

WE YOU

IT'S MEMBER APPRECIATION MONTH

FUN PRIZES ALL MONTH LONG – ASK OUR STAFF HOW TO ENTER

TRAINER-LED WORKSHOPS

CHANNELING YOUR INNER ATHLETE WITH PILATES

WITH LISA LACASSE

Sundays, Mar 2 – 30, 9:00 – 9:50 am

Boost strength, mobility and performance – on and off the field. Max 5 people.

PILATES REFORMER DEMOS

WITH KARI MCKELVEY

Mondays, Mar 3 & 17, 4:00 – 4:50 pm

Discover the benefits of Pilates workouts. Max 5 people.

PILATES FOR A STRONGER BACK

WITH KARI MCKELVEY

Thursdays, Mar 13 & 27, 4:00 – 4:50 pm

Strengthen and support your spine with targeted Pilates Reformer exercises. Max 5 people.

DEADLIFT WORKSHOP

WITH JASON WOOD

Tue, Thu & Sat, Mar 18, 20 & 22, 2:00 – 3:15 pm

Master proper form, prevent injuries, and boost performance in this hands-on lifting session. Max 8 people.

SMART MOVES: NAVIGATING A BUSY GYM LIKE A PRO

WITH JENNIFER WHITE

Fri, Mar 21, 10:00 – 10:50 am

Master gym etiquette, adaptable exercises, and space-saving techniques for efficient workouts. Max 8 people.

SPECIAL EVENTS

MORNING MINGLE WITH COFFEE & BAGELS

Tue, Mar 11, 8:00 – 10:00 am

Enjoy coffee, bagels and good company in a casual morning get-together.

10-MINUTE CHAIR MASSAGES

Tue, Mar 18, 8:00 – 11:00 am

Wed, Mar 19, 4:00 – 7:00 pm

Sign up in person. First come, first served.

DANCE WITH US: GROOV3™

WITH BEN ALLEN

Sun, Mar 23, 10:00 am – Noon

Dance, sweat and groove to hip-hop-inspired choreography with a live DJ!

FITNESS & WELLNESS CLASSES

BACK, CHEST, BICEPS & TRICEPS

WITH MJ PAUL

Sat, Mar 8, 12:30 – 1:30 pm

Zero in on upper-body form and technique using group fitness staples like barbells, dumbbells, body weight and VIPRs for a fun informative session.

INTRO TO THE MELT METHOD

WITH RADHA LORCA

Sat, Mar 8, 2:00 – 3:00 pm

This gentle self-care technique enhances mobility, stability and performance, and is clinically proven to reduce chronic pain while restoring overall well-being. Max 10 people.

YOGA 101

WITH AMY PLEVIN

Sat, Mar 15, 2:00 – 3:00 pm

A great way to get started, this class covers foundational poses, proper alignment, and breathing techniques while answering your questions to help you feel confident and ready to flow.

ZUMBA® MASQUERADE

WITH MARICELA ALVAREZ

Sun, Mar 16, Noon – 12:50 pm

Wear a costume or a mask, or come as you are and be part of our Purim celebration.

AN EVENING OF MINDFULNESS, REST & RESTORATION

WITH WENDY TAYLOR

Sun, Mar 16, 4:30 – 6:00 pm

End your weekend on a peaceful note of mindfulness where you'll learn techniques to rest and restore. You'll leave feeling refreshed and ready for the week ahead.

MYOBILITY, STRETCH & RELEASE

WITH ELYSE KAYES

Sat, Mar 22, 12:30 – 1:20 pm

Experience myofascial release with Myobility Therapy Balls to relieve muscle tension, boost flexibility, and prevent injuries – like a deep-tissue massage, only better.

PILATES MAT 101

WITH IRINA NOSOVA

Sun, Mar 30, Noon – 1:00 pm

The perfect starting point to develop stability, flexibility and confidence on the mat.

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