

| 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 |
| 5:30 PM | J Barre | DS | Mary D. | |
| 5:30 PM | Cardio Power (45 min.) | GX | Lori | |
| 5:30 PM | Cycle Interval | CS | Mary H. | |
| 6:30 PM | SWITCH! | UG | Mat | |
| 6:20 PM | Body Pump | GX | Lori | |
| 7:30 PM | Beginning Yoga | GX | Megh | |

| TUESDAY | Time | Class | Studio | Instructor |
|---------|--------------------|--------------------------|---------|------------|
| | 6:00 AM | Body Pump | GX | Vicki |
| | 6:00 AM | Boot Camp | LG | Sylvester |
| | 8:30 AM | Power Yoga | GX | Meredith |
| | 8:45 AM | Cycle Interval (45 min.) | CS | Mary D. |
| | 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 | Autumn |
| | 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 | |
| 7:30 PM | Mindbody Series | GX | Various | |

| 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 | Ginny |
| | 10:30 AM | Yoga: Core & Restore | GX | Stefanie |
| | 10:30 AM | Chair Exercise | DS | Andre |
| | 10:30 AM | Deep Water | P | Jeannie |
| | 5:00 PM | SWITCH! (75 min.) | UG | Mat |
| 5:15 PM | Power Yoga | GX | Meredith | |
| 5:30 PM | J-Barre | DS | Mary D. | |
| 5:30 PM | Cycle Fundamentals | CS | Lisa | |
| 6:20 PM | Body Pump | GX | Bonnie | |
| 7:30 PM | Yoga Flow | GX | Megh | |

| THURSDAY | Time | Class | Studio | Instructor |
|----------|--------------------|--------------------------|---------|------------|
| | 6:00 AM | Body Pump | GX | Vicki |
| | 6:00 AM | Boot Camp | LG | Mat |
| | 8:30 AM | Yoga Flow | GX | Renee |
| | 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 | Staff |
| | 5:30 PM | Cycle Interval (45 min.) | CS | Holly |
| 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 | Meredith |
| | 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 | Mat |
| | 10:00 AM | Boot Camp | LG | Susan |
| | 10:30 AM | PYSB | GX | Mary D. |
| 10:30 AM | Chair Exercise | DS | Ginny | |
| 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 |
| | 10:30 AM | HIIT | LG | Susan |
| | 12:00 PM | Yoga Flow | GX | Megh |

| SUNDAY | Time | Class | Studio | Instructor |
|----------|--------------|---------------------------|----------|-------------|
| | 9:00 AM | Cycle Intervals (45 min.) | CS | Kim |
| | 9:30 AM | Cardio Challenge | GX | Mary D. |
| | 10:00 AM | Boot Camp | LG | Mat |
| | 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 | |

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.



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.

Better Body Boxing (ALL LEVELS): Designed for participants that want to get a unique workout. 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 burns calories while 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.)

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.

Mindbody Series (ALL LEVELS): First Tuesday of each month: **Mindful Meditation**. Second Tuesday: **Restorative Yoga**, Third Tuesday: **Partner Yoga**, Fourth Tuesday: **Chi Kung**.

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 Blast (INTERMEDIATE/ADVANCED): Designed to hit every aspect of your physical fitness, Yoga Blast, aims to create a more fit, mindful and aware you. Yoga Blast incorporates strength, flexibility, balance, endurance, and cardio through traditional yoga movements as well as more traditional fitness movements.

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.)

Yoga: Core & Restore (ALL LEVELS): Build a strong core and practice restorative yoga, all in the same class! Enjoy 30 minutes of yoga focused on core strength followed by 30 minute of restorative yoga for a complete mindbody workout.