

September - October 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	LG	Mat
	8:30 AM	Body Pump	LG	Lori
	9:30 AM	Cardio Challenge	LG	Lori
	10:00 AM	Cycle Intervals	GX	Susan
	5:00 PM	Boot Camp	LG	Sylvester
	5:30 PM	Cycle Intervals	GX	Mary H.
	6:00 PM	Body Pump	LG	Bonnie
	7:00 PM	Beginning Yoga	LG	Megh

TUESDAY	Time	Class	Studio	Instructor
	6:00 AM	Body Pump	LG	Vicki
	6:00 AM	Boot Camp	UG	Sylvester
	8:30 AM	Cycle Intervals	GX	Mary D.
	9:30 AM	Muscle Blast	LG	Mary D.
	10:30 AM	Fit and Firm	LG	Lisa L.
	5:30 PM	PYSB	LG	Mary D.
	5:30 PM	Cycle Power	GX	Brittany
6:30 PM	Muscle Blast	LG	Mary D.	

WEDNESDAY	Time	Class	Studio	Instructor
	6:00 AM	Cycle Power	GX	Brittany
	8:30 AM	Body Pump	LG	Vicki
	9:30 AM	Step Aerobics	LG	Susan
	10:30 AM	Yogalates	LG	Sonya
	5:30 PM	Cycle Fundamentals	GX	Lisa L.
	5:30 PM	Yoga Flow	LG	Megh
6:30 PM	Body Pump	LG	Bonnie	

THURSDAY	Time	Class	Studio	Instructor
	6:00 AM	Boot Camp	UG	Mat
	6:00 AM	Body Pump	LG	Vicki
	8:30 AM	Hatha Yoga	LG	Angela
	9:00 AM	Cycle Intervals	GX	Mary H.
	9:30 AM	Muscle Blast	LG	Lisa L.
	10:30 AM	Fit and Firm	LG	Lisa L.
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	GX	Brittany
	8:30 AM	Cycle Intervals	GX	Mary D.
	8:30 AM	Power Yoga	LG	Meredith
	9:30 AM	Cardio Challenge	LG	Mary D.
	10:00 AM	Boot Camp	UG	Susan
	10:30 AM	PYSB	LG	Mary D.
	11:30 AM	Nia	LG	Maria
5:30 PM	Happy Hour Cycle	GX	Jill	

SAT.	Time	Class	Studio	Instructor
	10:30 AM	Body Pump	LG	Lori/Cindy
	10:30 AM	HIIT	UG	Susan
	10:30 AM	Cycle Power	GX	Jill
	11:30 AM	Yoga Flow	LG	Megh

SUNDAY	Time	Class	Studio	Instructor
	9:00 AM	Cycle Intervals	GX	Rebecca
	9:30 AM	Cardio Challenge	LG	Mary D.
	10:00 AM	Boot Camp	UG	Kelli
	10:30 AM	Muscle Blast	LG	Mary D.
	11:30 AM	Yoga Flow	LG	Angela

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

Changes in Red.

GET IN TOUCH 502-459-0660 www.jewishlouisville.org

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



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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.)

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.

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.

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 - UNLESS OTHERWISE NOTED): 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.

Yogalates (ALL LEVELS): A blend of yoga and pilates with an emphasis on core training. This class can be modified for any body type and all levels are welcome. Yogalates will tone, strengthen, stretch and energize your body and mind.