## **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 ". Cla		h * are 55-60 minutes		
	Time	Class	Studio	Instructor		Time	Class	Studio	Instructor
		Cycle Power	CS	Brittany		6:00 AM	Cycle Power	CS	Jessica
		Switch!*	GX	Laura/Mary		6:00 AM	Power Yoga*	GX	Susan H.
			GX	Laura W.			Body Pump*	IG	Melissa
		Power Yoga*	MB	Jane		7:15 AM	Road Ride	CS	Laura W.
		Club 60*	P	Linda C.		8:15 AM	Hatha Yoga*	GX	Angela
	8:30 AM	Body Pump*	IG	Laura W.	A	8:15 AM	WALK15*	IG	Lisa S.
	9:30 AM	Cardio Challenge	GX	Lisa L.	THURSDAY	9:30 AM	Muscle Blast	IG	Lisa L.
$\succ$		Cycle Intervals	ĊS	Susan K.		9:30 AM	Latin Cardio Gold	MB	Andree
		Gentle Yoga	МВ	Jane		9:30 AM	Gentle Yoga*	GX	Susan R.
MONDAY		Club 60*	P	Linda C.		10:30 AM	Fit and Firm*	IG	Lisa L.
Z		Muscle Blast	IG	Lisa L.	I	10:30 AM	Chair Light Weights*	GX	Andree
0	10:30 AM		MB	Thomas		10:30 AM	Water Blast*	P GX	Laura W.
Σ		Chair Yoga* Deep Intervals*	GX P	Susan R.		F:20 DM	Chair Light Weights* Road Ride	CS	Ginny Rebecca
	11:30 AM		MB	Laura S. Maria		5:30 PM		GX	Mary
		Better Balance	GX	Megh			Muscle Blast Plus*	GX	Mary
		Muscle Blast	GX	Debbie			Deep Intervals*	P	Laura S.
		Cycle Intervals	CS	Rebecca			Yoga Flow*	GX	Justin
	5.30 PM	Body Pump*	IG	Bonnie		7.50114	loga non	0/1	Justin
	5:30 PM	Yoga Flow	GX	Justin		Time	Class	Studio	Instructor
		J Barre*	MB	Mary			Cycle Power	CS	Brittany
	6:30 PM	Beginning Yoga*	GX	Megh		8:15 AM	Power Yoga*	MB	Jane
							Boot Camp*	GX	Laura W.
	Time	Class	Studio	Instructor		8:30 AM	Cycle Intervals	CS	Mary
		Cycle Power	CS	Jessica		8:30 AM	Body Pump*	IG	Bonnie
	6:00 AM	Power Yoga*	MB	Susan H.	A	9:30 AM	Cardio Challenge	GX	Mary
		Boot Camp*	GX	Sylvester	FRIDAY	9:30 AM	Gentle Yoga	MB	Jane
	6:00 AM	Body Pump*	IG	Melissa	2	9:30 AM	Club 60*	Р	Denee
	7:15 AM	Road Ride	CS	Bonnie			PYSB	GX	Mary
		Hatha Yoga*	GX	Angela		10:30 AM	Tai Chi*	MB	Thomas
		WALK15*	IG	Lisa S.			Deep Water*	Р	Jeannie
A		Mat Pilates	MB	Mary		11:30 AM		MB	Maria
6		Muscle Blast	IG	Mary			Better Balance	GX	Sonya
S		Zumba Gold*	MB GX	Paula		5:30 PM	Happy Hour Cycle	CS	Jill
Ē		Gentle Yoga* Club 60*	P	Ginny Linda C.		Time	Class	Studio	Instructor
TUESDAY		Fit and Firm*	r IG	Lisa L.			Body Pump*	IG	Laura W.
	10:30 AM	Chair Light Weights*	GX	Paula		0 45 414	Gentle Yoga*	GX	Sonya
	10.30 AM	Aqua Boot Camp*	P	Laura W.		9.30 AM	Road Ride	CS	Bonnie
	11.30 AM	Chair Light Weights*		Andree		9:30 AM		ĬĞ	Mary
		Cycle Power	CS	Brittany		9:30 AM	Yoga Flow*	GX	Justin
				Mary		10.00 444	Deep Intervals*		Laura S.
	5:30 PM	PYSB*	GX			10:00 AM	Deep milervals	Р	
	5:30 PM 6:30 PM	PYSB*	GX GX		F	10:00 AM 10:30 AM	Cycle Power*	P CS	
	6:30 PM	PYSB* Muscle Blast* Deep Water*	GX P	Mary	ATU	10:00 AM 10:30 AM 10:30 AM	Cycle Power* Body Pump*	CS IG	Jill Bonnie
	6:30 PM 7:00 PM	PYSB* Muscle Blast* Deep Water*	GX		SATURDAY	10.307	Cycle Power* Body Pump* Chair Light Weights*	CS IG GX	Jill
	6:30 PM 7:00 PM 7:30 PM	PYSB* Muscle Blast* Deep Water*	GX P GX	Mary Jeannie Kate	SATU	11:00 AM	Cycle Power* Body Pump* Chair Light Weights* Mat Pilates*	CS IG GX MB	Jill Bonnie <mark>Mary/Tessa</mark> Julie
	6:30 PM 7:00 PM 7:30 PM Time	PYSB* Muscle Blast* Deep Water* Yoga Flow Class	GX P GX Studio	Mary Jeannie Kate Instructor	SATU	11:00 AM	Cycle Power* Body Pump* Chair Light Weights*	CS IG GX	Jill Bonnie Mary/Tessa
	6:30 PM 7:00 PM 7:30 PM <b>Time</b> 6:00 AM	PYSB* Muscle Blast* Deep Water* Yoga Flow Class Cycle Power	GX P GX Studio CS	Mary Jeannie Kate Instructor Brittany	SATU	11:00 AM 12:00 PM	Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow*	CS IG MB GX	Jill Bonnie <mark>Mary/Tessa</mark> Julie Megh
	6:30 PM 7:00 PM 7:30 PM <b>Time</b> 6:00 AM 7:30 AM	PYSB* Muscle Blast* Deep Water* Yoga Flow Class Cycle Power Muscle Blast	GX P GX Studio CS GX	Mary Jeannie Kate Instructor Brittany Laura W.	SATU	11:00 AM 12:00 PM	Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class	CS IG GX MB GX Studio	Jill Bonnie Mary/Tessa Julie Megh Instructor
	6:30 PM 7:00 PM 7:30 PM <b>Time</b> 6:00 AM 7:30 AM 8:15 AM	PYSB* Muscle Blast* Deep Water* Yoga Flow Class Cycle Power Muscle Blast Flow then Slow*	GX P GX Studio CS GX MB	Mary Jeannie Kate Instructor Brittany Laura W. Tavi		11:00 AM 12:00 PM	Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga*	CS IG GX MB GX Studio GX	Jill Bonnie Mary/Tessa Julie Megh Instructor Jane
	6:30 PM 7:00 PM 7:30 PM 6:00 AM 7:30 AM 8:15 AM 8:30 AM	PYSB* Muscle Blast* Deep Water* Yoga Flow Class Cycle Power Muscle Blast Flow then Slow* Body Pump*	GX P GX Studio CS GX MB IG	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W.		11:00 AM 12:00 PM	Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals	CS IG GX MB GX Studio GX CS	Jill Bonnie Mary/Tessa Julie Megh Instructor Jane Rebecca
	6:30 PM 7:00 PM 7:30 PM 6:00 AM 7:30 AM 8:15 AM 8:30 AM 8:30 AM	PYSB* Muscle Blast* Deep Water* Yoga Flow Cycle Power Muscle Blast Flow then Slow* Body Pump* Water Walkers	GX P GX CS GX MB IG P	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie		11:00 AM 12:00 PM	Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals Cardio Challenge	CS IG GX MB GX Studio GX CS GX	Jill Bonnie Mary/Tessa Julie Megh Instructor Jane Rebecca Mary
>	6:30 PM 7:00 PM 7:30 PM 6:00 AM 7:30 AM 8:15 AM 8:30 AM 8:30 AM 9:30 AM	PYSB* Muscle Blast* Deep Water* Yoga Flow Cycle Power Muscle Blast Flow then Slow* Body Pump* Water Walkers Step Aerobics	GX P GX CS GX MB IG P GX	Mary Jeannie Kate Brittany Laura W. Tavi Laura W. Jeannie Erin		11:00 AM 12:00 PM	Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals Cardio Challenge Deep Water	CS IG GX MB GX Studio GX CS GX CS GX P	Jill Bonnie Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean
АУ	6:30 PM 7:00 PM 7:30 PM 6:00 AM 7:30 AM 8:15 AM 8:30 AM 8:30 AM 9:30 AM 9:30 AM	PYSB* Muscle Blast* Deep Water* Yoga Flow Cycle Power Muscle Blast Flow then Slow* Body Pump* Water Walkers Step Aerobics Road Ride	GX P GX CS GX MB IG P GX CS	Mary Jeannie Kate Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie		11:00 AM 12:00 PM	Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals Cardio Challenge Deep Water Muscle Blast	CS IG GX MB GX Studio GX CS GX P IG	Jill Bonnie Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary
DAY	6:30 PM 7:00 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	PYSB* Muscle Blast* Deep Water* Yoga Flow Cycle Power Muscle Blast Flow then Slow* Body Pump* Water Walkers Step Aerobics Road Ride Gentle Yoga*	GX P GX CS GX MB IG P GX CS MB	Mary Jeannie Kate Instructor Brittany Laura W. Jeaura W. Jeannie Erin Bonnie Angela	SUNDAY SATU	11:00 AM 12:00 PM 8:15 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 10:30 AM	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*	CS IG GX MB GX Studio GX CS GX P IG GX	Jill Bonnie Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie
SDAY	6:30 PM 7:00 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 9:30 AM	PYSB* Muscle Blast* Deep Water* Yoga Flow Cycle Power Muscle Blast Flow then Slow* Body Pump* Water Walkers Step Aerobics Road Ride Gentle Yoga* Club 60*	GX P GX CS GX MB IG P GX CS MB P	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela Jeannie		11:00 AM 12:00 PM 8:15 AM 9:00 AM 9:30 AM 10:30 AM 10:30 AM 10:30 AM 11:30 AM	Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Cardiyoga* Cycle Intervals Cardio Challenge Deep Water Muscle Blast Fit and Firm Lite* Yoga Flow*	CS IG GX MB GX CS GX CS GX P IG GX GX	Jill Bonnie Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate
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WEDNESDAY	6:30 PM 7:00 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 10:30 AM 11:30 AM 11:30 AM 11:30 AM 5:30 PM 5:30 PM	PYSB* Muscle Blast* Deep Water* Yoga Flow 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 Gentle Noga* Better Balance Gentle Nia* Muscle Blast Cycle Fundamentals Body Pump*	GX P GX CS GX MB IG P GX CS IG GX P MB GX MB CS CS IG	Mary Jeannie Kate Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela Jeannie Bonnie Maria Jeannie Ginny Andree Maria Jennifer T.		11:00 AM 12:00 PM 8:15 AM 9:00 AM 9:30 AM 10:30 AM 10:30 AM 10:30 AM 11:30 AM 11:30 AM	Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Cardiyoga* Cycle Intervals Cardio Challenge Deep Water Muscle Blast Fit and Firm Lite* Yoga Flow* All In Yoga!	CS IG GX MB GX CS GX CS GX P IG GX GX GX	Jill Bonnie Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H. Frager Family JCC
WEDNESDAY	6:30 PM 7:00 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 10:30 AM 11:30 AM 11:30 AM 5:30 PM 5:30 PM 5:30 PM	PYSB* Muscle Blast* Deep Water* Yoga Flow 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 Gentle Noga* Better Balance Gentle Nia* Muscle Blast Cycle Fundamentals Body Pump* Cardiyoga*	GX P GX CS GX MB IG P GX CS IG GX P MB GX CS IG GX SX CS IG GX	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela Jeannie Bonnie Maria Jeannie Ginny Andree Maria Jennifer T. Lisa L.	SUNDAY	11:00 AM 12:00 PM 8:15 AM 9:00 AM 9:30 AM 10:30 AM 10:30 AM 10:30 AM 11:30 AM 11:30 AM 1:00 PM Senior Class Aquatics Cla	Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Cardiyoga* Cycle Intervals Cardio Challenge Deep Water Muscle Blast Fit and Firm Lite* Yoga Flow* All In Yoga! ss	CS IG GX MB GX Studio GX CS GX P IG GX GX GX GX	Jill Bonnie Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H. Frager Family JCC
WEDNESDAY	6:30 PM 7:00 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 10:30 AM 10:30 AM 10:30 AM 5:30 PM 5:30 PM 5:30 PM	PYSB* Muscle Blast* Deep Water* Yoga Flow 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 Gentle Noga* Better Balance Gentle Nia* Muscle Blast Cycle Fundamentals Body Pump*	GX P GX CS GX MB IG P GX CS IG GX P MB GX MB CS CS IG	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela Jeannie Bonnie Maria Jeannie Ginny Andree Maria Jennifer T. Lisa L. Sonya		11:00 AM 12:00 PM 8:15 AM 9:00 AM 9:30 AM 10:30 AM 10:30 AM 10:30 AM 11:30 AM 11:30 AM 1:00 PM Senior Class Aquatics Cla	Cycle Power* Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Cardiyoga* Cycle Intervals Cardio Challenge Deep Water Muscle Blast Fit and Firm Lite* Yoga Flow* All In Yoga!	CS IG GX MB GX Studio GX CS GX P IG GX GX GX GX	Jill Bonnie Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H. Frager Family JCC

New classes and class changes are denoted in red.



## **GROUP FITNESS SCHEDULE**

## **CLASS DESCRIPTIONS**

ALL In Yoga! (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.

Aquatics Classes (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<sup>™</sup> (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.)

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.

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.

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

Gentle Yoga (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.

J Barre (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.

Moving to Heal (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.

Muscle Blast Plus (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.

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!

Switch! (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!

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.

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.)

Zumba Gold/Latin Dance Gold (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.