NOV-DEC, 2017 GROUP FITNESS SCHEDULE

AQUATICS, GROUP EXERCISE, CYCLE AND MINDBODY

MONDAY

Time	Class	Studio	Instructor
6:00 AM	SWITCH!	LG	Mat
8:30 AM	Body Pump	LG	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/Sculpt	CS	Jaci
5:30 PM	Cardio Power (30 min.)	GX	Lori
5:30 PM	Cycle Interval	CS	Clinton
6:00 PM	Tabata (25 min.)	GX	Lori
6:30 PM	Zumba	GX	Laura
6:30 PM	Body Pump	LG	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	Michelle
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	Power Cycle (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

WEDNESDAY

Time	Class	Studio	Instructor
6:00 AM	Power Cycle (45 min.)	CS	Brittany
8:30 AM	Body Pump	LG	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	Jaci
5:00 PM	SWITCH! (90 min.)	UG	Mat
5:30 PM	HIIT	GX	Natasha
5:30 PM	J-Barre	DS	Mary D.
5:30 PM	Cycle Fundamentals	CS	Lisa
6:30 PM	STRONG	GX	Laura
6:30 PM	Body Pump	LG	Clinton
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	Michelle
8:30 AM	Cycling Fusion	CS	Mary H.
9:30 AM	Muscle Blast	GX	Lisa
10:00 AM	Light Weights	DS	Susan
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	Clinton
5:30 PM	PYSB	GX	Mary D.
6:30 PM	Muscle Blast Plus	GX	Mary D.
6:30 PM	Body Pump	LG	Jaci
7:00 PM	Water in Motion	P	Beth

FRIDAY

Time	Class	Studio	Instructor
6:00 AM	Power Cycle (45 min.)	CS	Brittany
8:30 AM	Power Yoga	GX	Sonya
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	Better Body Boxing	UG	Rebecca
5:30 PM	Happy Hour Cycle	CS	Jill

SAT.

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

SUNDAY

Time	Class	Studio	Instructor
9:00 AM	Cycle Intervals (45 min.)	CS	Jaci
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

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

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/ADVANACED): 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!

Cycle/Sculpt *(ALL LEVELS)*: Go for a 40-minute power ride then complete 20 minutes of muscle conditioning exercises to sculpt your body which will enhance your performance on the bike.

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!

STRONG by Zumba™ (INTERMEDIATE/ADVANCED) A High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition.

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.

Tabata (INTERMEDIATE/ADVANCED): This class includes basic movement patterns with an interval of 20 seconds work and 10 seconds recovery. The workout creates an effective way to increase cardiovascular and muscular fitness in 30 minutes.

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.

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.)

ZUMBA® (ALL LEVELS) A fusion of Latin and International music that features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

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.

Yoga Slow Flow *(ALL LEVELS)*: Build a strong foundation for a regular yoga practice with slower-paced sequences of asanas (body postures) that will improve your flexibility, strength, and endurance.