



JCC of Louisville Group Fitness Schedule

AEROBICS STUDIO						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Challenge 9:30 - 10:25 a.m. <i>Mary</i>	Cardio Challenge 9:30 - 10:25 a.m. <i>Beth</i>	Yoga 8:30 - 9:25 a.m. <i>Stefanie</i>	Cardio Challenge 9:30 - 10:25 a.m. <i>Susan</i>	Yoga 8:30 - 9:25 a.m. <i>Michelle</i>	Cardio Challenge 9:30 - 10:25 a.m. <i>Mary</i>	
Muscle Blast 10:30 - 11:25 a.m. <i>Mary</i>		Muscle Blast 9:30 - 10:25 a.m. <i>Mary</i>	Yoga Flow 10:45 - 11:40 a.m. <i>Stefanie</i>	Muscle Blast 9:30 - 10:25 a.m. <i>Lisa</i>	Mat-Based Pilates 10:30 - 11:25 a.m. <i>Mary</i>	
	Cycle/Sculpt~ Noon - 1 p.m. <i>Beth</i>	Fit and Firm 10:30 - 11:25 a.m. <i>Lisa</i>	Youth Fitness+ 4:30 - 5 p.m. <i>Ron</i>	Cycle/Sculpt~ 10:30 - 11:30 a.m. <i>Susan</i>		
Yoga Noon - 12:55 p.m. <i>Stefanie</i>	Kid's Fitness+ 4:30 - 5 p.m. <i>Ron</i>	Golf Conditioning Noon - 12:30 p.m. <i>Denise</i>	Arms & Abs 5:30 - 6 p.m. <i>Natasha</i>	Kid's Yoga+ 4:30 - 5 p.m. <i>Karley</i>		
Yoga 2:30 - 3:25 p.m. <i>Michelle</i>	Muscle Blast 5:30 - 6:25 p.m. <i>Beth</i>	Youth Yoga+ 4:30 - 5 p.m. <i>Karley</i>	Glutes & Guts 6 - 6:30 p.m. <i>Natasha</i>	Mat-Based Pilates 5:30 - 6:25 p.m. <i>Mary</i>	Intro to Sports^ 4 - 4:30 p.m. <i>Danny</i>	
Tae Kwon Do* 4 - 5 p.m. <i>Grand Master Choi</i>	Zumba 6:30 - 7:25 p.m. <i>Jamie</i>	Mat-Based Pilates 5:30 - 6:25 p.m. <i>Mary</i>	Advanced Conditioning 6:30 - 7:25 p.m. <i>Hunter</i>	Muscle Blast 6:30 - 7:25 p.m. <i>Mary</i>	Tae Kwon Do* 4:30 - 5:30 p.m. <i>Grand Master Choi</i>	
	Beginning Yoga 7:30 - 8:25 p.m. <i>Karley</i>	Muscle Blast 6:30 - 7:25 p.m. <i>Mary</i>	Power Yoga 7:30 - 8:25 p.m. <i>Karley</i>	Tae Kwon Do* 7:30 - 8:30 p.m. <i>Grand Master Choi</i>		

+Kid's= Ages 5 to 7 years, Youth= Ages 8 to 10 years
 ^Open to kids, ages 5 to 10 years
 *Tae Kwon Do is a paid class for Members and Non-Members
 ~The "Cycle" portion of the class is held in the Cycling Studio for the first 30 minutes

UPPER GYM						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boot Camp 10 - 10:55 a.m. <i>Susan</i>	BODYPUMP™ 8:30 - 9:30 a.m. <i>Tara</i>	Boot Camp 6:30 - 7:25 a.m. <i>Sam</i>	BODYPUMP™ 8:30 - 9:30 a.m. <i>Tara</i>	Boot Camp 6:30 - 7:25 a.m. <i>Mary</i>	Boot Camp 10 - 11 a.m. <i>Susan</i>	BODYPUMP™ 10:30 - 11:30 a.m. <i>Tara</i>
CXWORX™ 11 - 11:30 a.m. <i>Lisa</i>		CXWORX™ 10:30 - 11 a.m. <i>Cindy</i>	CXWORX™ 9:30 - 10 a.m. <i>Tara</i>	Boomer Wall 10:30 - 11 a.m. <i>Denise</i>		CXWORX™ 11:30 - Noon <i>Tara</i>
		BODYPUMP™ 11 - Noon <i>Cindy</i>		CXWORX™ 10:30 - 11 a.m. <i>Cindy</i>		
	Family Fun Fit 5:45 - 6:15 p.m. <i>Sylvester</i>		Family Fun Fit 5:45 - 6:15 p.m. <i>Beth</i>	BODYPUMP™ 11 - Noon <i>Cindy</i>		
	BODYPUMP™ 6:30 - 7:30 p.m. <i>Beth</i>		BODYPUMP™ 6:30 - 7:30 p.m. <i>Beth</i>	BODYPUMP™ Express 6:30 - 7 p.m. <i>Tara</i>		
				CXWORX™ 7 - 7:30 p.m. <i>Tara</i>		

CYCLING STUDIO						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cycle 6 - 6:45 a.m. <i>Jennifer E.</i>	Cycle 8:45 - 9:30 a.m. <i>Mary</i>	Cycle 6 - 6:45 a.m. <i>Brittany</i>	Cycle Lite 9 - 9:30 a.m. <i>Lisa</i>	Cycle 6 - 6:45 a.m. <i>Brittany</i>	Cycle 10:30 - 11:25 a.m. <i>Jill</i>
Cycle 10 - 11 a.m. <i>Lisa</i>	Cycle 10 - 11 a.m. <i>Susan</i>		Cycle 9 - 9:30 a.m. <i>Susan</i>	Cycle/Sculpt~ 10:30 - 11:30 a.m. <i>Susan</i>	Cycle 8:30 - 9:30 a.m. <i>Mary</i>	
	Cycle/Sculpt~ Noon - 1 p.m. <i>Beth</i>					Cycle Noon - 12:55 p.m. <i>Ginny</i>
	Cycle 4:45 - 5:30 p.m. <i>Rebecca</i>	Cycle 5:15 - 6 p.m. <i>Brittany</i>	Cycle 4:45 - 5:30 p.m. <i>Diane</i>	Cycle 5:15 - 6 p.m. <i>Brittany</i>	Cycle 5:30 - 6:15 p.m. <i>Ginny</i>	
	Cycle 5:30 - 6:30 p.m. <i>Lisa</i>	Cycle 6:15 - 7:15 p.m. <i>TL</i>	Cycle 5:30 - 6:30 p.m. <i>Lisa</i>	Cycle 6:15 - 7:15 p.m. <i>Jenn</i>		

~The "Sculpt" portion of the class is held in the Aerobics Studio for the last 30 minutes.
 Cycling 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.

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

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.

Classes are FREE to all members, except where denoted. Open to members, ages 11 years and up. Classes and instructors are subject to change at any time.

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.

Class Descriptions

Advanced Conditioning (INTERMEDIATE/ADVANCED): This boot camp style class will incorporate some of the newest techniques and equipment being used today. It will take you to the top and then help you push yourself to the next level.

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. This class is held in the Dance Studio.

Les Mills BODYPUMP™ (INTERMEDIATE/ADVANCED): Les Mills BODYPUMP™ is 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. With fast paced music, this workout changes every 3 months to provide an intermediate to advanced workout.

Les Mills BODYPUMP™ EXPRESS (INTERMEDIATE/ADVANCED): This shortened version of Les Mills BODYPUMP™ will include a warm-up, squats, chest work, back, and shoulders with fast paced music, this workout changes every 3 months to provide an intermediate to advanced workout.

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.

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 30-minute power ride then complete 30 minutes of muscle conditioning exercises to sculpt your body which will enhance your performance on the bike.

Family Fun Fit (ALL LEVELS): Begin a new family tradition today. Create a healthy lifestyle for you and your children with JCC Family Fun Fit; with interval training, cardio vascular & resistance training as well core strength & flexibility training. Instill health and wellness in your family values with the support of a certified JCC group instructor and the whole family. (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.

Golf Conditioning (ALL LEVELS): This 30-minute class taught by our onsite golf conditioning specialist will teach you the newest techniques and exercises to improve your game and lower your score.

Intro to Sports (KIDS AGES 5 TO 10 YEARS): Each week kids will have the opportunity to learn the fundamentals of new sport. Kids will work together to learn teamwork and the importance of sportsmanship.

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 utilizing the barre. The method focuses on proper anatomical biomechanics with techniques for a safe and fun class.

Kid's Fitness (KIDS AGES 5 TO 7 YEARS): Turn off the computer and Xbox and bring your kids to the JCC for a workout made just for them. This class will incorporate fitness and exercise activities and games to keep them active and healthy while having fun.

Kid's Yoga (KIDS AGES 5 TO 7 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): Designed 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. Increase muscle, flexibility and build bone density, for those not desiring a fast paced class format.

Mat-Based Pilates (ALL LEVELS): Do you want to increase your flexibility, strengthen and tone your muscles, enhance posture and body alignment and relieve your day-to-day stress? Then drop in for this fantastic non-aerobic class to improve your mind, body, and peace of mind.

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.

Power Yoga (ALL LEVELS): This class is based from the Vinyasa movements with a sequence of strong yoga postures. Sun salutations will be used to warm up. After which a variety of poses will be developed through the class including forward bends, twists, arm balance and backbends. The physical demands of this practice are designed to create a focus and to promote evenness of mind. Each session will close with a sequence of inversions and a final resting period.

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.

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. This class will emphasize the proper mechanics of asanas commonly used in Hatha yoga and recommend adjustments for safety and comfort.

Youth Fitness (KIDS AGES 8 TO 10 YEARS): Turn off the computer and Xbox and bring your kids to the JCC for a workout made just for them. This class will incorporate fitness and exercise activities and games to keep them active and healthy while having fun.

Youth Yoga (KIDS AGES 8 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.

Zumba (ALL LEVELS): A Latin based dance aerobics. You will feel the energy and excitement when taking Zumba! You don't even have to know how to dance! You will dance to the beat of salsa, merenque, reggaeton, and cumbia. Just move your body and follow our lead. It's that easy!