

# Group Exercise at The J

Current as of Mar 1, 2017

## Monday

5:30-6:30 AM	Group Cycle	GCS	Joe
6:00-6:45 AM	BodyPump	GX1	Jenny
6:30-7:30 AM	Group Cycle	GCS	Meghan
8:30-9:00 AM	CXWORX	GX 1	Milisa
8:30-9:30 AM	Yoga (All levels)	GX 2	Allison
9:00-10:00 AM	Tai Chi (All levels)	Studio 3	Alan
9:00-10:00 AM	BodyCombat	GX 1	Milisa
9:00-10:00 AM	Group Cycle	GCS	Linda
9:00-9:45 AM	Gentle Floor Yoga	Studio 1	Judy
9:30-10:30 AM	Pilates	GX 2	Marilyn
10:00-10:45 AM	Cardio Fitness (65+)	MAC Room	
10:00-11:00 AM	BodyPump	GX 1	Stephanie
11:00-12:00 PM	One Hour Total Fit (65+)	Studio 1	Christine
12:00-12:45 PM	BodyPump Express	GX 1	Judy
12:30-1:30 PM	J Box Extreme	GX 2	Melvin
5:30-6:30 PM	BodyAttack	GX 1	Katie
5:30-6:30 PM	Pilates	GX 2	Marilyn
6:00-7:00 PM	RPM	GCS	Julie
6:30-7:30 PM	BodyPump	GX1	Jennifer
7:00-8:00 PM	Yoga	GX2	Aviva

## Tuesday

5:45-6:45 AM	BodyPump	GX 1	Milisa
8:15-9:00 AM	RowFit	CrossFit	Roslyn
8:30-9:30 AM	BodyPump	GX 1	Marilyn
8:30-9:30 AM	Yoga Barre	Studio 3	Melinda
9:15-10:15 AM	Chair Yoga (65+)	Studio 1	Robin
9:30-10:30 AM	RPM	GCS	Sophie
9:30-10:30 AM	BodyStep	GX 1	Katie
9:30-10:30 AM	BodyFlow	GX 2	Alix
10:00-10:45 AM	Cardio Fitness (65+)	MAC Room	
10:30-11:00 AM	CXWORX	GX 1	Sophie
10:30-11:15 AM	Gentle Pilates	GX 2	Susan
11:30-12:00 PM	CXWORX	GX 1	Aimee
12:00-12:30 PM	30 Minute Fat Blast	GX 1	Brandi
5:00-6:00 PM	Zumba	GX 1	Jane
6:00-7:00 PM	Group Cycle	GCS	Allison
6:00-6:30 PM	M.I.I.T Express	GX 1	Carla
6:00-7:00 PM	JBox Extreme	GX 2	Matt
6:30-7:15 PM	Pound	GX 1	Carla

## Wednesday

5:30-6:30 AM	Group Cycle	GCS	Marc
8:30-9:30 AM	Pilates	GX 2	Marilyn
8:30-9:30 AM	BodyCombat	GX 1	Milisa
9:00-10:00 AM	Tai Chi (All levels)	Studio 3	Alan
9:00-10:00 AM	Group Cycle	GCS	Linda
9:30-10:30 AM	Yoga	GX 2	Alix
9:30-10:30 AM	M.I.I.T	GX 1	Carla
10:00-10:45 AM	Cardio Fitness (65+)	MAC Room	
10:30-11:30 AM	Zumba	GX 1	Naoko
11:00-12:00 PM	One Hour Total Fit (65+)	Studio 1	Christine
12:00-12:45 PM	BodyPump Express	GX 1	Judy
12:00-1:00 PM	Yoga	GX 2	Brian
5:30-6:30 PM	BodyAttack	GX 1	Sarah
6:30-7:30 PM	Yoga	GX 2	Brandi
6:30-7:30 PM	BodyPump	GX 1	Monica

## Thursday

5:45-6:45 AM	BodyPump	GX 1	Milisa
8:15-9:00 AM	RowFit	CrossFit	Roslyn
8:30-9:30 AM	BodyPump	GX 1	Jenny
8:30-9:30 AM	Yoga	GX 2	Stacie
9:00-9:45 AM	Gentle Pilates	Studio 3	Traci
9:15-10:15 AM	Chair Yoga (65+)	Studio 1	Robin
9:30-10:30 AM	Group Cycle	GCS	Alix
9:30-10:30 AM	BodyVive	GX 1	Marilyn
9:30-10:30 AM	JBox Kick	GX 2	Brandie
10:00-10:45 AM	Cardio Fitness (65+)	MAC Room	
11:30-12:00 PM	CXWORX	GX 1	Aimee
12:00-12:30 PM	30 Minute Fat Blast	GX 1	Brandi
12:30-1:30 PM	JBox Extreme	GX 2	Tevin
5:00-6:00 PM	BodyFlow	GX 1	Marilyn
6:00-7:00 PM	Group Cycle	GCS	Julie
6:00-7:00 PM	Zumba	GX 1	Amanda

We reserve the right to cancel or reschedule classes without notice. The Group Exercise Program is open to individuals age 16+. Youth 13-15 may participate on a space available basis. Youth 11-13 may participate on a space available basis and must be accompanied by a parent who is also participating in the same class.

**65+ classes are designed for our Heritage Center Members and seniors.**

All "average calories burned" listed are estimates and will vary by individual.

# Friday

5:30-6:30 AM	Group Cycle	GCS	Joe
6:00-6:45 AM	BodyPump Express	GX1	
6:30-7:30 AM	Group Cycle	GCS	Mike
8:30-9:30 AM	YogaBarre	Studio 3	Melinda
8:30-9:00 AM	CXWORX	GX 1	Milisa
9:00-10:00 AM	Pilates	GX 2	Alix
9:00-10:00 AM	M.I.I.T	GX 1	Bree
9:00-10:00 AM	Gentle Floor Yoga	Studio 1	Susan
9:30-10:30 AM	Yoga	Studio 3	Anne
10:00-10:45 AM	Cardio Fitness (65+)	Mac Room	
10:00-11:00 AM	BodyPump	GX 1	Sophie
10:00-10:45 AM	WERQ	GX 2	Bree
11:00-11:45 AM	Pound	GX 1	Carla
12:00-1:00 PM	Yoga	GX 2	Brian

## Group Exercise Classes

**BodyAttack** is the sports-inspired cardio workout for building strength and stamina. **55 min | 675 avg calories burned | high intensity**

**BodyCombat** is the fiercely energetic program inspired by mixed martial arts. **55 min | 737 avg calories burned | high intensity**

**BodyFlow** is the Yoga, Tai Chi, Pilates workout. **55 min | 390 avg calories burned | low intensity**

**BodyPump** is the original barbell class, will sculpt, tone and strengthen your entire body, fast! **55 min | 560 avg calories burned | moderate-high intensity**

**BodyStep Athletic** is the energizing step workout that makes you feel liberated and alive. **55 min | 620 avg calories burned | moderate-high intensity**

**BodyVive** is the low-impact, whole body group fitness workout that uses, VIVE™ tubes and body weight to boost fitness and core strength. **55 min | 550 avg calories burned | low-moderate intensity**

**CX WORX** - is a specialized core, strength-based workout that is ideal for tightening your abs and glutes while also improving functional strength and assisting in injury prevention. **30 min | 200-250 avg calories burned | moderate intensity**

**RPM** is the indoor cycling workout where you ride to the rhythm of powerful music. **60 min | 675 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**

**Gentle Pilates** Floor work exercises that help build flexibility

**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**

**Gentle Floor Yoga** designed to open the body, stretch and tone muscles **low intensity**

**Yoga** classes offered include Vinyasa with emphasis on the connection between movement and breath; Hatha focuses on balance and strengthening every system of the body; and Iyengar which emphasizes detail, precision and alignment. **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**

# Saturday

8:30-9:30 AM	Pilates	GX 2	Marilyn/Traci
8:30-9:30 AM	BodyStep Athletic	GX 1	Holden
8:30-9:30 AM	RPM	GCS	Sophie
9:30-10:30 AM	Conditioning	Fit. Floor	Erika
9:30-10:30 AM	JBox Extreme	GX 2	Zane/Paula
9:30-10:30 AM	BodyPump	GX 1	Stephanie
10:45-11:45 AM	Vinyasa Flow Yoga	GX 2	Nikki
11:00-12:00 PM	Zumba	GX 1	Jane

# Sunday

8:15-9:15 AM	Group Cycle	GCS	Marc
9:00-10:00 AM	BodyPump	GX 1	Marilyn
9:30-10:30 AM	Yoga	Studio 3	Anne
9:30-10:30 AM	Group Cycle	GCS	Julie
10:00-11:00 AM	BodyFlow	GX 1	Marilyn

**One Hour Total Fit** conditioning class to work on strength, flexibility, balance **low intensity**

**Group Cycle** does not have any complicated moves to learn, just cycle! **60 min | 600-700 avg calories burned | moderate-high 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**

**Conditioning** combines athletic moves with lots of fun stuff, a little step, a little hi-lo and toning. **60 min | 600-700 calories burned | moderate 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 | full body cardio jam session | various 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** 24 movements to increase balance and flexibility **low intensity**

**Zumba** is perfect for everybody and every body! **60 min | 465 avg calories burned | various intensity**

**WERQ** is a dance fitness class based on pop, rock, and hip hop music. **45 min | 465 avg calories burned | various intensity**

**30 Minute Fat Blast** is a high intensity interval class combining cardio and strength exercises guaranteed to make you sweat **30 mins/300-400 avg calories burned/high intensity**

All group exercise classes are free for J Members.

group exercise

### Fitness & Sports Hours

Mon-Thurs: 5:15 AM - 10 PM | Friday: 5:15 AM - 6 PM

Sat-Sun: 7:30 AM - 7 PM

Questions? Member Experience Desk | (913) 327.8010

Brandi Ventre | Group Exercise Coordinator  
(913) 327.8081

