



UPDATED  
classes in  
**YELLOW!**

## JCC of Louisville Group Fitness Schedule

AEROBICS STUDIO						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Yoga</b> 8:30 - 9:25 a.m. Stefanie		<b>Yoga</b> 8:30 - 9:25 a.m. Michelle		
<b>Cardio Challenge</b> 9:30 - 10:25 a.m. Mary	<b>Cardio Challenge</b> 9:30 - 10:25 a.m. Beth	<b>Muscle Blast</b> 9:30 - 10:25 a.m. Mary	<b>Cardio Challenge</b> 9:30 - 10:25 a.m. Susan	<b>Muscle Blast</b> 9:30 - 10:25 a.m. Lisa	<b>Cardio Challenge</b> 9:30 - 10:25 a.m. Mary	
<b>Muscle Blast</b> 10:30 - 11:25 a.m. Mary	<b>Cycle/Sculpt~</b> Noon - 1 p.m. Beth	<b>Fit and Firm</b> 10:30 - 11:25 a.m. Lisa	<b>Yoga Flow</b> 10:30 - 11:25 a.m. Michelle	<b>Fit and Firm</b> 10:30 - 11:25 a.m. Lisa	<b>P.Y.S.B.</b> 10:30 - 11:25 a.m. Mary	<b>Your Own HIIT</b> 10:30 - 11:30 a.m. Ginny
<b>Yoga</b> Noon - 12:55 p.m. Stefanie						
<b>Yoga</b> 2:30 - 3:25 p.m. Michelle	<b>Tabata Basic</b> 5:30 - 6 p.m. Beth	<b>Kids Yoga Fitness</b> 5:00 - 5:30 p.m. Michelle	<b>Arms &amp; Abs</b> 5:30 - 6 p.m. Natasha	<b>Kids Yoga Fitness</b> 5:00 - 5:30 p.m. Michelle		
	<b>Strength Basic</b> 6 - 6:30 p.m. Beth	<b>P.Y.S.B.</b> 5:30 - 6:25 p.m. Mary	<b>Glutes &amp; Guts</b> 6 - 6:30 p.m. Natasha	<b>P.Y.S.B.</b> 5:30 - 6:25 p.m. Mary		
	<b>Beginning Yoga</b> 7:30 - 8:25 p.m. Amy	<b>Muscle Blast</b> 6:30 - 7:25 p.m. Mary	<b>Yoga</b> 7:30-8:30 p.m. Megh	<b>Muscle Blast</b> 6:30 - 7:25 p.m. Mary		

LOWER GYM						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Boot Camp</b> 6 - 7 a.m. Shawn				
	<b>BODYPUMP™</b> 8:30 - 9:30 a.m. Tara		<b>BODYPUMP™</b> 8:30 - 9:30 a.m. Tara			
<b>Boot Camp</b> 10 - 10:55 a.m. Susan/Shannon		<b>CXWORX™</b> 10:30 - 11 a.m. Cindy		<b>CXWORX™</b> 10:30 - 11 a.m. Cindy	<b>Boot Camp</b> 10 - 11 a.m. Susan	<b>BODYPUMP™</b> 10:30 - 11:30 a.m. Cindy/Penny
<b>CXWORX™</b> 11 - 11:30 a.m. Lisa		<b>BODYPUMP™</b> 11 - Noon Cindy		<b>BODYPUMP™</b> 11 - Noon Cindy		<b>CXWORX™</b> 11:30 - Noon Cindy/Penny
	<b>BODYPUMP™</b> 6:30 - 7:30 p.m. Beth		<b>BODYPUMP™</b> 6:30 - 7:30 p.m. Beth	<b>BODYPUMP™ Express</b> 6:30 - 7 p.m. Tara		
				<b>CXWORX™</b> 7 - 7:30 p.m. Tara		

CYCLING STUDIO						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cycle</b> 9 - 9:45 a.m. *Rotation	<b>Cycle</b> 6 - 6:45 a.m. Jennifer E.		<b>Cycle</b> 6 - 6:45 a.m. Brittany		<b>Cycle</b> 6 - 6:45 a.m. Brittany	
<b>Cycle</b> 10 - 11 a.m. Lisa	<b>Cycle</b> 10 - 11 a.m. Susan	<b>Cycle</b> 8:45 - 9:30 a.m. Mary	<b>Cycle Express</b> 9 - 9:30 a.m. Susan	<b>Cycle Express</b> 9 - 9:30 a.m. Tara	<b>Cycle</b> 8:30 - 9:30 a.m. Mary	<b>Cycle</b> 10:30 - 11:25 a.m. Jill
	<b>Cycle/Sculpt</b> Noon - 1 p.m. Beth					
	<b>Cycle</b> 4:45 - 5:30 p.m. Rebecca	<b>Cycle</b> 5:15 - 6 p.m. Brittany	<b>Cycle</b> 4:45 - 5:30 p.m. Jenn	<b>Cycle</b> 5:15 - 6 p.m. Brittany		
	<b>Cycle</b> 5:35 - 6:35 p.m. Lisa	<b>Cycle</b> 6:15 - 7 p.m. Jennie	<b>Cycle</b> 5:35 - 6:35 p.m. Lisa			

DANCE STUDIO						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Body Mechanics*</b> 9 - 9:55 a.m. Mary A.	<b>Body Mechanics*</b> 9 - 9:55 a.m. Mary A.	<b>J-Barre</b> 8 - 9 a.m. Michelle	<b>Senior Aerobics*</b> 9 - 9:55 a.m. Mary A.	<b>Senior Aerobics*</b> 9:30 - 10:15 a.m. Susan	
	<b>Chair Exercise*</b> 10:30 - 11:25 a.m. Mary A.	<b>Light Weights*</b> 10 - 10:55 a.m. Michelle	<b>Body Mechanics*</b> 9 - 9:55 a.m. Mary A.	<b>Chair Exercise*</b> 10:30 - 11:25 a.m. Mary A.	<b>Chair Yoga*</b> 10:15 - 11:15 a.m. Michelle	
			<b>Chair Exercise*</b> 10:30 - 11:25 a.m. Mary A.			
	<b>J-Barre</b> 5:30 - 6:30 p.m. Michelle		<b>J-Barre</b> 5:30 - 6:30 p.m. Mary			

\*Indicates Senior Aerobics Class

UPPER GYM						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Boomer Wall</b> 10:30 - 11 a.m. Denise				
	<b>Family Fun Fit</b> 5:45 - 6:15 p.m. Beth		<b>Family Fun Fit</b> 5:45 - 6:15 p.m. Liz			

Classes are FREE to all members. Open to members, ages 14 years and up. Classes and instructors are subject to change at any time. Cycling and J-Barre reservations are recommended and can be made up to 2 days in advance by stopping by the Health and Wellness desk or by calling 238-2727.

\*Effective August 30, 2015

## **Class Descriptions**

**Arms & Abs** (*ALL LEVELS*): This 30-minute class utilizes weights, balls and bands focusing on sculpting your arms and abdominals.

**Body Mechanics** (*BEGINNERS/SENIORS*): This class will give you a safe and effective non-aerobic workout helping to improve your flexibility, balance, and muscle strength.

**Les Mills BODYPUMP™** (*ALL LEVELS*): The original barbell class that strengthens your entire body. Using high intensity with high repetition and low weights, this class builds lean muscle mass and burn calories set to fast paced music.

**Les Mills BODYPUMP™ EXPRESS** (*ALL LEVELS*): This shortened version of Les Mills BODYPUMP™ will include a warm-up, squats, chest work, back, and shoulders with fast paced music.

**Boot Camp** (*ALL LEVELS*): Ready to try something new? This is one powerful class! Get in shape with traditional and non-traditional military style exercises.

**Boxing** (*ALL LEVELS*): There will be no actual combat in this class; rather, you will use boxing training to improve your AGILITY, SPEED, REFLEXES AND ENDURANCE. Learn proper boxing technique while training on a heavy bag, speed bag, jump rope, and double-end bag.

**Cardio Challenge** (*BEGINNER/INTERMEDIATE*): This cardio class has something for everyone. Get your daily dose of cardio through high/low aerobics, step, interval training and a splash of weight training to top it all off.

**Chair Exercise** (*SENIORS*): This class combines stretching and strengthening exercises to help muscles and joints stay strong and flexible!

**Les Mills CXWORX™** (*ALL LEVELS*): Les Mills CXWORX™ is a moderate to high intensity 30-minute core training class that strengthens and tones all of the muscles of the core. It is dynamic training that hones in on your abs, glutes, back, obliques, and “slings” connecting the upper and lower body.

**Cycle** (*INTERMEDIATE/ADVANCED*): Sweat and burn calories to keep yourself in top shape. Classes are led by a certified instructor who will coach you through the ride of your life. Add this intense class to your cross training regime.

**Cycle/ Sculpt** (*ALL LEVELS*): Go for a 40-minute power ride then complete 20 minutes of muscle conditioning exercises to sculpt your body which will enhance your performance on the bike.

**Family Fun Fit** (*ALL LEVELS*): Create a healthy lifestyle for you and your children with interval training, cardio vascular & resistance training as well core strength & flexibility training. (For ages 5 and up; children ages 5 - 11 must be accompanied by an adult.)

**Fit & Firm** (*ALL LEVELS*): This class will help develop strong muscles and increase your cardio endurance while integrating flexibility to create a complete exercise program for your entire body.

**Glutes & Guts** (*ALL LEVELS*): This 30-minute class utilizes weights, balls and bands focusing on sculpting your glutes and abdominals.

**J-Barre** (*ALL LEVELS*): Is a high-energy group exercise class that fuses fitness techniques from Pilates, Dance, and Yoga combined with fluid athletic intervals. J-Barre is the perfect combination of strength and flexibility with an added cardiovascular endurance element.

**Kid's Yoga Fitness** (*AGES 5 TO 10 YEARS*): A fun introduction to movement of the body through yoga poses; increasing strength, learning how to focus the mind, and using the breath to create a calming effect. The class will start with warming up of the body, followed by a sequence of fun poses, including balancing and finishing with a relaxation period.

**Light Weights** (*BEGINNER*): For beginners and active seniors, this class incorporates weight bearing and muscle resistance exercises at a slow pace isolating each muscle group with proper breathing and stretching techniques.

**Muscle Blast** (*ALL LEVELS*): Get that toned and fit body you desire through strength and resistance training utilizing various weight training, floor exercises and band workouts with your favorite certified Group Fitness Instructor.

**P.Y.S.B.** (Pilates, yoga, stretch and Barre) (*ALL LEVELS*): Increase your flexibility, strengthen and tone your muscles, enhance posture and body alignment and relieve your day to day stress.

**Senior Aerobics** (*ALL LEVELS*): Senior Aerobics is a low impact aerobics class that improves flexibility, cardio vascular, and is a revitalizing work out that gives you more energy, confidence, and satisfaction.

**Strength Basic** (*ALL LEVELS*): Basic strength exercises utilizing bands, Swiss ball, weights, and mat work help create a toned, lean body in 30 minutes.

**Tabata Basic** (*ALL LEVELS*): This class includes basic movement patterns with an interval of 20 seconds work and 10 seconds recovery. The workout creates an effective way to increase cardiovascular and muscular fitness in 30 minutes.

**Yoga Flow** (*ALL LEVELS*): This style of Yoga focuses on warming up our bodies while moving through flowing yoga poses. Yoga Flow helps to warm your muscles, prevent injury and allows you to progress deeper in to the pose (asana).

**Yoga** (*ALL LEVELS*): Build a strong foundation for a regular yoga practice with a sequence of pranayama (breath work) and asanas (body postures) that will improve your flexibility, strength, and endurance.

**Your Own HIIT** (*ALL LEVELS*): This HIIT (high intensity interval training) workout uses intervals of work and rest to increase cardiovascular fitness and muscular strength. Through intense or modified movement, new or seasoned exercisers can work at their own level and enjoy a uniquely challenging and calorie-burning workout.

**For more information, call the Health and Wellness desk at 238-2727.**

**Health and Wellness Hours: Mon. - Thurs. 5:30 a.m. - 9 p.m. Fri. 5:30 a.m. - 7 p.m. Sat. 10 a.m. - 6 p.m. Sun. 6:30 a.m. - 6 p.m.**