November

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.

MONDAY

Time	Class	Studio	Instructor
6:00 AM	Cycle Power	CS	Brittany
7:30 AM	Muscle Blast	GX	Laura W.
8:15 AM	Power Yoga*	MB	Jane
8:30 AM	Club 60*	P	Dawn
8:30 AM	Body Pump*	IG	Laura W.
9:30 AM	Cardio Challenge	GX	Lisa L.
9:30 AM	Road Ride	CS	Bonnie
9:30 AM	Gentle Yoga	MB	Jane
9:30 AM	Club 60*	P	Linda C.
10:30 AM	Muscle Blast	IG	Lisa L.
10:30 AM	Tai Chi*	MB	Thomas
10:30 AM	Chair Yoga*	GX	Susan R.
10:30 AM	Deep Intervals*	P	Denee
11:30 AM	Better Balance	GX	Megh
11:30 AM	Nia*	MB	Cate
4:30 PM	Muscle Blast	GX	Debbie
5:30 PM	Cycle Intervals	CS	Rebecca
5:30 PM	Body Pump*	IG	Diana
5:30 PM	Yoga Flow	GX	Natasha
5:30 PM	J Barre*	MB	Mary
6:30 PM	Beginning Yoga*	GX	Megh
6:30 PM	Zumba*	MB	Kimberly

TUESDAY

Time	Class	Studio	Instructor
6:00 AM	Cycle Power	CS	Kristin
6:00 AM	Power Yoga*	MB	Susan H.
6:00 AM	Boot Camp*	GX	Sylvester
6:00 AM	Body Pump*	IG	Melissa
7:15 AM	Road Ride	CS	Bonnie
8:15 AM	Hatha Yoga*	GX	Angela
8:30 AM	Mat Pilates	MB	Mary
9:30 AM	Muscle Blast	IG	Mary
9:30 AM	Zumba Gold*	MB	Paula
9:30 AM	Gentle Yoga*	GX	Ginny
9:30 AM	Club 60*	P	Linda C.
10:30 AM	Fit and Firm*	IG	Lisa L.
10:30 AM	Chair Light Weights*	GX	Paula
10:30 AM	Aqua Boot Camp*	P	Laura W.
11:30 AM	Chair Light Weights*	GX	Andree
4:30 PM	Junior Fit Squad	GX	Mary
5:30 PM	Cycle Power	CS	Brittany
5:30 PM	PYSB*	GX	Mary
6:30 PM	Muscle Blast*	GX	Mary
7:00 PM	Deep Water*	P	Jeannie

WEDNESDAY

Time	Class	Studio	Instructor
6:00 AM	Cycle Power	CS	Brittany
7:30 AM	Muscle Blast	GX	Laura W.
8:15 AM	Power Yoga*	MB	Janae
8:30 AM	Body Pump*	IG	Laura W.
8:30 AM	Water Walkers	P	Jeannie
9:30 AM	Step Aerobics	GX	Erin
9:30 AM	Cycle Power	CS	Bridget
9:30 AM	Gentle Yoga*	MB	Angela
9:30 AM	Club 60*	P	Jeannie
10:30 AM	Body Pump Heavy*	IG	Bonnie
10:30 AM	Mat Pilates	MB	Julie
10:30 AM	Deep Water*	P	Jeannie
10:30 AM	Gentle Yoga*	GX	Ginny
11:30 AM	Gentle Stretch	GX	Tavi
4:30 PM	Muscle Blast	GX	Jennifer T.
5:30 PM	CycleFit	CS	Lisa L.
5:30 PM	Body Pump*	IG	Sonya
5:30 PM	Cardiyoga*	GX	Jane
5:30 PM	J Barre*	MB	Mary
6:30 PM	Yoga Flow	GX	Megh

THURSDAY

Time	Class	Studio	Instructor
6:00 AM	Cycle Power	CS	Kristin
6:00 AM	Power Yoga*	MB	Susan H.
6:00 AM	Boot Camp*	GX	Sylvester
6:00 AM	Body Pump Heavy*	IG	Melissa
8:15 AM	Hatha Yoga*	GX	Angela
8:15 AM	Walk15*	MB	Lisa S.
9:30 AM	Muscle Blast	IG	Lisa L.
9:30 AM	Gentle Yoga*	GX	Susan R.
10:30 AM	Fit and Firm*	IG	Lisa L.
10:30 AM	Chair Light Weights*	GX	Andree
10:30 AM	Water Blast*	P	Laura W.
11:30 AM	Chair Yoga*	GX	Ginny
11:30 AM	Yoga Flow	MB	Angela/Julie
4:30 PM	Junior Fit Squad	GX	Blake
5:30 PM	Road Ride	CS	Rebecca
5:30 PM	PYSB*	GX	Mary
6:30 PM	Muscle Blast Plus*	GX	Mary
7:00 PM	Deep Intervals*	P	Mary Kate

FRIDAY

Time	Class	Studio	Instructor
6:00 AM	Cycle Power	CS	Brittany
8:15 AM	Power Yoga*	MB	Jane
8:15 AM	Boot Camp*	GX	Laura W.
8:30 AM	Cycle Intervals	CS	Mary
8:30 AM	Body Pump*	IG	Bonnie
9:30 AM	Cardio Challenge	GX	Mary
9:30 AM	Gentle Yoga	MB	Jane
9:30 AM	Club 60*	P	Denee
10:30 AM	PYSB	GX	Mary
10:30 AM	Tai Chi*	MB	Thomas
10:30 AM	Deep Water*	P	Jeannie
11:30 AM	Better Balance	MB	Lisa
11:30 AM	Nia*	GX	Andree
5:30 PM	Happy Hour Cycle	CS	Jill

SATURDAY

Time	Class	Studio	Instructor
8:15 AM	Body Pump*	IG	Laura W.
8:15 AM	Gentle Yoga*	GX	Sonya
9:30 AM	Road Ride	CS	Bonnie
9:30 AM	HIIT	IG	Mary
9:30 AM	Yoga Flow*	GX	Kate
10:00 AM	Deep Intervals*	P	Denee/Janet
10:30 AM	Cycle Power*	CS	Jill
10:30 AM	Body Pump Heavy*	IG	Bonnie
10:30 AM	Chair Light Weights*	GX	Mary/Debbie
11:00 AM	Mat Pilates*	MB	Julie
12:00 PM	Yoga Flow*	GX	Megh

SUNDAY

Time	Class	Studio	Instructor
8:15 AM	Cardiyoga*	GX	Jane
9:00 AM	Cycle Intervals	CS	Rebecca
9:30 AM	Cardio Challenge	GX	Mary
10:00 AM	Deep Water*	P	Jean/Dawn
10:30 AM	Muscle Blast	IG	Mary
10:30 AM	Fit and Firm Lite*	GX	Debbie
11:30 AM	Yoga Flow*	GX	Kate
1:00 PM	All In Yoga!	GX	Susan H.

Aquatics Class

Trager Family JCC

STUDIOS	GX-Group Ex. Studio / P-Pool / IG-Isaacs Gym CS-Cycle Studio / MB-Mind Body Studio

New classes and class changes are denoted in red.

November

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™ *(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.

Les Mills BODYPUMPHEAVY™ *(ALL LEVELS)* :This tempo-based weightlifting class switches on your metabolic engine to build lean muscle. It's simple to do with the slower tempo, fewer reps, heavier weights and lots of recovery periods allowing you master form and technique.

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.

Chair Light Weights (*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.

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.)

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 Stretch *(All Levels*): 30 minute class that focuses on flexibility and mobility. This class will increase range of motion in your joints, speed up recovery from workouts, and everyday activities will be easier and more comfortable.

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.

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

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.

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

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!

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.

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!

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 (*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.