

# GROUP EXERCISE CLASS SCHEDULE - MORNING/MID-DAY

Current as of July 1, 2017 - KEY: Cardio/Strength = **BLUE**, Mind/Body = **POPPY**, Cycle = **MOSS**, Heritage Center = **EARTH**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5-7:00 AM	5:30 - 6:30 AM <b>GROUP CYCLE</b> <i>In GCS w/ Joe</i>	5:45 - 6:45 AM <b>BODY PUMP</b> <i>In GX1 w/ Milisa</i>	5:30 - 6:30 AM <b>GROUP CYCLE</b> <i>In GCS w/ Marc</i>	5:45 - 6:45 AM <b>BODY PUMP</b> <i>In GX1 w/ Milisa</i>	5:30 - 6:30 AM <b>GROUP CYCLE</b> <i>In GCS w/ Joe</i>		
	6 - 6:45 am <b>BODY PUMP</b> <i>In GCS w/ Jenny</i>		5:30 - 6:30 AM <b>M.I.I.T</b> <i>In GX1 w/ Brandie</i>				
8-9:00 AM	8:30 - 9:00 AM <b>CXWORX</b> <i>In GX 1 w/ Milisa</i>	8:15 - 9:00 AM <b>ROWFIT</b> <i>CrossFit w/ Adam</i>	8:30 - 9:30 AM <b>PILATES</b> <i>In GX2 w/ Marilyn</i>	8:15 - 9:00 AM <b>ROWFIT</b> <i>CrossFit w/ Adam</i>	8:30 - 9:00 AM <b>CXWORX</b> <i>In GX 1 w/ Milisa</i>	8 - 8:30 AM <b>CXWORX</b> <i>In GX1 w/ Elizabeth</i>	8:15 - 9:15 AM <b>GROUP CYCLE</b> <i>In GCS w/ Marc</i>
	8:30 - 9:00 AM <b>YOGA</b> <i>In GX 2 w/ Allison</i>	8:30 - 9:30 AM <b>BODYPUMP</b> <i>IN GX1 w/ Marilyn</i>	8:30 - 9:30 AM <b>BODYCOMBAT</b> <i>In GX1 with Milisa</i>	8:30 - 9:30 AM <b>BODYPUMP</b> <i>In GX 1 w/ Jenny</i>		8:30 - 9:30 AM <b>PILATES</b> <i>In GX2 w/ Marilyn/Traci</i>	
		8:30 - 9:30 AM <b>YOGA BARRE</b> <i>In Studio 3 w/ Melinda</i>		8:30 - 9:30 AM <b>YOGA</b> <i>In GX 2 w/ Alix</i>		8:30 - 9:30 AM <b>BODYSTEP ATHLETIC</b> <i>In GX1 w/ Elizabeth</i>	
						8:30 - 9:30 AM <b>RPM</b> <i>IN GCS w/ Sophie</i>	
9-10:00 AM	9 - 10:00 AM <b>TAI CHI (All Levels)</b> <i>In Studio 3 w/ Alan</i>	9:15 - 10:15 AM <b>CHAIR YOGA (65+)</b> <i>In Studio 1 w/ Robin</i>	9 - 10:00 AM <b>TAI CHI (All Levels)</b> <i>In Studio 3 w/ Alan</i>	9 - 9:45 AM <b>QI GONG</b> <i>In MAC Room w/ Vada Mae</i>	9 - 10:00 AM <b>PILATES</b> <i>In GX1 w/ Alix</i>	9:30 - 10:30 AM <b>CONDITIONING</b> <i>On FitFloor w/ Erika</i>	9 - 10:00 AM <b>BODYPUMP</b> <i>In GX1 w/ Marilyn</i>
	9 - 10:00 AM <b>BODYCOMBAT</b> <i>In GX1 w/ Milisa</i>	9:30 - 10:30 AM <b>RPM</b> <i>In GCS w/ Sophie</i>	9:30 - 10:30 AM <b>YOGA</b> <i>In GX2 w/ Alix</i>	9 - 9:45 AM <b>GENTLE PILATES</b> <i>In Studio 3 w/ Traci</i>	9 - 10:00 AM <b>M.I.I.T</b> <i>IN GX1 w/ Bree</i>	9:30 - 10:30 AM <b>JBOX EXTREME</b> <i>In GX2 w/ Zane/Paula</i>	
	9 - 10:00 AM <b>GROUP CYCLE</b> <i>In GCS w/ Alix</i>	9:35 - 10:35 AM <b>BODYSTEP</b> <i>In GX 1 w/ Katie</i>	9:35 - 10:30 <b>M.I.I.T.</b> <i>In GX w/ Carla</i>	9:15 - 10:15 AM <b>CHAIR YOGA (65+)</b> <i>In Studio 1 w/ Robin</i>	9 - 9:45 AM <b>GENTLE FLOOR YOGA</b> <i>In Studio 1 w/ Deanne/Brandi</i>	9:30 - 10:30 AM <b>BODYPUMP</b> <i>In GX1 w/ Stephanie</i>	9:30 - 10:30 Am <b>YOGA</b> <i>In Studio3 w/ Anne</i>
	9 - 9:45 AM <b>GENTLE FLOOR YOGA</b> <i>In Studio 1 w/ Judy</i>	9:30 - 10: 30 AM <b>BODYFLOW</b> <i>In GX 2 w/ Alix</i>		9:30 - 10:30 AM <b>GROUP CYCLE</b> <i>In GCS w/ Alix</i>	9:30 10:30 AM <b>YOGA</b> <i>In Studio 3 w/ Anne</i>		9:30 - 10:30 AM <b>GROUP CYCLE</b> <i>In GCS w/ Julie</i>
	9:30 - 10:30 AM <b>PILATES</b> <i>In GX 2 w/ Marilyn</i>			9:35 - 10:35 AM <b>GRIT/CXWORX</b> <i>In GX1 w/ Elizabeth</i>			
				9:30 - 10:30 AM <b>JBOX KICK</b> <i>In GX2 w/ Brandie</i>			
10-11:00 AM	10 - 10:45 AM <b>CARDIOFIT(65+)</b> <i>MAC Room</i>	10 - 10:45 AM <b>CARDIOFIT(65+)</b> <i>MAC Room</i>	10 - 10:45 AM <b>CARDIOFIT(65+)</b> <i>MAC Room</i>	10 - 10:45 AM <b>CARDIOFIT(65+)</b> <i>MAC Room</i>	10 - 10:45 AM <b>CARDIOFIT(65+)</b> <i>MAC Room</i>		10 - 11:00 AM <b>BODYFLOW</b> <i>In GX1 w/ Marilyn</i>
	10-11:00 AM <b>BODYPUMP</b> <i>In GX1 w/ Stephanie</i>	10:30 - 11:15 AM <b>GENTLE PILATES</b> <i>In GX2 w/ Traci</i>	10:30 - 11:30 AM <b>ZUMBA</b> <i>In GX1 w/ Heather</i>		10-11:00 AM <b>BODY PUMP</b> <i>In GX1 w/ Sophie</i>	10:45 - 11:45 AM <b>VINYASA FLOW YOGA</b> <i>In GX2 w/ Nikki</i>	
		10:35 - 11:05 AM <b>CXWORX</b> <i>In GX1 w/ Sophie</i>			10 - 10:45 PM <b>WERQ</b> <i>In GX2 w/ Colby</i>		
11:00 AM-1:00 PM	11 - 12:00 PM <b>TOTAL FIT (65+)</b> <i>In Studio 1 w/ Christine</i>	11:30 - 12:00 PM <b>CXWORX</b> <i>In GX1 w/ Aimee</i>	11 - 12:00 PM <b>TOTAL FIT (65+)</b> <i>In Studio 1 w/ Christine</i>	11:30 - 12:00 PM <b>CXWORX</b> <i>In GX1 w/ Aimee</i>	11 - 11:45 AM <b>POUND</b> <i>In GX1 w/ Carla</i>	11 - 12:00 PM <b>ZUMBA</b> <i>In GX1 w/ Jane</i>	
	12 - 12:45 PM <b>BODYPUMP EXPRESS</b> <i>In GX 1 w/ Judy</i>	12 - 12:30 PM <b>FATBLAST</b> <i>in GX1 w/ Carla</i>	12 - 12:45 PM <b>BODYPUMP EXPRESS</b> <i>In GX 1 w/ Judy</i>	12 - 12:30 PM <b>FATBLAST</b> <i>in GX1 w/ Brandi</i>			
	12:30 - 1:30 PM <b>J BOX EXTREME</b> <i>In GX 2 w/ Melvin</i>		12 - 1:00 PM <b>YOGA</b> <i>In GX2 w/ Brian</i>	12:00 - 12:45 PM <b>J BOX EXTREME</b> <i>In GX2 w/ Brandie</i>	12 - 1:00 PM <b>YOGA</b> <i>In GX2 w/ Brian</i>		

# GROUP EXERCISE CLASS SCHEDULE - EVENING

Current as of June 1, 2017 - KEY: Cardio/Strength = BLUE, Mind/Body = POPPY, Cycle=MOSS, Heritage Center = EARTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 - 6:00 PM	5:30 - 6:30 PM <b>BODYATTACK</b> <i>In GX 1 w/ Sarah</i>	5 - 6:00 PM <b>ZUMBA</b> <i>In GX1 w/ Jane</i>	5:30 - 6:30 PM <b>BODYATTACK</b> <i>In GX1 w/ Katie</i>	5 - 6:00 PM <b>BODYFLOW</b> <i>In GX1 w/ Marilyn</i>			
	5:30 - 6:30 PM <b>STRETCH &amp; TONE</b> <i>In GX 2 w/ Brandi</i>						
6 - 8:00 PM	6 - 7:00 PM <b>RPM</b> <i>In GCS w/ Julie</i>	6 - 7:00 PM <b>GROUP CYCLE</b> <i>In GCS w/ Allison</i>	6:30 - 7:30 PM <b>YOGA</b> <i>In GX2 w/ Deanne</i>	6 - 7:00 PM <b>GROUP CYCLE</b> <i>In GCS w/ Julie</i>			
	6:30 - 7:30 PM <b>BODYPUMP</b> <i>In GX 1 w/ Elizabeth</i>	6 - 6:30 PM <b>M.I.I.T EXPRESS</b> <i>In GX1 w/ Carla</i>	6:30 - 7:30 PM <b>BODYPUMP</b> <i>IN GX1 w/ Monica</i>	6 - 7:00 PM <b>ZUMBA</b> <i>In GX1 w/ Amanda</i>			
	7 - 8:00 PM <b>YOGA</b> <i>In GX 2 w/ Aviva</i>	6 - 7:00 PM <b>JBOX EXTREME</b> <i>In GX2 w/ Matt</i>		6:45 - 7:30 PM <b>ROWFIT</b> <i>In CrossFit w/ Adam</i>			
		6:30 - 7:15 PM <b>POUND</b> <i>In GX1 w/ Carla</i>					

## Group Exercise Class Descriptions

- BodyAttack** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. **55 min | 675 avg calories burned | high intensity**
- BodyCombat** is a fiercely energetic and unique cardio class inspired by martial arts that combines aspects from karate, boxing, taekwondo, Tai Chi, and Muay Thai. **55 min | 737 avg calories burned | high intensity**
- BodyFlow** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. **55 min | 390 avg calories burned | low intensity**
- BodyPump** is a group-based barbell class to work all your major muscle groups. Get lean, build strength and tone muscle with BODYPUMP. **55 min | 560 avg calories burned | moderate-high intensity**
- BodyStep** is the full-body cardio and muscle conditioning class that uses a height-adjustable step and simple movements on, over and around the step to lift your fitness and tone your butt and legs. **55 min | 620 avg calories burned | moderate-high intensity**
- Conditioning** emphasizes varied-intensity functional movement and works cardiovascular endurance, stamina, strength, and flexibility, maximizing your performance and fitness for any physical challenge or activity! **60 min | 600-700 calories burned | moderate intensity**
- CXWORX™** is a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your torso and sling muscles which connect your upper body to your lower body. **30 min | 200-250 avg calories burned | moderate intensity**
- Fat Blast** is a 30-min high-intensity interval class combining cardio and strength exercises guaranteed to make you sweat! **30 mins/300-400 avg calories burned/high intensity**
- Gentle Pilates/Gentle Yoga** is an easier less intense version of our other Pilates and Yoga classes. **Low-Intensity**
- Group Cycle** does not have any complicated moves to learn, just cycle! The motivating music and group environment beg your legs to pedal. **60 min | 600-700 avg calories burned | moderate-high intensity**
- JBox Extreme** is an extreme cardio and strength workout. JBox Technique focuses on form. JBox Kick adds kickboxing into the mix. **60 min | 500-800 avg calories burned | various intensity**
- M.I.I.T** stands for "Medium Intensity Interval Training." Cardio and weight intervals = RESULTS. **60 min | 600-700 avg calories burned | moderate intensity**
- Pilates** strengthens and stretches your body through an ordered series of exercises, with no impact to your joints. **60 min | 300 avg calories burned | low intensity**
- Pound** is a full-body cardio jam session, combining easy-to-follow cardio moves with strength training and drumming. **45 min 400-800 calories burned | various intensity**
- RPM** is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats and mountain peaks. **60 min | 675 avg calories burned | moderate-high intensity**
- RowFit** is an indoor rowing class combining rowing intervals with functional strength training. Giving you a total-body workout that incorporates all the major muscle groups. **45 min 600 avg calories burned | moderate-high intensity**
- Tai Chi** is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner accompanied by deep breathing. **Low Intensity**
- Stretch&Tone** is designed to shape up those tricky areas and improve flexibility utilizing light weights and body weight to define the entire body. **45 min | 300 avg calories burned | low intensity**
- Yoga** is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being. Our classes are mixed-level. **60 min | 300-400 avg calories burned | low intensity**
- Yoga Barre** is a fusion of Yoga, Pilates and Ballet techniques with a powerful, energetic flow that targets core, thighs and gluteals through a variety of unique exercises. **60 mins | 300-400 avg calories burned | low intensity**
- WERQ** is a dance fitness class based on pop, rock, and hip hop music. **45 min | 465 avg calories burned | various intensity**
- Zumba** is perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. **60 min | 465 avg calories burned | various intensity**

### Questions?

Member Experience Desk (913) 327.8010

Brandi Ventre | Group Exercise Coordinator  
(913)327.8081

Group Exercise at The J is sponsored by



We reserve the right to cancel or reschedule classes without notice. The Group Exercise program is



Fitness & Sports Hours  
Mon-Thurs: 5:00 AM - 10 PM  
Friday: 5:00 AM - 7 PM  
Sat-Sun: 7:00 AM - 8 PM