

Sunday (5/24)

9am

Guided Meditation

with Patricia Howard (Zoom)

10am

Zumba®

with Yael (Zoom)

11am

Vinyasa Flow/Yin Yoga

with Constance (JCCGB Fitness FB Group)

Monday (5/25)

Closed in observance of Memorial Day

Tuesday (5/26)

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 Yana (JCCGB FB page)

12pm

Barre Fusion with Petra (Zoom)

Wednesday (5/27)

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

Gentle Yoga

with Dan (JCCGB Fitness FB Group)

11:30am

Making Banana Bread

with Shaney (JCCGB FB page)

12:15pm

POP-UP! Body Sculpt

with Rhea (Zoom)

4pm

It's a Pen-Pal Party: Creating Connections While Apart

7pm

Body Sculpt with Joan

(JCCGB Fitness FB Group)

Thursday (5/28)

9am

Guided Meditation

with Patricia Howard (Zoom)

10am

Zumba Gold® /Balance & Strength

with Ketty (Zoom)

11am

Flow Yoga

with Samantha (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 (5/29)

9am

Guided Meditation

with Patricia Howard (Zoom)

9:30am

PJ Library Virtual Shabbat

Concert with Vanessa Trien

(JCCGB FB page)

10am

15/15/15

with Kristen (JCCGB Fitness FB Group)

11am

Basic Tai Chi

with Paul & Rosalie (Zoom)

11am

PJ Library Shabbat Circle Time

with Sarah (Zoom)

11:30am

Helping Children Manage Worry and Stress

with Kendra (JCCGB FB page)

12pm

Lunchtime Musings

with Mark Sokoll, President/CEO
(Mark Sokoll FB page)

12:15pm

Mat Pilates

with Lynne (Zoom)

Saturday (5/30)

9am

Guided Meditation

with Patricia Howard (Zoom)

10am

Total Body AMRAP (As Many Reps As Possible)

with Linnea (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.



Looking for ways to motivate your family to get moving this Spring? Or looking for a fun activity to share virtually with grandparents, cousins and friends? Join us for the **Couch to J 5K**, a virtual 3.1 mile run/walk/jog!

Follow along with a detailed running program created and led by Linnea Laverty, a certified personal trainer and running coach at JCC Greater Boston.

Designed for the whole family, the Couch to J 5K is a great way to get the whole family together, challenge yourself and improve your fitness - and have fun while you're at it!

Register now!

bostonjcc.org/couch2j5k