GROUP FITNESS SCHEDULE

Space is limited. Members must sign-up for classes online. Reservations can be made up to 48 hours in advance.

All classes are 45 minutes unless noted with * Classes noted with * are 55-60 minutes

					with '			h * are 55-60 minutes.		
	Time	Class	Studio	Instructor				Class	Studio	Instructor
	6:00 AM	Cycle Power	CS	Brittany			6:00 AM	Cycle Power	CS	Jessica
	6:00 AM	Switch!*	GX	Laura/Mary			6:00 AM	Power Yoga*	GX	Susan H.
		Muscle Blast	GX	Laura W.			6:00 AM	Body Pump*	IG	Melissa
		Power Yoga*		Jane				Road Ride	CS	Laura W.
				Linda C.				Hatha Yoga*	GX	Angela
		Body Pump*		Laura W.		>		WALK15*	IG	Lisa S.
		Cardio Challenge		Lisa L.	Ø		Muscle Blast	İĞ	Lisa L.	
		Cycle Intervals	CS	Susan K.				Latin Cardio Gold	MB	Andree
>					RS		Gentle Yoga*	GX	Susan R.	
⋖				Jane Linda C.			Fit and Firm*	IG		
MONDAY		Club 60*				THURSDAY			GX	Lisa L.
2		Muscle Blast	IG	Lisa L.				Chair Light Weights*	GΧ	Andree
	10:30 AM		MB	Thomas			10:30 AM	Water Blast*	P	Laura W.
5				Susan R.			11:30 AM	Chair Light Weights*	GX	Ginny
				Laura S.				Road Ride	CS	Rebecca
	11:30 AM	Nia*		Maria			5:30 PM		GX	Mary
		Better Balance	GX	Angela				Muscle Blast Plus*	GX	Mary
		Muscle Blast	GX	Debbie				Deep Intervals*	Р	Laura S.
	5:30 PM	Cycle Intervals	CS	Rebecca			7:30 PM	Yoga Flow*	GX	Justin
	5:30 PM	Body Pump*	IG	Bonnie						
	5:30 PM	Yoga Flow	GX	Justin			Time	Class	Studio	Instructor
	5:30 PM		MB	Mary			6:00 AM	Cycle Power	CS	Brittany
	6:30 PM		GX	Megh			8:15 AM	Power Yoga*	MB	Jane
				••		8:15 AM	Boot Camp*	GX	Laura W.	
TUESDAY	Time	Class	Studio	Instructor				Cycle Intervals	CS	Mary
				Jessica		FRIDAY		Body Pump*	IG	Bonnie
		Power Yoga*		Susan H.				Cardio Challenge	GX	Mary
		Boot Camp*		Sylvester				Gentle Yoga	MB	Jane
		Body Pump*		Melissa		$\overline{\sim}$		Club 60*	P	Denee
		Road Ride		Bonnie			10:30 AM		GX	Mary
		Hatha Yoga*		Angela			10:30 AM	Tai Chi*	MB	Thomas
		WALK15*		Lisa S.			10:30 AM	Deep Water*	P	Jeannie
		Mat Pilates		Mary			11:30 AM	Nia*	MB	Maria
		Muscle Blast		Mary				Better Balance	GX	Sonya
		Zumba Gold*	MB	Paula				Happy Hour Cycle	CS	Jill
		Gentle Yoga*	GX	Ginny			3.30 FM	Trappy frour Cycle	CJ	Jitt
			P	Linda C.	1		Time	Class	Studio	Instructor
		Fit and Firm*		Lisa L.		DAY		Body Pump*	IG	Laura W.
	10:30 AM	Chair Light Weights*	GV	Paula			0.15 AM	Gentle Yoga*	GX	
	10:30 AM	Aqua Boot Camp*					0.13 AM	Road Ride	CS	Sonya
	10:30 AM	Chair Light Weights*	CV	Laura W. Andree			9:30 AM		CS	Bonnie Mary
		Chair Light Weights	UΛ	Alluree					IC.	Ινιαι ν
		Cycle Dower	CC						IG	
		Cycle Power	CS	Brittany		A	9:30 AM	Yoga Flow*	GX	Justin
	5:30 PM	Cycle Power PYSB*	CS GX	Brittany Mary		J.	9:30 AM 10:00 AM	Yoga Flow* Deep Intervals*	GX P	Justin Laura S.
	5:30 PM 6:30 PM	Cycle Power PYSB* Muscle Blast*	CS GX GX	Brittany Mary Mary		ATUR	9:30 AM 10:00 AM 10:30 AM	Yoga Flow* Deep Intervals* Cycle Power*	GX P CS	Justin Laura S. Jill
	5:30 PM 6:30 PM 7:00 PM	Cycle Power PYSB* Muscle Blast* Deep Water*	CS GX GX P	Brittany Mary Mary Jeannie		SATUR	9:30 AM 10:00 AM 10:30 AM 10:30 AM	Yoga Flow* Deep Intervals* Cycle Power* Body Pump*	GX P CS IG	Justin Laura S. Jill Bonnie
	5:30 PM 6:30 PM 7:00 PM	Cycle Power PYSB* Muscle Blast* Deep Water*	CS GX GX P	Brittany Mary Mary		SATURDAY	9:30 AM 10:00 AM 10:30 AM 10:30 AM 10:30 AM	Yoga Flow* Deep Intervals* Cycle Power* Body Pump* Chair Light Weights*	GX P CS IG GX	Justin Laura S. Jill Bonnie Mary/Tessa
	5:30 PM 6:30 PM 7:00 PM 7:30 PM	Cycle Power PYSB* Muscle Blast* Deep Water* Yoga Flow	CS GX GX P GX	Brittany Mary Mary Jeannie Kate		SATUR	9:30 AM 10:00 AM 10:30 AM 10:30 AM 10:30 AM 11:00 AM	Yoga Flow* Deep Intervals* Cycle Power* Body Pump* Chair Light Weights* Mat Pilates*	GX P CS IG GX MB	Justin Laura S. Jill Bonnie Mary/Tessa Julie
	5:30 PM 6:30 PM 7:00 PM 7:30 PM	Cycle Power PYSB* Muscle Blast* Deep Water* Yoga Flow	CS GX GX P GX	Brittany Mary Mary Jeannie Kate		SATUR	9:30 AM 10:00 AM 10:30 AM 10:30 AM 10:30 AM 11:00 AM	Yoga Flow* Deep Intervals* Cycle Power* Body Pump* Chair Light Weights*	GX P CS IG GX	Justin Laura S. Jill Bonnie Mary/Tessa
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	5:30 PM 6:30 PM 7:00 PM 7:30 PM Time 6:00 AM 7:30 AM 8:15 AM	Cycle Power PYSB* Muscle Blast* Deep Water* Yoga Flow Class Cycle Power Muscle Blast Flow then Slow*	CS GX GX P GX Studio CS GX MB	Brittany Mary Mary Jeannie Kate Instructor Brittany Laura W. Tavi			9:30 AM 10:00 AM 10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM	Yoga Flow* Deep Intervals* Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga*	GX P CS IG GX MB GX Studio GX	Justin Laura S. Jill Bonnie Mary/Tessa Julie Megh Instructor Jane
	5:30 PM 6:30 PM 7:00 PM 7:30 PM Time 6:00 AM 7:30 AM 8:15 AM 8:30 AM	Cycle Power PYSB* Muscle Blast* Deep Water* Yoga Flow Class Cycle Power Muscle Blast Flow then Slow* Body Pump*	CS GX GX P GX Studio CS GX MB IG	Brittany Mary Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W.			9:30 AM 10:00 AM 10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM	Yoga Flow* Deep Intervals* Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals	GX P CS IG GX MB GX Studio GX CS	Justin Laura S. Jill Bonnie Mary/Tessa Julie Megh Instructor Jane Rebecca
	5:30 PM 6:30 PM 7:00 PM 7:30 PM Time 6:00 AM 7:30 AM 8:15 AM 8:30 AM 8:30 AM	Cycle Power PYSB* Muscle Blast* Deep Water* Yoga Flow Class Cycle Power Muscle Blast Flow then Slow* Body Pump* Water Walkers	CS GX GX P GX Studio CS GX MB IG P	Brittany Mary Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie			9:30 AM 10:00 AM 10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 9:30 AM	Yoga Flow* Deep Intervals* Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals Cardio Challenge	GX P CS IG GX MB GX Studio GX CS GX	Justin Laura S. Jill Bonnie Mary/Tessa Julie Megh Instructor Jane Rebecca Mary
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DNESDAY	5:30 PM 6:30 PM 7:00 PM 7:30 PM Time 6:00 AM 7:30 AM 8:15 AM 8:30 AM 9:30 AM 9:30 AM 9:30 AM 9:30 AM 10:30 AM 10:30 AM	Cycle Power PYSB* Muscle Blast* Deep Water* Yoga Flow Class Cycle Power Muscle Blast Flow then Slow* Body Pump* Water Walkers Step Aerobics Road Ride Gentle Yoga* Club 60* Body Pump* Moving to Heal* Deep Water*	CS GX GX P GX Studio CS GX MB IG P GX CS MB P IG GX	Brittany Mary Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela Jeannie Bonnie Maria Jeannie			9:30 AM 10:00 AM 10:30 AM 10:30 AM 11:00 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 10:30 AM 10:30 AM 10:30 AM 11:30 AM	Yoga Flow* Deep Intervals* Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals Cardio Challenge Deep Water Muscle Blast Fit and Firm Lite* Yoga Flow*	GX P CS IG GX MB GX Studio GX CS GX P IG GX GX CS GX P GX GX GX CS GX CS GX CS GX CS GX CS GX	Justin Laura S. Jill Bonnie Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H.
EDNESDAY	5:30 PM 6:30 PM 7:00 PM 7:30 PM Time 6:00 AM 7:30 AM 8:15 AM 8:30 AM 9:30 AM 9:30 AM 9:30 AM 10:30 AM 10:30 AM 10:30 AM	Cycle Power PYSB* Muscle Blast* Deep Water* Yoga Flow Class Cycle Power Muscle Blast Flow then Slow* Body Pump* Water Walkers Step Aerobics Road Ride Gentle Yoga* Club 60* Body Pump* Moving to Heal* Deep Water* Gentle Yoga*	CS GX GX P GX Studio CS GX MB IG P GX CS MB IG P	Brittany Mary Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela Jeannie Bonnie Maria Jeannie Ginny			9:30 AM 10:00 AM 10:30 AM 10:30 AM 11:00 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 10:30 AM 10:30 AM 10:30 AM 11:30 AM	Yoga Flow* Deep Intervals* Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals Cardio Challenge Deep Water Muscle Blast Fit and Firm Lite* Yoga Flow*	GX P CS IG GX MB GX Studio GX CS GX P IG GX GX CS GX P GX GX GX CS GX CS GX CS GX CS GX CS GX	Justin Laura S. Jill Bonnie Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H.
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WEDNESDAY	5:30 PM 6:30 PM 7:00 PM 7:30 PM 7:30 PM 6:00 AM 7:30 AM 8:15 AM 8:30 AM 9:30 AM 9:30 AM 9:30 AM 10:30 AM 10:30 AM 10:30 AM 10:30 AM 11:30 AM	Cycle Power PYSB* Muscle Blast* Deep Water* Yoga Flow Class Cycle Power Muscle Blast Flow then Slow* Body Pump* Water Walkers Step Aerobics Road Ride Gentle Yoga* Club 60* Body Pump* Moving to Heal* Deep Water* Gentle Yoga* Better Balance Moving to Heal*	CS GX GX P GX Studio CS GX MB IG P GX CS MB P IG GX MB	Brittany Mary Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela Jeannie Bonnie Maria Jeannie Ginny Angela Maria			9:30 AM 10:00 AM 10:30 AM 10:30 AM 11:00 AM 11:00 AM 12:00 PM Time 8:15 AM 9:30 AM 10:30 AM 10:30 AM 10:30 AM 11:30 AM 11:30 AM 11:30 AM	Yoga Flow* Deep Intervals* Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals Cardio Challenge Deep Water Muscle Blast Fit and Firm Lite* Yoga Flow* All In Yoga!	GX P CS IG GX MB GX Studio GX CS GX P IG GX GX F IF	Justin Laura S. Jill Bonnie Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H.
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WEDNESDAY	5:30 PM 6:30 PM 7:00 PM 7:30 PM 7:30 PM 7:30 AM 8:15 AM 8:30 AM 9:30 AM 9:30 AM 9:30 AM 10:30 AM 10:30 AM 10:30 AM 10:30 AM 11:30 AM 11:30 AM	Cycle Power PYSB* Muscle Blast* Deep Water* Yoga Flow Class Cycle Power Muscle Blast Flow then Slow* Body Pump* Water Walkers Step Aerobics Road Ride Gentle Yoga* Club 60* Body Pump* Moving to Heal* Deep Water* Gentle Yoga* Better Balance Moving to Heal*	CS GX GX P GX Studio CS GX MB IG P GX CS MB P IG GX P MB GX MB	Brittany Mary Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela Jeannie Bonnie Maria Jeannie Ginny Angela Maria			9:30 AM 10:00 AM 10:30 AM 10:30 AM 11:00 AM 11:00 AM 12:00 PM Time 8:15 AM 9:30 AM 10:30 AM 10:30 AM 10:30 AM 11:30 AM 11:30 AM 11:30 AM	Yoga Flow* Deep Intervals* Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals Cardio Challenge Deep Water Muscle Blast Fit and Firm Lite* Yoga Flow* All In Yoga!	GX P CS IG GX MB GX Studio GX CS GX P IG GX GX F IF	Justin Laura S. Jill Bonnie Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H.
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New classes and class changes are denoted in red.

GROUP FITNESS SCHEDULE

CLASS DESCRIPTIONS

<u>ALL In Yoga!</u> (ALL LEVELS): We believe that everyone deserves the mind-body experience of yoga. This inclusive class connects participants to a practice that is energizing, empowering, fun, and accessible to all. Open to all levels and wheelchair accessible. Ages 10 and up.

<u>Aquatics Classes</u> (ALL LEVELS): Joint friendly, low impact classes to increase cardiovascular fitness and muscular strength for everyone! (See detailed class descriptions online.)

Better Balance (BASIC): 30 minute class to improve balance and core strength. Primarily done while standing with various props.

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.

<u>Cardio Challenge</u> (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.

<u>Chair Light Weights</u> (BASIC): For beginners and active seniors, this class incorporates light weights and other props for resistance exercises at a slow pace, isolating each muscle group with proper breathing and stretching techniques while sitting in a chair. Standing options may be offered.

<u>Cycle</u> (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.)

<u>Fit & Firm</u> (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.

Fit & Firm Lite (BASIC): 25 minutes of low impact aerobics, 25 minutes of strength work and 5 minutes of stretch for a full body workout.

<u>Gentle Nia</u> (BASIC): A modified version of Classic Nia, Gentle Nia uses easy to follow movements to build strength and flexibility while conditioning your body.

<u>Gentle Yoga</u> (BASIC): A slow paced class that offers modifications using props like the wall, blocks and straps, and includes meditation, breathing exercises, and deep relaxation. Exercises will be done standing, sitting, and lying on the floor.

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, you can work at your own level and enjoy a challenging and calorie-burning workout.

<u>J Barre</u> (ALL LEVELS): A high-energy group exercise class that fuses fitness techniques from Pilates, Dance, and Yoga combined with fluid athletic intervals. The perfect combination of strength and flexibility with an added cardiovascular endurance element.

<u>Mat Pilates</u> (ALL LEVELS): Exercises that focus on improving strength, flexibility, balance and posture through precise movements, controlled breathing and muscle engagement.

<u>Moving to Heal</u> (BASIC): Learn to slow down and personalize movement to fit your body while focusing on the sensation of feeling better move by move, breath by breath. Improve feelings of wellness regardless of physical condition.

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.

<u>Muscle Blast Plus</u> (ALL LEVELS): Your traditional Muscle Blast class with bursts of cardio throughout class. Get that toned and fit body you desire through strength and resistance training utilizing various weight training, floor exercises and band workouts.

<u>Nia</u> (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.

<u>Step Aerobics</u> (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!

<u>Switch!</u> (ALL LEVELS): Stations are set up for cardio 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! Modifications available.

WALK15 (ALL LEVELS): Low-impact cardio, providing the opportunity to walk 3 miles by using your own 4'x 4' space. Burn calories and build stamina while getting in some fun steps!

<u>Tai Chi</u> (*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.

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.)

<u>Zumba Gold/Latin Dance Gold</u> (ALL LEVELS): A modified dance class for active older adults that recreates the original moves you love at a lower intensity. These routines incorporate interval training-alternating fast and slow rhythms-to help improve cardio fitness.

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.