

ZEN Studio

SEPTEMBER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 a.m.	Balance, Core & Stretch Anna	Simply Stretch Sherri	Pilates 101 Daniel	Balance, Core & Stretch Jacqueline	Simply Stretch Sara B		Barre Fusion Andrea (9am)
10:30 a.m.	Vinyasa Flow Yoga Anna	Pilates Core & Strength Tracy	Iyengar-style Yoga Mindy	Waist Up Sherri	Fusion Yoga Kyra	Simply Stretch Cody	Vinyasa Flow Yoga Sara U
12:00 noon	Pilates Mat Tracy	Vinyasa Flow Yoga Sara U	Pilates Mat Tracy	Simply Stretch Sara B	Pilates Core & Strength Tracy		Gentle Yoga Sara U
4:00 p.m.					Shabbat Yoga Sarah S (1 st Friday of every month only)	Scan to View Classes  *(Register on the app!)	

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 • DawnL@jccabq.org

Reserve your spot in class up to 48 hours in advance using the JCC app. Please note that you must be in class when it starts. Tardiness may result in the loss of your reserved spot if a waitlist is in place.

All classes located in the Zen Studio inside the Brody Annex building
Please bring your own mat