

# WE YOU

JCCSF

## IT'S MEMBER APPRECIATION MONTH

### FITNESS & WELLNESS CLASSES

**MASQUERADE ZUMBA®**  
WITH MARICELA ALVAREZ & MARICELA SAAVEDRA  
Sun, Mar 1, Noon - 12:50 pm

**STRONGER TOGETHER -  
SLOW FLOW YOGA FOR CORE**  
WITH NOEL LI-CHASSÉ  
Wed, Mar 4, 5:00 - 6:20 pm

**DANCE 101**  
WITH ROMINA TIBERIA  
Sat, Mar 7, 12:30 - 1:30 pm

**STEP CARDIO**  
WITH COURTNEY BENNETT  
Wed, Mar 11, Noon - 12:50 pm

**LET'S DANCE SALSA**  
WITH ANDRES NUÑEZ & ROMINA TIBERIA  
Sat, Mar 14, 12:30 - 1:30 pm

**ZUMBA BIRTHDAY BASH**  
WITH MARICELA ALVAREZ  
Sun, Mar 15, Noon - 1:00 pm

**HEADSTAND INVERSIONS WORKSHOP**  
WITH WARREN LANGE  
Sun, Mar 15, 3:00 - 4:30 pm

**MARCH MELTNESS**  
WITH RADHA LORCA  
Tue, Mar 17, 1:30 - 2:30 pm

**APPRECIATE YOU YOGA**  
WITH MICHELLE WING  
Wed, Mar 18, 5:15 - 6:15 pm

**SELF-CARE YOGA &  
RESTORATIVE PRACTICE**  
WITH WENDY TAYLOR  
Sun, Mar 22, 4:00 - 6:00 pm

**GENTLE STRETCH & SOUND BATH**  
WITH CECILE THAI  
Mon, Mar 23, 2:00 - 3:30 pm

**BRACE YOURSELF: CORE STRENGTH**  
WITH PERSONAL TRAINER CHAISE ROBERTS  
Thu, Mar 26, 4:30 - 5:20 pm

### FITNESS & WELLNESS CONT.

**CHOREOBARRE**  
WITH ROMINA TIBERIA  
Sat, Mar 28, 12:30 - 1:20 pm

**POUND® FITNESS**  
WITH MARICELA ALVAREZ  
Sun, Mar 29, 1:00 - 1:45 pm

**UNWINDING & RESTORATIVE YOGA**  
WITH NOEL LI-CHASSÉ  
Sun, Mar 29, 4:00 - 6:00 pm

### DISCOVER PILATES

**INTRO TO PILATES REFORMER**  
WITH LISA LACASSE  
Mon, Mar 2, 4:30 - 5:25 pm

**REFORMER DEMOS**  
WITH KARI MCKELVEY  
Tue, Mar 3 & 10, 11:30 am - 12:25 pm  
WITH SABRINA SCHOLTEN  
Thu, Mar 5 & 19, 4:30 - 5:25 pm

**PILATES FOR A STRONGER LOWER BACK**  
WITH JOHN FERGUSON  
Wed, Mar 11, 1:00 - 1:50 pm

**PILATES FOR ROTATIONAL SPORTS**  
WITH LISA LACASSE  
Wed, Mar 18, 5:30 - 6:20 pm

### SPECIAL COMMUNITY EVENTS

**MORNING MINGLE**  
Thu, Mar 19, 9:00 - 11:00 am

**"NO SHOWER" HAPPY HOUR**  
Wed, Mar 25, 6:00 - 8:00 pm

**K-POP DEMON HUNTERS DANCE PARTY**  
WITH PABLO MASANGCAY  
Sat, Mar 28, 12:30 - 1:45 pm

**FREE FOR MEMBERS // REGISTER AT [JCCSF.ORG](https://jccsf.org) OR VIA THE APP**