

GROUP FITNESS STUDIO

MARCH SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Strength & Sweat Geoffrey W. (45m)	Total Strength Lee S. (45m)	Strength & Sweat Geoffrey W. (45m)				
9:00 am	Body Fit Satish P.	HIIT Circuit Precious M.	Body Fit Satish P.	HIIT Circuit MJ P E.	Body Fit Satish P.	Zumba Basics Maricela A.	
10:00 am	Bollyburn Satish P.	Ageless Adult Fitness Sharon L.	Bollyburn Satish P.	Zumba Pablo M.	Ageless Adult Fitness Geoffrey W.		Body Fit Jordan B.
10:15 am						ChoreoDance Intermediate Romina T.	
11:00 am	Zumba Pablo M.	Advanced TRX Suspension Jennifer K.	Ageless Adult Fitness Judy S.	Advanced TRX Suspension Jennifer K.	Zumba Pablo M.		Hard Core & Glutes Pablo M.
11:30 am						Zumba Maricela A.	
12:00 pm	Total Strength Lee S. (45m)	Tread & Shred Satish P. (45m)		Interval Training Jennifer K.	HIIT Circuit Precious M.		Zumba Maricela A.
1:30 pm							
4:00 pm	Barre Bliss Fit Lilly K.	Total Strength Pablo M. (45m)	Barre Bliss Fit Lilly K.		Total Strength Lee S. (45m)		Na Lei Hula Rehearsals
5:00 pm		Urban Fit Charles C.	Hip Hop Pablo M.	Urban Fit Charles C.	Zumba Pablo M.		
5:15 pm	Strength & Sweat 45 Courtney B.						
6:00 pm	Zumba Maricela S.	Zumba Maricela A.	Boxing Bootcamp Gabriel S.	Zumba Pablo M.	Core Fit Pablo M. (25m)		
6:30 pm					Uppercut Gabriel S.		
7:00 pm	ChoreoDance Intermediate Romina T.	Tread & Shred Satish P. (45m)	Tabata Training Precious M.	Strength & Sweat Geoffrey W. (45m)			

Ready to work out? Please register via our mobile app or online for all our in-person group fitness classes or come to the Fitness Floor Desk for help with registration.

Schedules and instructors are subject to change.

Updated 3/1/2026

GROUP FITNESS STUDIO CLASS DESCRIPTIONS

BARE BLISS FITNESS: This class blends ballet-inspired exercises with high-rep, low-impact strength training for toned arms, legs and core.

BODY FIT: Develop strength and endurance. Exercise with dumbbells, resistance tubes, BOSU® equipment, stability balls and your own body weight.

BOLLYBURN: Spice up your exercise routine with this high-intensity dance-based cardio workout, set to an irresistible Bollywood beat. Led by master instructor Satish Panchal, creator of the Bollyburn workout, the class is appropriate for all ages and fitness levels.

BOXING BOOTCAMP: Boxing engages your entire body and mind. Our trainers will guide you through diverse punch combinations over several rounds, boosting your cardiovascular fitness, muscle strength, reflexes, and mental focus. Experience enhancements in both physical and mental prowess.

CARDIO GLUTE BLASTER: Get ready for a cardio resistance-band lower body workout that builds stronger glutes and legs. This is a 25-minute express workout with a focus strictly on lower body strength.

CHOREODANCE INTERMEDIATE: Join the fun in this high-energy, total-body dance workout. Boost your mind-body awareness and coordination with original choreography by Bay Area choreographer Romina Tiberia. Enjoy creative movement paired with heartfelt, familiar tunes and original sounds for an experience that's as uplifting as it is energizing.

CORE: Increase strength, definition, endurance and alignment using your own body weight, props and a cardio workout in 30 minutes of high energy nonstop action.

HARD CORE: Get ready to work your core. Exercises are designed to target the muscles from your shoulders to hips. It's worth the burn; you'll improve your performance, help prevent back pain and strengthen your core.

HARD CORE & GLUTES: A class dedicated to toning your abs and glutes with targeted movements and cardio. Classes will focus on core strengthening exercises to build muscles, in addition, it'll also target your quads and hamstrings.

HIP HOP: Get moving in this high-energy, feel-good beginner class packed with rhythm, isolations, foundational steps, and basic footwork.

HIIT CIRCUIT: This high-energy full-body functional workout combines strength and conditioning exercises with balance, cardio, and mobility training. You'll get the benefits of a full range of motion to enhance muscle development, improve stability and increase your cardiorespiratory fitness.

OLDER ADULT FITNESS: Improve your health with a gentle workout that combines low-impact aerobics, dance, stretching and cool-down. Tone arms, legs and abdominals. Exercises are easily adapted to your fitness level and special needs.

STRENGTH & SWEAT: Reach peak performance with the ultimate combination of drills, functional exercises, core and strength training, and cardio with a focus on proper technique.

TOTAL STRENGTH: This no frills and all drills workout will turn your fitness routine upside down to upside right! Lee covers every element of a Group Fitness class program taking you from the studio floor to the stairs and the outdoors. It's full of surprises and it's fitness fun at its best.

TREAD & SHRED: Push your cardio with treadmill intervals that mix speed and incline, then step off to build strength with weights. A balanced, high energy workout that meets you where you are, perfect for all fitness levels.

TRX® SUPENSION TRAINING: Use gravity and your bodyweight to build more strength, flexibility, and balance.

UPPERCUT: This class packs a punch with boxing techniques and skills. Jab, hook, bob, weave, kick and punch through diverse combinations over several rounds, boosting your strength, reflexes, mental focus and cardiovascular fitness.

URBAN FIT: This high-energy class blends traditional calisthenics and bodyweight exercises with interval and strength training, all with a kickboxing/boxing vibe for a full-body workout.

ZUMBA®: Zumba, Spanish slang for "to move fast and have fun," is a dance exercise class that engages every muscle in your body. Learn choreographed dance sequences that incorporate moves from samba, salsa, reggaeton, bachata and belly dance.

Please keep in mind:

Visit jccsf.org or use our mobile app to register for classes and see schedule and instructor updates.

If a class is full, instructors have the right to turn participants away.

Be on time to ensure your spot in the class and avoid disrupting classes.

Do not enter the studio while class is in session. At the instructor's discretion, a five- to ten- minute grace period for late admittance may be allowed.

Closed-toe shoes are required.

CYCLING STUDIO

MARCH SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am		Jay G.		Jay G.			
8:30 am						Jay G. Andres N. Check App for Fitness Instructor Updates	
9:00 am		Cycling Tara W.		Cycling Tara W.			Jordan B.
10:00 am						Satish P.	
12:00 pm	Liz B.	Jordan B.	Liz B.	Jordan B.	Pablo M.		
5:00 pm					Power Ride Satish P.		
5:30 pm		Power Ride MJ E.	Jordan B.	Power Ride Aydin I.			
6:00 pm	Courtney B.						

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CYCLING STUDIO CLASS DESCRIPTIONS

CYCLING: (high intensity, all levels welcome) Feel motivated by the energy of this class as you burn calories and build endurance. Cycle through flatlands and over hills in a challenging 50-minute cardio workout.

INTERVAL RIDE: (high intensity, all levels welcome) In this high intensity 30-minute class, riders give max effort for short bouts followed by periods of recovery. Interval training maximizes cardiovascular training and boosts metabolism.

POWER RIDE: This performance-based ride benefits all cycling enthusiasts. It not only caters to your unique fitness level but also sets a plan in motion to gear you up and help you achieve your personal cycling fitness goals.

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Closed-toe shoes are required.

MIND-BODY STUDIO

MARCH SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45 am			Hatha Yoga Patricia J. (70m)				
8:00 am	Pilates Mat Elyse K.	Vinyasa Lori P.		Vinyasa Lori P.	Gentle Yoga Robin H.		
8:45 am							Q. A. P. Iyengar Sharon H.
9:00 am	Iyengar Janet M. (80m)	Pilates Mat Lori P.	Iyengar Magi Khoo (80m)	Pilates Mat Romina T.	Pilates Mat John F.	Pilates Mat Romina T.	Iyengar Sharon H. (60m)
10:00 am				Iyengar Janet M.	Pilates & Ropes Laura S.		
10:30 am			Pilates & Ropes Laura S.			Intermediate Vinyasa Emily D. (80m)	Prenatal Yoga Kari M. & Darya M. (80m)
11:00 am	Qi Gong Abbot Paul S.	Tai Chi John D. Jeanne A.		Tai Chi John D. Jeanne A.	Qi Gong Abbot Paul S.		
12:00 pm	Hatha Yoga Patricia J. (75m)	Gentle Flow & Restorative Yoga Wendy T.		Vinyasa Josh G.	Ropes & Stretch Valerie V.		
12:15 pm			Pilates Mat Romina T.				
12:30pm						Vinyasa Basics Emily D. (80m)	
1:00 pm				Core & Stretch Robin H.			
1:30 pm			Melt Method Radha L. NEW 3/4				
2:00 pm				Posture & Balance Fitness Virginia C.	Yoga Basics Warren L.		
4:00 pm	Vinyasa Basics Amy P.		Vinyasa Mixed Level Amy P.		Pilates Mat Precious M.		
5:00 pm	Yoga Sculpt Lily K.	Pilates Mat Elyse K.		Core & Strength Mitchell R.			
6:00 pm	Pilates Mat Romina T.						
6:30 pm		Hatha Flow Kimmy C. (75m)	Pilates Mat Jordan B.	Hatha Flow Kimmy C. (75m)			

Updated on 3/1/2026

MIND-BODY STUDIO CLASS DESCRIPTIONS

CORE & STRETCH: Combine breathing techniques, classical yoga and core awareness to strengthen your core, increase flexibility and improve balance.

GENTLE & RESTORATIVE YOGA: (all levels welcome) This class is the perfect balance of mindful yoga poses strung together in a slow, gentle flow and deeply restful, longer-held restorative poses to nourish the parasympathetic nervous system.

HATHA FLOW: (intermediate – advanced) Relax while you increase your energy through a physically yoga practice. A combination of Sanskrit terms ha (sun) and tha (moon), hatha means “forceful” and includes poses that help purify the body. Both the static and linked poses incorporate breathing and relaxation techniques. Not recommended for beginners.

NO-FLOOR CORE: Inspired by Posture Perfect, this standing and seated core class builds posture, balance, and functional strength. Great if you prefer to skip the floor, have wrist issues, or want a supportive option for osteoporosis.

IYENGAR: (all levels welcome) Gain flexibility and strength while becoming more attuned in mind, body and spirit. Inversions and long-held poses (not a flowing style) are particularly useful for achieving a meditative, state of being. Props are used to help you maintain perfect form. Based on the teachings of Sri B.K.S. Iyengar.

PILATES MAT: (beginning – intermediate) The perfect introduction to Pilates. Create lean, long muscles as you improve your flexibility, posture and skeletal alignment. Pilates mat work targets core muscles through exercises and stretches.

PILATES & ROPES: Build agility and strength of body and mind by incorporating ropes into your Pilates mat class. The ropes assist in focusing on specific parts of the body, refining the dynamics within a pose and going beyond habitual limits.

PRENATAL YOGA: (appropriate for any stage of pregnancy, partners welcome) Prepare your body for labor and join a fun, caring community. To help you embrace your body’s changes, prenatal yoga adapts to your needs each day of class.

Q. A. P. IYENGAR: Get your Iyengar curiosity satisfied with this 15 minute ask questions, get answers, and play everything Iyengar yoga. This is a great way to assist you with your Iyengar practice.

QI GONG: (all levels welcome) Reduce stress and increase stamina through movement and breath. Qi Gong pairs varied breathing patterns with changing physical postures.

ROPES & STRETCH: Originally used in the Iyengar-method of yoga, wall ropes offer a fun and safe way to stretch your muscles. This class will be exploratory in nature and taught in a workshop style.

T’AI CHI: (all levels welcome) Learn to achieve balance and calm. Increase your energy and improve overall health. Described as “meditation in motion,” T’ai Chi coordinates slow, graceful movements, breath and relaxation. Great for people of all ages.

VINYASA: (intermediate – advanced) Build stamina, strength and flexibility. Vinyasa means “breath-movement.” This style of yoga involves dynamic poses strung together in a continuous flow for a strength-building, cardiovascular yoga workout. Not recommended for beginners.

INTERMEDIATE VINYASA: A class for those who want to work up a sweat and go deeper into practice. Each week, a different area of the body is emphasized with sequences designed to peel away layers of stress and tension. This practice is ideal for students who have previous yoga experience.

YOGA BASICS: This is the perfect class for students who are either new or returning to the practice of yoga. The pace will be gentle as you learn the foundational yoga poses that will prepare you to advance to Vinyasa and Hatha Flow classes.

YOGA SCULPT: A full-body workout blending yoga flow with light weights, cardio bursts, and Pilates inspired moves for muscle toning, increasing stamina and strength.

Please keep in mind:

Visit jccsf.org or use our mobile app to register for classes and see schedule and instructor updates.

NO SHOES ALLOWED IN STUDIO. Please use shoe cubbies provided in waiting room.

If a class is full, instructors have the right to turn participants away.

Be on time to ensure your spot in the class and avoid disrupting classes.

Do not enter the studio while class is in session. At the instructor’s discretion, a five- to ten-minute grace period for late admittance may be allowed.

Please refrain from wearing unnecessary fragrance. We are a scent-free environment.

Practice the art of n’kiyut (cleanliness) when putting away props and equipment.

Do not bring your cell phones to class or use them in the Mind-Body Studio lobby.

AQUA FITNESS

MARCH SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 am	Aqua Fit (Lap) Leah N.		Aqua Fit 30/30 Aqua Fit (Lap & Rec) Irene H.				
9:00 am	Deep Water Aqua Fit (Lap) Susan S.		Deep Water Aqua Fit (Lap) Susan S.		Deep Water Aqua Fit (Lap) Susan S.		
10:00 am	Shallow Water Aqua Fit (Lap) Susan S.		Shallow Water Aqua Fit (Lap) Susan S.		Shallow Water Aqua Fit (Lap) Susan S.		
12:00 pm		Shallow Water Aqua Fit (Lap) Romina T.		Aqua Fit (Rec) Romina T.			

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Updated on 3/1/2026

AQUA FITNESS CLASS DESCRIPTIONS

AQUA FIT: Take your workout to the pool for this invigorating, non-impact class. Participants use water resistance to develop strength and cardiovascular endurance. This class is ideal for those who want a complete workout that is gentle on the body. This class is held in the shallow end of the lap pool, no swimming experience needed.

AQUA FIT 30/30: Experience a blend of core, cardio, full body work and stretching. This class spends the first 30 minutes in the deep water and then the last 30 minutes stretching in the warm water pool. Participants must be comfortable in deep water with minimal floatation assistance.

DEEP WATER AQUA FIT: This deep water exercise class is an excellent addition to any cross-training regime. A range of techniques are used to create an exciting and comprehensive workout. This class is held in the deep end of the lap pool, participants must be comfortable in deep water with minimal floatation assistance.

SHALLOW WATER: This shallow water exercise class is designed for those who want to work out yet may have limited or restricted movement. A variety of equipment and activities makes this a dynamic and thorough workout aimed at improving strength, balance and flexibility. No swimming experience needed. This class is held in the shallow end of the lap pool, no swimming experience needed.

WARM WATER MOVEMENT: Shaping up in warm, weight supporting water helps those with limited mobility, balance impairment or other physical restrictions. Participants are encouraged to work at their own pace toward their own personal goals. Ability to swim is not required, but participants should be able to stand and walk in water at least waist deep on their own. This class is held in the recreation pool.

Please keep in mind:

Visit jccsf.org or use our mobile app to register for classes and see schedule and instructor updates.

Showering is required before entering the pools or the hot tub.

If a class is full, instructors have the right to turn participants away.

Be on time to ensure your spot in the class and avoid disrupting classes.

Do not enter the pool while class is in session. At the instructor's discretion, a five- to ten-minute grace period for late admittance may be allowed.

Food, drink and/or glass are not allowed in the pool area at any time (water in non-breakable containers is allowed).

PILATES REFORMER CLASSES IN MARCH!



MONDAY

9:00 – 9:55 AM: LEVEL 3 WITH VIRGINIA C.
 10:15 – 11:10 AM: LEVEL 1/2 WITH JOHN F.
 5:30 – 6:25 PM: MIXED LEVEL (1/2) WITH LISA L.

TUESDAY

10:15 – 11:10 AM: LEVEL 1 WITH KARI M.
 5:45 – 6:40 PM: FOUNDATIONS WITH KARI M.

WEDNESDAY

10:15 – 11:10 AM: FOUNDATIONS WITH JOHN F.
 6:30 – 7:25 PM: MIXED LEVEL WITH LISA L.

THURSDAY

10:15 – 11:10 AM: LEVEL 2/3 WITH JOHN F.
 NOON – 12:55 PM: LEVEL 3 WITH VIRGINIA C.

FRIDAY

7:00 – 7:55 AM: MIXED LEVEL WITH LISA L.
 9:00 – 9:55 AM: LEVEL 2 WITH LISA L.
 10:15 – 11:20 AM: FOUNDATIONS WITH JOHN F.

SATURDAY

9:00 – 9:55 AM: LEVEL 2/3 WITH JOHN F.
 10:15 – 11:10 AM: LEVEL 1 WITH JOHN F.
 11:30 AM – 12:25 PM: LEVEL 3 WITH JOHN F.

SUNDAY

9:00 – 9:55 AM: MIXED LEVEL REFORMER WITH LISA L.
 10:15 – 11:10 AM: LEVEL 1 WITH LISA L.
 11:30 AM – 12:25 PM: LEVEL 1/2 WITH LISA L.

READY TO WORK OUT?

Simply visit jccsf.org to complete our **Training Intake form** (you'll only need to do it once), schedule your **Pilates Orientation** and to **purchase** your training package. Now you'll be ready to register for class via our mobile app or online.

Space is limited to **5 participants**. Classes must be **canceled or changed 24 hours** before the start time to avoid being charged in full. Same-day class changes are considered late cancellations.

Pricing

Single class: Members \$40 | Public \$60
 4-class pass: \$140 | Public \$230
 8-class pass: \$280 | Public \$440

Questions?

Visit jccsf.org, stop by the fitness floor desk or email fitness@jccsf.org for more information.

Updated on 3/1/2026

PILATES REFORMER CLASS DESCRIPTIONS

FOUNDATIONS: This class is perfect for beginners and those new to Reformer workouts. Focusing on core strength, alignment and mindful movement, this class provides a tailored, slow-paced and less strenuous experience suitable for all.

LEVEL 1: Ease into the choreography and principles of Pilates, learning to engage your core and control your movements.

LEVEL 1 OSTEO-FRIENDLY: Ideal for both beginners and experienced active-agers, this class emphasizes proper form and technique at a slower pace while maintaining intensity. Great for building a strong foundation or revisiting Pilates fundamentals.

LEVEL 2: Build on your Pilates foundation with more complex movements, greater strength, more dynamic core control, and faster cueing.

LEVEL 2/3: This class is perfect for Level 2 practitioners who are ready to take the next step towards Level 3. We'll guide you through a solid Level 2 practice, with carefully chosen Level 3 exercises introduced at just the right moments. It's a fun and supportive way to challenge yourself and advance your Pilates practice.

LEVEL 3: Kick it up a notch in this challenging, fast-paced class designed to test balance, strength and control on the reformer. It's a total body workout that pushes your limits in an exhilarating way. Requires prior instructor approval for first-timers.

MIXED LEVEL REFORMER: (Level 1/2) Ideal for both beginners and experienced active-agers, this class emphasizes proper form and technique at a slower pace while maintaining intensity. Great for building a strong foundation or revisiting Pilates fundamentals. Pilates orientation required.

Please keep in mind:

Completion of our Training Intake Form and Pilates Orientation are required to register for all classes.

All participants (except those enrolled in the Foundations class) *must* have prior experience on the Reformer.

New to Pilates? JCCSF Fitness Center members can take advantage of their 50-minute Pilates demo prior to registering for a group class.

Participants must also be cleared by the instructor or studio manager to be in a particular class.

Plan to arrive 10 minutes early to check in at the Pilates studio.

Please wear non-slip or grip socks on the Pilates Reformer, they provide extra traction to keep you safe and help maintain a clean space.

Due to safety concerns, no one will be allowed to enter a class after the 10-minute warm up. A late arrival is considered a late cancellation and the participant will be charged in full.

Classes must be canceled or changed 24 hours before the start time to avoid being charged in full. Changing to another class on the same day is also considered a late cancellation.

Space is limited to 5 participants.