> 10:40-11:35 AM Lily Yoga Studio		
		<b>Gentle Yoga (75 min)</b> 11:15AM -12:30 PM Camella Yoga Studio		<b>Cycle &amp; Krank</b> 10:45 -11:30 AM Galit Cycle Studio		
				<b>ZUMBA® Gold</b> 11:00 -11:55 AM Asya Main Studio		

**Schedule Resources...**

**Web Site:**  
<https://paloaltojcc.org/app>

**Weekly Newsletter**  
Sign-up to receive weekly updates.  
**email:** [groupex@paloaltojcc.org](mailto:groupex@paloaltojcc.org)

**December Updates...**

<b>NEW TIME</b> Tuesday,	<b>1:30 PM</b>	Qigong	Gloria
<b>UPDATE</b> Friday,	<b>4:00 PM</b>	Bliss Yoga	Jiin



Oshman Family JCC  
3921 Fabian Way, Palo Alto, CA 94303  
(650) 223-8700 | [info@paloaltojcc.org](mailto:info@paloaltojcc.org)



# Group Exercise December

## Afternoon & Evening Schedule

OSHMAN FAMILY JCC  
**GOLDMAN**  
SPORTS & WELLNESS  
COMPLEX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODYPUMP™</b> 12:00-12:55 PM Lloyd Main Studio	<b>Interval F.I.T.</b> 12:00-12:45 PM (45 min) Yue Main Studio	<b>BODYPUMP™</b> 12:00-12:55 PM Allan Main Studio	<b>Interval F.I.T.</b> 12:00-12:45 PM (45 min) Yue Main Studio	<b>BODYPUMP™</b> 12:00-12:55 PM STAFF Main Studio	<b>Vinyasa (75 min)</b> 4:00-5:15 PM Gloria T. Yoga Studio	<b>ZUMBA®</b> 4:00-4:55 PM Kristine Main Studio
<b>Vinyasa: Level 1</b> 12:00-12:55 PM Gloria B. Yoga Studio	<b>Vinyasa: Level 2</b> 12:00-12:55 PM Gloria B. Yoga Studio	<b>Cycle 45</b> 12:15-1:00 PM Ginny Cycle Studio	<b>Feldenkrais (A)</b> 1:00-1:55 PM Brad Yoga Studio	<b>Mat Pilates</b> 12:00-12:55 PM Nicole Yoga Studio		<b>Hatha</b> 4:00-4:55 PM Kendra Yoga Studio
<b>Feldenkrais (A) (75 min)</b> 2:00-3:15 PM Brad Yoga Studio	<b>QiGong NEW TIME</b> 1:30-2:25 PM Gloria T. Main Studio	<b>Hatha</b> 12:45-1:40 PM Camella Yoga Studio	<b>Iyengar Yoga (A) (75 min)</b> 2:00-3:15 PM Betty Yoga Studio	<b>Hatha (75 min)</b> 2:00-3:15 PM Rachel Yoga Studio		<b>Restorative Yoga (90 min)</b> 5:00-6:30 PM Kendra Yoga Studio
<b>FIT-4- Kids (Grades K-5)</b> 4:00-4:45 PM Alejandra Main Studio	<b>Iyengar Yoga (A) (75 min)</b> 2:00-3:15 PM Betty Yoga Studio	<b>NIA/Stanford Health</b> 1:15-2:15 PM Nancy M. Main Studio	<b>20/20/20</b> 4:15-5:10 PM Robert Main Studio	<b>Bliss Yoga + Meditation</b> 4:00-5:30PM (90 min) Jiin Yoga Studio		
<b>Mat Pilates</b> 4:30-5:25 PM Melody Yoga Studio	<b>Youth Yoga (Grades K-5)</b> 4:00- 4:55 PM Rachel Yoga Studio	<b>Feldenkrais (A) (75 min)</b> 2:00-3:15 PM Brad Yoga Studio	<b>Gentle Yoga (75min)</b> 4:30- 5:45 PM Rachel Yoga Studio	<b>Drench</b> 5:30-6:25 PM Fi Main Studio		
<b>Cycle 45 (45min)</b> 5:00-5:45 PM STAFF Cycle Studio	<b>20/20/20</b> 4:15-5:10 PM Shar Main Studio	<b>FIT-4- Kids (Grades K-5)</b> 4:00-4:45 PM Alejandra Main Studio	<b>Strong By Zumba®</b> 5:15- 6:10 PM Asya Main Studio	<b>Foam Rolling (30 min)</b> 6:30-7:00 PM Fi Main Studio		
<b>Strength + Stretch</b> 5:15-6:10 PM Asya Main Studio	<b>Pilates + Props</b> 5:00-5:55 PM Karen Yoga Studio	<b>Cycle 45</b> 4:30-5:15 PM Carlene Cycle Studio	<b>Cycling</b> 5:20-6:15 PM Allan R. Cycle Studio			
<b>Yin Yoga (75 min)</b> 5:45-6:55 PM Jiin Yoga Studio	<b>Nia Fitness</b> 5:15-6:10 PM Nancy M. Main Studio	<b>Yin Yoga</b> 4:30-5:25 PM Charina Yoga Studio	<b>Vinyasa (75 min)</b> 6:00-7:15 PM Anfisa Yoga Studio			
<b>Cycle45</b> 6:00-6:55 PM Angela Cycle Studio	<b>Cycling</b> 5:20-6:15 PM Kendra Cycle Studio	<b>ZUMBA®</b> 5:15 -6:10 PM Shar Main Studio	<b>Vitamin (D)ance</b> 6:15-7:10 PM Rowe Main Studio			
<b>ZUMBA®</b> 6:15-7:10 PM Tennishia Main Studio	<b>Vinyasa (75 min)</b> 6:00-7:15 PM Anfisa Yoga Studio	<b>Mat Pilates</b> 5:30-6:25 PM Karen Yoga Studio	<b>Cycling</b> 6:30-7:25 PM Audrey Cycle Studio			
<b>Power Yoga (75 min)</b> 7:00-8:15 PM Mia Yoga Studio	<b>ZUMBA®</b> 6:15-7:10 PM Rowe Main Studio	<b>Cycling</b> 6:00-6:55 PM Bruce Cycle Studio	<b>Strength + Stretch</b> 7:15-8:10 PM Fi Main Studio			
<b>Deep Water Fitness</b> 7:00-7:55 PM Victoria Outdoor Pool	<b>Cycling</b> 6:30-7:25 PM Kelly Cycle Studio	<b>Cardio Kickboxing</b> 6:15-7:10 PM Fi Main Studio	<b>Mat Pilates</b> 7:30-8:25 PM Melody Yoga Studio			
<b>BODYPUMP™</b> 7:15-8:10 PM Janet Main Studio	<b>20/20/20</b> 7:15-8:10 PM Fi Main Studio	<b>Vinyasa Yoga (75 min)</b> 7:00-8:15 PM Jiin Yoga Studio	<b>Goju Ryu Karate \$</b> 8:15-9:30 PM Des T. Main Studio			
	<b>Mat Pilates</b> 7:30-8:25 PM Melody Yoga Studio	<b>Deep Water Fitness</b> 7:00-7:55 PM Larre Outdoor Pool				
	<b>Goju Ryu Karate \$</b> 8:15-9:30 PM Des T. Main Studio	<b>BODYPUMP™</b> 7:15-8:10 PM STAFF Main Studio				

### December:

#### Group Fitness Classes on the Field November 7 - December 20 (7 weeks)

- Wed. 9:30 - 10:30 AM **Qigong** w/Gloria Tan
- Thurs. 9:30 - 10:30 AM **Zumba** w/Tennishia

**\*Weather Permitting- Class canceled if raining**

**Candlelight Yin & Restorative Workshop with Charina**  
Saturday, December 8 5:30 - 7:30 PM | Yoga Studio  
\$45 Members, \$55 Public

#### Zumba Fitness with 4 Instructors!

Sat. Dec. 15 9:30 AM - 10:30 AM | Gymnasium  
Joy Smith (B1 Trainer), Tennishia, Rowe, & Kristine

#### Special Holiday Schedules:

See Separate Schedules

Saturday, December 22 - Wednesday, December 26  
Saturday, December 29 - Tuesday, January 1

### CLASS GUIDELINES

- **Welcome.** Instructors are available for class information, equipment safety or modifications to suit you.
- **Studio Etiquette...**
  - \* Be on time. *If arriving after the first 10 minutes of class, defer to Instructor for admittance.*
  - \* Stay for the full class. *Both the warm-up and cool-down are important components of Group Fitness classes.*
  - \* Conversations. *Talking creates distractions (in a group fitness studio). Keep conversations to a minimum during class.*
- **Capacity Classes.** Studios have capacity limits (i.e. Cycling, Yoga, Pilates). Observe signs; do not enter if at capacity.
- **Youth.** Youth 10-12 may attend with parent, classes that are non-equipment based. (i.e. Yoga, Zumba, Pilates).
- **Cellular equipment,** set to "silent". Take calls to Lobby.

### 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



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(650) 223-8700 | info@paloaltojcc.org

