

MONDAY	Time	Class	Studio	Instructor
	6:00 AM	SWITCH!	LG	Mat
	8:30 AM	Body Pump	GX	Beth
	9:30 AM	Cardio Challenge	GX	Beth
	9:30 AM	Club 60	P	Pat G.
	9:45 AM	Active Adult Fit. (45 min.)	DS	Lisa
	10:00 AM	Cycle Interval	CS	Susan
	10:30 AM	Chair Exercise	DS	Lisa
	10:30 AM	Deep Water	P	Beth
	11:00 AM	Tai Chi	GX	Thomas
	12:00 PM	Cycle Flex	CS	Ginny
	5:30 PM	Cardio Power (45 min.)	GX	Lori
5:30 PM	Cycle Interval	CS	Mary H.	
6:30 PM	SWITCH!	UG	Mat	
6:30 PM	Body Pump	GX	Lori	
7:30 PM	Beginning Yoga	GX	Melody	

TUESDAY	Time	Class	Studio	Instructor
	6:00 AM	Boot Camp	LG	Sylvester
	8:30 AM	Power Yoga	GX	Sonya
	8:45 AM	Cycle Interval (45 min.)	CS	Mary D.
	9:30 AM	Cycle Groove (45 min.)	CS	Susan
	9:30 AM	Muscle Blast	GX	Mary D.
	10:00 AM	Light Weights	DS	Ginny
	10:30 AM	Fit & Firm	GX	Lisa
	10:30 AM	Body Pump	LG	Cindy
	11:00 AM	Boomer Wall (30 min.)	UG	Denise
	5:30 PM	Cycle Power (45 min.)	CS	Brittany
	5:30 PM	PYSB	GX	Mary D.
	6:00 PM	Better Body Boxing	UG	Rebecca
	6:30 PM	Muscle Blast	GX	Mary D.
	7:00 PM	Deep Water	P	Jeannie
	7:00 PM	TRX Flex (45min)	UG	Collin

WEDNESDAY	Time	Class	Studio	Instructor
	6:00 AM	Cycle Power (45 min.)	CS	Brittany
	8:30 AM	Body Pump	GX	Autumn
	9:30 AM	Step Aerobics	GX	Susan
	9:30 AM	Club 60	P	Jeannie
	9:45 AM	Active Adult Fit. (45 min.)	DS	Jocelyn
	10:30 AM	Chair Exercise	DS	Jocelyn
	10:30 AM	Deep Water	P	Jeannie
	12:00 PM	Cycle Flex	CS	Lori
	5:00 PM	SWITCH! (75 min.)	GX	Mat
	5:30 PM	J-Barre	DS	Mary D.
5:30 PM	Cycle Fundamentals	CS	Lisa	
6:30 PM	Body Pump	GX	Jaci	
7:30 PM	Yoga Flow	GX	Megh	

THURSDAY	Time	Class	Studio	Instructor
	6:00 AM	Boot Camp	LG	Mat
	8:30 AM	Yoga Flow	GX	Sonya
	8:30 AM	Cycling Fusion	CS	Mary H.
	9:30 AM	Muscle Blast	GX	Lisa
	10:00 AM	Light Weights	DS	Ginny
	10:30 AM	Fit & Firm	GX	Lisa
	10:30 AM	Body Pump	LG	Cindy
	11:00 AM	Boomer Wall (30 min.)	UG	Denise
	5:30 PM	Cycle Interval (45 min.)	CS	Jaci
	5:30 PM	PYSB	GX	Mary D.
	6:00 PM	Better Body Boxing	UG	Rebecca
	6:30 PM	Muscle Blast Plus	GX	Mary D.
7:00 PM	Water in Motion	P	Beth	
7:00 PM	TRX Flex (45min)	UG	Collin	

FRIDAY	Time	Class	Studio	Instructor
	6:00 AM	Cycle Power (45 min.)	CS	Brittany
	8:30 AM	Power Yoga	GX	Melody
	8:30 AM	Cycle Interval	CS	Mary D.
	9:30 AM	Cardio Challenge	GX	Mary D.
	9:30 AM	Club 60	P	Pat G.
	9:30 AM	Deep Intervals	P	Beth
	9:45 AM	Friday Flex (45 min.)	DS	Jocelyn
	10:00 AM	Boot Camp	LG	Susan
	10:30 AM	PYSB	GX	Mary D.
	10:30 AM	Chair Exercise	DS	Jocelyn
	10:30 AM	Water in Motion	P	Beth
	5:30 PM	Happy Hour Cycle (45 min.)	CS	Jill

SAT.	Time	Class	Studio	Instructor
	10:15 AM	Body Pump	GX	Cindy/Penny
	10:30 AM	Cycle Power	CS	Jill
	10:30 AM	Water in Motion	P	Beth
	11:15 AM	HIIT	GX	Susan
12:00 PM	Yoga Flow	GX	Megh	

SUNDAY	Time	Class	Studio	Instructor
	9:00 AM	Cycle Intervals (45 min.)	CS	Susan
	9:30 AM	Cardio Challenge	GX	Mary D.
	10:00 AM	Boot Camp	LG	Susan
	10:00 AM	Cycle Fundamentals	CS	Lisa
	10:00 AM	Deep Water	P	Beth/Pat H.
10:30 AM	Muscle Blast	GX	Mary D.	
12:00 PM	Yoga Flow	GX	Stefanie	

STUDIOS	GX - Group Ex. Studio	P - Pool
	CS - Cycle Studio	DS - Dance Studio
	LG - Lower Gym	
	UP - Upper Gym	

All classes are 55 min. to 1 hr. unless otherwise noted.

To reserve a bike for Cycle class, please call 502-238-2727. Reservations can be made up to 2 days in advance.

**GET IN TOUCH**

502-459-0660

[www.jewishlouisville.org](http://www.jewishlouisville.org)



Classes are free to all members, ages 14 and up. Classes and instructors are subject to change.

Class changes are made in red.

## THE J GROUP FITNESS CLASS DESCRIPTIONS

**Active Adult Fitness** (BASIC) – Low impact movement with standing and floor exercises. Stay fit with low impact aerobics, strength and conditioning utilizing a variety of equipment, followed by a gentle stretch. Perfect for new exercisers or those who want to keep moving with low impact options.

**Boomer Wall** (BASIC): A 30-minute interactive "Sport Wall" class based on exercise, games, and drills using computer technology in a fun and social environment that requires active participation.

**Better Body Boxing** (ALL LEVELS): Designed for participants that want to get a high-intensity workout, with lower impact on the knees, hips and feet. The class includes low impact boxing drills, metabolic conditioning drills and strength and core work, all in one class.

**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.

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

**Cardio Challenge** (ALL LEVELS): 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.

**Cardio Power** (INTERMEDIATE/ADVANCED): This 30-minute class combines cardiovascular and strength exercises. Separate or paired with TABATA BASIC, members will have the opportunity to burn calories and build muscular endurance in a fast-paced workout.

**Chair Exercise** (BASIC - Chair based exercises): This class combines stretching and strengthening exercises to help muscles and joints stay strong and flexible.

**Cycle** (ALL LEVELS – UNLESS OTHERWISE NOTED): 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. (See detailed cycle descriptions online.)

**Cycle Flex** (ALL LEVELS): A high-intensity cycle class ending with exercises of the instructor's choosing. You will ride for a minimum of 30 minutes. Additional exercises could include TRX, strength training or HIIT. It's a surprise!

**Club 60** (ALL LEVELS) This is a low impact water class designed for senior adults. Aqua chi as well as aqua yoga is incorporated into the class while concentrating on stretching, balance and breathing. This is a great class for seniors who need arthritis exercises and enjoy being in the water.

**Deep Water** (ALL LEVELS) Workout includes strength, endurance, range of motion and cardio exercises and stretching at the end of class. May also incorporate the use of floatation devices. A great workout for people who have joint problems.

**Fit & Firm** (BASIC): 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.

**Friday Flex** (BASIC): Various low impact movements that help maintain muscular strength and challenge cardio capacities while increasing flexibility and balance. If you want to enjoy sharpening the mind through a variety of physical activities, this is the perfect class is for you!

**HIIT** (INTERMEDIATE/ADVANCED): 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.

**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.

**Light Weights** (BASIC – Chair based exercises): 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.

**Muscle Blast Plus** (ALL LEVELS): Your traditional Muscle Blast class with bursts of cardio throughout class.

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

**Step Aerobics** (ALL LEVELS): Tone up your legs and booty by moving up, over and around the step. Developed as a way to get a moderate to high intensity workout, this class will improve your coordination by learning choreographed routines that make the hour fly by!

**SWITCH!** (ALL LEVELS): "SWITCH!" This is a word that you will hear a lot in this station-based class for all levels. Stations are set up for both cardiovascular improvement and strength training. Participants can enter class and participate in as many stations as desired. Whether you are looking for a 30-minute workout or a 1 hour workout, this group training class is right for you! The trainer is there to motivate you and show you how to do the exercises based on your fitness level for a tailor-made workout. Modifications available.

**Tai Chi** (ALL LEVELS): Through gentle movements and directed breath practitioners build inner strength, flexibility, and enhanced balance and coordination. Tai chi is appropriate for all body types and fitness levels.

**TRX Flex** (INTERMEDIATE/ADVANCED): Suspension bodyweight exercise develops strength, balance, flexibility using the TRX suspension trainer. This is truly a fast and effective total body workout paired with a variety of other exercises.

**Water in Motion** (ALL LEVELS) This is a low impact, high intensity total body workout that incorporates cardio, upper and lower body exercises, as well as core and flexibility work all set to fun music.

**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. (See detailed yoga descriptions online.)

## **CYCLE DESCRIPTIONS**

**Cycle Fundamentals** (*ALL LEVELS*): This class will take you through the fundamentals of cycling on an all-terrain ride of hills, sprints and intervals. Instructors will cue you through body positioning, cadence and resistance. Step up your cardio workout with a ride that will challenge all levels.

**Cycling Fusion** (*ALL LEVELS*): A class where the outdoor cyclist and the indoor enthusiast ride together as one! Come experience the fun and performance improvements this class has to offer using power training with Watts, RPM, and Heart rate. Whether you ride indoors or outdoors, this class will help to improve your fitness and break through those 'plateaus' which are holding you back!

**Cycle Groove** (*ALL LEVELS*): Get your groove on in this 45-minute high-intensity cycle class. Incorporate upper body movements, boxing, and dancing on the bike. This class is not meant for the outdoor cyclist, but for those that need a unique and interesting workout on the bike.

**Cycle Intervals** (*ALL LEVELS*): This high-energy class will take participants through a series of intervals and active recoveries.

**Power Cycle** (*INTERMEDIATE/ADVANCED*): High Intensity cycle with high energy instruction. This class will leave you sweating and burning an incredible amount of calories in an hour!

**Happy Hour Cycle** (*ALL LEVELS*): Work hard and have fun in this "anything goes" cycle class. Each Friday will be unique and different so start your weekend right by burning calories and releasing the tension of a long week!

## **YOGA DESCRIPTIONS**

**Beginning Yoga** (*BEGINNER*): The focus will be on breaking down postures and introducing variations and modifications that can be used in any traditional yoga class.

**Power Yoga** (*INTERMEDIATE/ADVANCED*): This class combines the postures of yoga but with a kick! Improve your strength, flexibility and endurance with fun and challenging poses, core work and breathing.

**Yoga Flow** (*ALL LEVELS*): A Vinyasa inspired practice to improve your flexibility, strength, and balance. Perfect for all levels, from beginner to yogi, this class will keep you moving from Sun Salutations to Savasana.