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.

						ith * are 55-60 minutes.		
	Time Class	Studio				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.
	7:30 AM Muscle Blast	GX	Laura W.			Body Pump*	IG	Melissa
	8:15 AM Power Yoga*	MB	Jane			Road Ride	ĊS	Laura W.
	8:30 AM Club 60*	P	Linda C.			Hatha Yoga*	GX	Angela
				THURSDAY				
	8:30 AM Body Pump*	IG	Laura W.			WALK15*	IG	Lisa S.
	9:30 AM Cardio Challenge	GX	Lisa L.	⋖		Muscle Blast	IG	Lisa L.
	9:30 AM Cycle Intervals	CS	Bonnie			Latin Cardio Gold	MB	Andree
MONDAY	9:30 AM Gentle Yoga	MB	Jane	S		Gentle Yoga*	GX	Susan R.
◁▮	9:30 AM Club 60*	Р	Linda C.	\sim	10:30 AM	Fit and Firm*	IG	Lisa L.
	10:30 AM Muscle Blast	IG	Lisa L.			Chair Light Weights*	GX	Andree
2	10:30 AM Tai Chi*	MB	Thomas	I		Water Blast*	Р	Laura W.
	10:30 AM Chair Yoga*	GX	Susan R.			Chair Yoga*	GX	Ginny
=	10:30 AM Deep Intervals*	P	Laura S.	•		Junior Fit Squad	GX	Debbie
-	11:30 AM Nia*	MB					CS	
		MD	Maria			Road Ride	CY	Rebecca
	11:30 AM Better Balance	GX	Megh		5:30 PM		GX	Mary
	4:30 PM Muscle Blast	GX	Debbie			Muscle Blast Plus*	GX	Mary
	5:30 PM Cycle Intervals	CS	Rebecca		7:00 PM	Deep Intervals*	Р	Laura S.
	5:30 PM Body Pump*	IG	Bonnie		7:30 PM	Yoga Flow*	GX	Jeanae
	5:30 PM Yoga Flow	GX	Julie					,
	5:30 PM J Barre*	MB	Mary		Time	Class	Studio	Instructor
	6:30 PM Beginning Yoga*	GX	Megh			Cycle Power	CS	Brittany
	7:00 PM Water Blast	P					MB	
	7.00 PM Water blast	P	Denee			Power Yoga*	INID	Jane
	T	Cr 4	lu et e			Boot Camp*	GX	Laura W.
	Time Class	Studio	Instructor			Cycle Intervals	CS	Mary .
	6:00 AM Cycle Power	CS	Jessica	FRIDAY		Body Pump*	IG	Bonnie
	6:00 AM Power Yoga*	MB	Susan H.	⋖	9:30 AM	Cardio Challenge	GX	Mary
TUESDAY	6:00 AM Boot Camp*	GX	Sylvester		9:30 AM	Gentle Yoga	MB	Jane
	6:00 AM Body Pump*	IG	Melissa	$\overline{\sim}$		Club 60*	Р	Denee
	7:15 AM Road Ride	CS	Bonnie		10:30 AM		GX	Mary
	8:15 AM Hatha Yoga*	GX	Angela		10:30 AM		MB	Thomas
	8:15 AM WALK15*	IG	Lisa S.		10.30 AM	Deep Water*	P	Jeannie
	8:30 AM Mat Pilates	MB	Mary		11:30 AM		MB	Maria
	9:30 AM Muscle Blast	IG	Mary			Better Balance	GX	Ginny
	9:30 AM Zumba Gold*	MB	Paula		5:30 PM	Happy Hour Cycle	CS	Jill
S	9:30 AM Gentle Yoga*	GX	Ginny					
111	9:30 AM Club 60*	Р	Linda C.		Time	Class	Studio	Instructor
	10:30 AM Fit and Firm*	IG	Lisa L.		8:15 AM	Body Pump*	IG	Laura W.
-	10:30 AM Chair Light Weights*		Paula	>		Gentle Yoga*	GX	Sonya
	10:30 AM Aqua Boot Camp*	P	Laura W.			Road Ride	CS	Bonnie
	11:30 AM Chair Light Weights*		Andree		9:30 AM		IG	Mary
		GX	Debbie			Yoga Flow*	GX	
	4:30 PM Junior Fit Squad		Dennie	4			UΛ	Janae
	5:30 PM Cycle Power	CS	Brittany	2		Deep Intervals*	P CS	Laura S.
	5:30 PM PYSB*	GX	Mary		1111.511 7117	I VICIA DOMATA	1	Jill
						Cycle Power*		
	6:30 PM Muscle Blast*	GX	Mary	⋖	10:30 AM	Body Pump*	IG	Bonnie
	6:30 PM Muscle Blast* 7:00 PM Deep Water*	GX P		SATURDAY	10:30 AM 10:30 AM	Body Pump* Chair Light Weights*		Bonnie Mary/Tessa
	7:00 PM Deep Water*	GX P	Mary	SA	10:30 AM 10:30 AM	Body Pump*	IG GX	
		GX	Mary Jeannie	SA	10:30 AM 10:30 AM 11:00 AM	Body Pump* Chair Light Weights* Mat Pilates*	IG GX MB	Mary/Tessa Julie
	7:00 PM Deep Water* 7:30 PM Yoga Flow	GX P GX	Mary Jeannie Kate	SA	10:30 AM 10:30 AM 11:00 AM	Body Pump* Chair Light Weights*	IG GX	Mary/Tessa
	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class	GX P GX Studio	Mary Jeannie Kate Instructor	SA	10:30 AM 10:30 AM 11:00 AM 12:00 PM	Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow*	IG GX MB GX	Mary/Tessa Julie Megh
	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power	GX P GX Studio CS	Mary Jeannie Kate Instructor Brittany		10:30 AM 10:30 AM 11:00 AM 12:00 PM	Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class	IG GX MB GX	Mary/Tessa Julie Megh
	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast	GX P GX Studio CS GX	Mary Jeannie Kate Instructor Brittany Laura W.		10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM	Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga*	GX MB GX Studio	Mary/Tessa Julie Megh Instructor Jane
	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow*	GX P GX Studio CS GX MB	Mary Jeannie Kate Instructor Brittany Laura W. Tavi		10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM	Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals	GX MB GX Studio GX CS	Mary/Tessa Julie Megh Instructor Jane Rebecca
	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump*	GX P GX Studio CS GX MB IG	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W.		10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 9:30 AM	Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals Cardio Challenge	IG GX MB GX Studio GX CS GX	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary
	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Water Walkers	GX P GX Studio CS GX MB IG P	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie		10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 9:30 AM 10:00 AM	Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals Cardio Challenge Deep Water	IG GX MB GX Studio GX CS GX P	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean
	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Water Walkers 9:30 AM Step Aerobics	GX P GX Studio CS GX MB IG P GX	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin		10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM	Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals Cardio Challenge Deep Water Muscle Blast	IG GX MB GX Studio GX CS GX P IG	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary
>	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Water Walkers 9:30 AM Step Aerobics 9:30 AM Road Ride	GX P GX Studio CS GX MB IG P GX CS	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie		10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM	Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals Cardio Challenge Deep Water Muscle Blast Fit and Firm Lite*	IG GX MB GX Studio GX CS GX P IG GX	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie
AY	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Water Walkers 9:30 AM Step Aerobics 9:30 AM Road Ride 9:30 AM Gentle Yoga*	GX P GX Studio CS GX MB IG P GX CS MB	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela	SUNDAY	10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:30 AM	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*	IG GX MB GX Studio GX CS GX P IG GX GX GX	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate
DAY	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Water Walkers 9:30 AM Step Aerobics 9:30 AM Road Ride	GX P GX Studio CS GX MB IG P GX CS MB	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie		10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:30 AM	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*	IG GX MB GX Studio GX CS GX P IG GX	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie
SDAY	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Water Walkers 9:30 AM Step Aerobics 9:30 AM Road Ride 9:30 AM Gentle Yoga* 9:30 AM Club 60*	GX P GX Studio CS GX MB IG P GX CS MB	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela		10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:30 AM	Body Pump* Chair Light Weights* Mat Pilates* Yoga Flow* Class Cardiyoga* Cycle Intervals Cardio Challenge Deep Water Muscle Blast Fit and Firm Lite*	IG GX MB GX Studio GX CS GX P IG GX GX GX GX GX GX	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H.
ESDAY	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Water Walkers 9:30 AM Step Aerobics 9:30 AM Road Ride 9:30 AM Gentle Yoga* 9:30 AM Club 60* 10:30 AM Body Pump*	GX P GX Studio CS GX MB IG P GX CS MB P	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela Jeannie Bonnie		10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:30 AM	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*	IG GX MB GX Studio GX CS GX P IG GX GX GX GX GX GX	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H.
NESDAY	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Water Walkers 9:30 AM Step Aerobics 9:30 AM Road Ride 9:30 AM Gentle Yoga* 9:30 AM Club 60* 10:30 AM Body Pump* 10:30 AM Moving to Heal*	GX P GX Studio CS GX MB IG P GX CS MB P IG	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela Jeannie Bonnie Maria		10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:30 AM	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*	IG GX MB GX Studio GX CS GX P IG GX GX GX GX	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H.
ONESDAY	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Water Walkers 9:30 AM Step Aerobics 9:30 AM Gentle Yoga* 9:30 AM Club 60* 10:30 AM Body Pump* 10:30 AM Body Pump* 10:30 AM Deep Water*	GX P GX Studio CS GX MB IG P GX CS MB P IG	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela Jeannie Bonnie Maria Jeannie	SUNDAY	10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 1:00 PM	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!	IG GX MB GX Studio GX CS GX P IG GX GX GX GX	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H.
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VEDNESDAY	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Water Walkers 9:30 AM Step Aerobics 9:30 AM Gentle Yoga* 9:30 AM Gody Pump* 10:30 AM Moving to Heal* 10:30 AM Gentle Yoga* 10:30 AM Gentle Yoga* 10:30 AM Gentle Yoga* 11:30 AM Better Balance	GX P GX Studio CS GX MB IG P GX CS MB P IG GX P MB GX	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela Jeannie Bonnie Maria Jeannie Ginny Andree	SUNDAY	10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 11:30 AM 1:00 PM	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!	IG GX MB GX Studio GX CS GX P IG GX GX GX GX F	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H. Fager Family
WEDNESDAY	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Step Aerobics 9:30 AM Step Aerobics 9:30 AM Gentle Yoga* 9:30 AM Club 60* 10:30 AM Body Pump* 10:30 AM Moving to Heal* 10:30 AM Deep Water* 10:30 AM Better Balance 11:30 AM Gentle Nia*	GX P GX Studio CS GX MB IG P GX CS MB P IG GX P MB GX MB	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela Jeannie Bonnie Maria Jeannie Ginny Andree Maria	SUNDAY	10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:30 AM 1:00 PM	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!	IG GX MB GX Studio GX CS GX P IG GX GX GX GX F	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H.
WEDNESDAY	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Step Aerobics 9:30 AM Step Aerobics 9:30 AM Gentle Yoga* 9:30 AM Gentle Yoga* 10:30 AM Body Pump* 10:30 AM Moving to Heal* 10:30 AM Deep Water* 11:30 AM Gentle Yoga* 11:30 AM Gentle Yoga* 11:30 AM Gentle Yoga* 11:30 AM Gentle Yoga*	GX P GX Studio CS GX MB IG P GX CS MB P IG GX P MB GX MB GX MB GX	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela Jeannie Bonnie Maria Jeannie Ginny Andree Maria Jennifer T.	SUNDAY	10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:30 AM 1:00 PM	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 MB GX Studio GX CS GX P IG GX GX GX	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H. Tager Tamily
WEDNESDAY	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Step Aerobics 9:30 AM Step Aerobics 9:30 AM Gentle Yoga* 9:30 AM Club 60* 10:30 AM Body Pump* 10:30 AM Moving to Heal* 10:30 AM Deep Water* 10:30 AM Better Balance 11:30 AM Gentle Nia*	GX P GX Studio CS GX MB IG P GX CS MB P IG GX P MB GX MB GX MB GX	Mary Jeannie Kate Instructor Brittany Laura W. Tavi Laura W. Jeannie Erin Bonnie Angela Jeannie Bonnie Maria Jeannie Ginny Andree Maria	SUNDAY	10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 1:30 AM 1:00 PM Senior Cla Aquatics C	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 MB GX Studio GX CS GX P IG GX GX GX	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H. Tager Tamily
WEDNESDAY	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Step Aerobics 9:30 AM Step Aerobics 9:30 AM Gentle Yoga* 9:30 AM Gentle Yoga* 10:30 AM Body Pump* 10:30 AM Moving to Heal* 10:30 AM Deep Water* 11:30 AM Gentle Yoga* 11:30 AM Gentle Nia* 4:30 PM Muscle Blast 5:30 PM Cycle Fundamentals	GX P GX Studio CS GX MB IG P GX CS MB P IG GX MB GX P MB GX CS MB GX CS	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	10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:30 AM 1:00 PM	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!	IG GX MB GX Studio GX CS GX P IG GX GX GX F F F P-Pool / IG-Is	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H. Tager Tamily CC Saacs Gym
WEDNESDAY	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Step Aerobics 9:30 AM Step Aerobics 9:30 AM Gentle Yoga* 9:30 AM Gentle Yoga* 10:30 AM Body Pump* 10:30 AM Moving to Heal* 10:30 AM Deep Water* 11:30 AM Gentle Yoga* 11:30 AM Gentle Falance 11:30 AM Gentle Nia* 4:30 PM Muscle Blast 5:30 PM Cycle Fundamentals 5:30 PM Body Pump*	GX P GX Studio CS GX MB IG P GX CS MB P IG GX P IG GX IG GX 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	SUNDAY	10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 1:30 AM 1:00 PM Senior Cla Aquatics C	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! SS Class GX-Group Ex. Studio /	IG GX MB GX Studio GX CS GX P IG GX GX GX F F F P-Pool / IG-Is	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H. Tager Tamily CC Saacs Gym
WEDNESDAY	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Step Aerobics 9:30 AM Step Aerobics 9:30 AM Coad Ride 9:30 AM Gentle Yoga* 9:30 AM Club 60* 10:30 AM Body Pump* 10:30 AM Moving to Heal* 10:30 AM Deep Water* 10:30 AM Gentle Yoga* 11:30 AM Gentle Yoga* 11:30 AM Gentle Nia* 4:30 PM Muscle Blast 5:30 PM Cycle Fundamentals 5:30 PM Body Pump* 5:30 PM Cardiyoga*	GX P GX Studio CS GX MB IG P GX CS MB P IG GX P IG GX IG GX IG GX MB GX 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. Sonya Jane	SUNDAY	10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 1:30 AM 1:00 PM Senior Cla Aquatics C	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! SS Class GX-Group Ex. Studio /	IG GX MB GX Studio GX CS GX P IG GX GX GX F F F P-Pool / IG-Is	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H. Tager Tamily CC Saacs Gym
WEDNESDAY	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Step Aerobics 9:30 AM Step Aerobics 9:30 AM Gentle Yoga* 9:30 AM Club 60* 10:30 AM Body Pump* 10:30 AM Moving to Heal* 10:30 AM Deep Water* 10:30 AM Gentle Yoga* 11:30 AM Better Balance 11:30 AM Gentle Nia* 4:30 PM Muscle Blast 5:30 PM Cycle Fundamentals 5:30 PM Body Pump* 5:30 PM Cardiyoga* 5:30 PM J Barre*	GX P GX Studio CS GX MB IG P GX CS MB P IG GX P MB GX IG GX MB GX MB GX MB GX MB GX MB GX MB	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 Jane Mary	SUNDAY	10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:30 AM 1:00 PM Senior Cla Aquatics C	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! SS Class GX-Group Ex. Studio / N	IG GX MB GX Studio GX CS GX P IG GX GX GX P IG H B-P-Pool / IG-Is MB-Mind Body	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H. Fager Family CC saacs Gym Studio
WEDNESDAY	7:00 PM Deep Water* 7:30 PM Yoga Flow Time Class 6:00 AM Cycle Power 7:30 AM Muscle Blast 8:15 AM Flow then Slow* 8:30 AM Body Pump* 8:30 AM Step Aerobics 9:30 AM Step Aerobics 9:30 AM Coad Ride 9:30 AM Gentle Yoga* 9:30 AM Club 60* 10:30 AM Body Pump* 10:30 AM Moving to Heal* 10:30 AM Deep Water* 10:30 AM Gentle Yoga* 11:30 AM Gentle Yoga* 11:30 AM Gentle Nia* 4:30 PM Muscle Blast 5:30 PM Cycle Fundamentals 5:30 PM Body Pump* 5:30 PM Cardiyoga*	GX P GX Studio CS GX MB IG P GX CS MB P IG GX P IG GX IG GX IG GX MB GX 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. Sonya Jane	SUNDAY	10:30 AM 10:30 AM 11:00 AM 12:00 PM Time 8:15 AM 9:00 AM 10:00 AM 10:30 AM 10:30 AM 11:30 AM 1:00 PM Senior Cla Aquatics C	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! SS Class GX-Group Ex. Studio /	IG GX MB GX Studio GX CS GX P IG GX GX GX P IG H B-P-Pool / IG-Is MB-Mind Body	Mary/Tessa Julie Megh Instructor Jane Rebecca Mary Laura/Jean Mary Debbie Kate Susan H. Fager Family CC saacs Gym Studio

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.

<u>Les Mills BODYPUMP™</u> (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.

<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 (BASIC)</u>: 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.

Junior Fit Squad (AGES 11-14 ONLY) A fun, high energy fitness class to build strength, improve endurance and boost confidence.

<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.

<u>Muscle Blast</u> (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.

<u>WALK15</u> (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 Cardio 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.