

Sunday (5/17)

9:30am

JCCGB+ Zumbathon[®]

11am

Vinyasa Flow/Yin Yoga

with Constance (JCCGB Fitness FB Group)

Monday (5/18)

9am

Guided Meditation

with Patricia Howard (Zoom)

10am

Cardio Sculpt

with Jen (Zoom)

11am

Basic Tai Chi

with Paul & Rosalie (Zoom)

11:30am

Teaching Children About Masks

with Dr. Dana Albert-Proos (JCCGB FB page)

12:15pm

Mat Pilates

with Carol (Zoom)

7pm

Barre Fusion

with Lisa (JCCGB Fitness FB Group)

Tuesday (5/19)

9am

Guided Meditation

with Patricia Howard (Zoom)

9:30am

PJ Library Storytime

with Amy (JCCGB FB page)

10am

Forever Fit with Jill (Zoom)

11am

Flow Yoga

with Stephanie (JCCGB Fitness FB Group)

11:30am

Hebrew with Ayelet (JCCGB FB page)

12pm

Power Sculpt with Petra

(Zoom)

Wednesday (5/20)

9am

Guided Meditation

with Patricia Howard (Zoom)

9:30am

PJ Our Way[®] presents **Cooking**

with Sofia (JCCGB FB page)

10am

Mat Pilates with Yael

(JCCGB Fitness FB Group)

11am

Restorative Yoga

with Andree (JCCGB Fitness FB Group)

11:30am

Movement for Preschoolers: Flexibility

with Coach Rusty (JCCGB FB page)

12pm

POP-UP! Shake Your Soul[®]

with Leann (Zoom)

4pm

Meet the Author of *Biscuit*

7pm

Body Sculpt with Joan

(JCCGB Fitness FB Group)

Thursday (5/21)

9am

Guided Meditation

with Patricia Howard (Zoom)

9:30am

PJ Library Books & Beyond

with Dianna and Amy (JCCGB FB page)

10am

Zumba Gold[®] / **Balance & Strength**

with Ketty (Zoom)

11am

Flow Yoga

with Lauren (JCCGB Fitness FB Group)

11:30am

PJ Our Way presents **Crafting**

with Hannah and Lyla (JCCGB FB page)

12:15pm

POP-UP! POUND[®]

with Stephanie (Zoom)

7pm

Slow Flow/Restorative Yoga

with Leah (JCCGB Fitness FB Group)

Friday (5/22)

9am

Guided Meditation

with Patricia Howard (Zoom)

9:30am

PJ Library Virtual Shabbat

Concert with Josh from Jammin With You

(JCCGB FB page)

10am

Cardio Kick

with Kristen (JCCGB Fitness FB Group)

11am

Basic Tai Chi

with Paul & Rosalie (Zoom)

11am

PJ Library Shabbat Circle Time

with Sarah (Zoom)

12pm

Lunchtime Musings

with Mark Sokoll, President/CEO

(Mark Sokoll FB page)

12:15pm

Mat Pilates

with Lynne (Zoom)

Saturday (5/23)

9am

Guided Meditation

with Patricia Howard (Zoom)

10am

Strength for Gardeners

with Jeannie (JCCGB Fitness FB Group)

11am

Flow Yoga with Heidi

(JCCGB Fitness FB Group)

Explore more classes, events and virtual gatherings for families at bostonjcc.org/jccgbplusfamily.

All classes are conducted LIVE on Facebook/Zoom. Check out our Video Library to view classes on demand: bostonjcc.org/videolibrary.