

JUNE 15-JULY 12

# GROUP FITNESS SCHEDULE

**Space is limited. Members must sign-up for classes at the Health & Wellness desk.  
Reservations can be made up to 2 days in advance.  
ALL CLASSES ARE 45 MINUTES IN LENGTH.**

MONDAY	Time	Class	Studio	Instructor
	6:00 AM	Boot Camp	OUT	Mat
	8:30 AM	Body Pump	LG	Lori
	9:30 AM	Cardio Challenge	LG	Lori
	10:30 AM	Cycle Intervals	LG	Susan
	5:00 PM	Cycle	LG	Mary H.
	6:00 PM	Body Pump	LG	Bonnie
	7:00 PM	Beginning Yoga	LG	Megh

TUESDAY	Time	Class	Studio	Instructor
	6:00 AM	Boot Camp	OUT	Sylvester
	8:30 AM	Cycle Intervals	LG	Mary D.
	9:30 AM	Muscle Blast	LG	Mary D.
	5:30 PM	Cycle Power	LG	Brittany
6:30 PM	Muscle Blast	LG	Mary D.	

WEDNESDAY	Time	Class	Studio	Instructor
	6:00 AM	Cycle Power	LG	Brittany
	8:30 AM	Body Pump	LG	Vicki
	9:30 AM	Step Aerobics	LG	Susan
	10:30 AM	Yoga: Core & Restore	LG	Emily
	5:30 PM	Yoga Flow	LG	Megh
6:30 PM	Body Pump	LG	Bonnie	

THURSDAY	Time	Class	Studio	Instructor
	6:00 AM	Boot Camp	OUT	Mat
	8:30 AM	Hatha Yoga	LG	Angela
	9:30 AM	Cycle	LG	Mary H.
	5:30 PM	PYSB	LG	Mary D.
6:30 PM	Muscle Blast Plus	LG	Mary D.	

FRIDAY	Time	Class	Studio	Instructor
	6:00 AM	Cycle Power	LG	Brittany
	8:30 AM	Power Yoga	LG	Emily
	9:30 AM	Cardio Challenge	LG	Mary D.
	10:00 AM	Boot Camp	OUT	Susan
	10:30 AM	PYSB	LG	Mary D.
11:30 AM	Nia	LG	Maria	
5:30 PM	Happy Hour Cycle	LG	Jill	

SATURDAY	Time	Class	Studio	Instructor
	10:15 AM	Body Pump	LG	Lori/Cindy
	10:30 AM	HIIT	OUT	Susan
	11:15 AM	Cycle Power	LG	Jill
12:15 PM	Yoga Flow	LG	Megh	

SUNDAY	Time	Class	Studio	Instructor
	8:30 AM	Cycle Intervals	LG	Lori
	9:30 AM	Cardio Challenge	LG	Mary D.
	10:00 AM	Boot Camp	OUT	Kelli
10:30 AM	Muscle Blast	LG	Mary D.	

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

**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.*



THE J GROUP FITNESS CLASS DESCRIPTIONS

**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.

**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.)

**Hatha Yoga** (ALL LEVELS): In this class postures are practiced to align, strengthen and promote flexibility in the body with an emphasis on simplicity, repetition and ease of movement. Full body relaxation and balance are the goals.

**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.

**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.

**Nia** (ALL LEVELS): Combining dance, martial arts, and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice that combines 52 simple moves to address each aspect of your life -- body, mind, and spirit.

**Pound** (ALL LEVELS): Sweat, sculpt and rock in this cardio jam session inspired by drumming. You won't just listen to music – you'll become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates inspired movements.

**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.

**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!

**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): Increase core strength and stability with a variety of exercises incorporating yoga, mat pilates, and exercise balls, followed by restorative yoga, breath work, and meditation.

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