

Virtual Classes on J@Home



EVELYN RUBENSTEIN JCC
HOUSTON

Effective September 8. Schedule is subject to change during this time period.

User name and password is required to access. * indicates class registration is required.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Schedule					
Morning Octane 7:00 - 7:45 AM Sarah	Group Strength 9:00 - 9:45 AM Dena	Strength Circuit 6:00 - 6:45 AM Sarah	Morning Octane 6:00 - 6:45 AM Robin	Reformer on the Mat 6:00 - 6:45 AM Unique	Core Plus 9:00 - 9:45 AM Milton
Reformer on the Mat 10:00 - 10:45 AM Unique	Hatha Yoga 60+ * 10:30 - 11:30 AM Gudrun	Contemporary Pilates 10:00 - 10:45 AM Traci	Stay Young Thru Fitness 12:00 - 12:30 PM Blair	Optimal Movement Training 7:00 - 7:45 AM Sarah	Gentle Pilates 11:00 - 11:45 AM Traci
	Stay Young Thru Fitness 12:00 - 12:30 PM Blair	Gentle Pilates 12:00 - 12:45 PM Unique		Cardio Power 9:00 - 9:45 AM Dena	Stay Young Thru Fitness 12:00 - 12:30 PM Angela
		Stretch It Out 3:00 - 3:30 PM Dena		Hatha Yoga 60+ * 10:30 - 11:30 AM Gudrun	
		Vinyasa Flow 4:00 - 4:45 PM Madeleine		Vitality Yoga 12:00 - 12:45 PM Millette	

Class Descriptions

Morning Octane

High intensity, calorie burning, total body workout combining plyometrics and strength movements.

Reformer on the Mat

Full body workout that tones, lengthens and strengthens

Group Strength

A strength class that uses weights, medicine balls and steps for a complete workout!

Stay Young Through Fitness 60+

Formatted for 60+ adults. This total body cardio and strength workout can be done from a chair

Strength Circuit

Circuit-style, full body workout for Strength and Power

Contemporary Pilates

A mid-level mat class that focuses on strengthening abdominals, back, core, hip and pelvic floor muscles

Gentle Pilates

Low impact gentle style, mat Pilates

Stretch It Out

Perfect way to recover from all those virtual workouts while gaining overall flexibility.

Vinyasa Flow Yoga

Combination of movements and breathing to enhance strength, endurance and flexibility

Optimal Movement Training

Mobility and conditioning class designed to increase range of motion and improve movement efficiency.

Cardio Power

Body-weight workout combining increased heart rate, toning and strength

Vitality Yoga

Traditional Hatha Yoga with an increase of intensity and pace