

GROUP EX | AUGUST SCHEDULE

*Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am Vinyasa Yoga with Karen in GroupEx Studio 2	6am LM BODYPUMP™ with Vicki in GroupEx Studio 1	6am Intervals with Vicki in GroupEx Studio 1	6am Strengthen with Vicki in GroupEx Studio 1	6am LM CORE™ with Vicki in GroupEx Studio 1	6am Strengthen with Vicki in GroupEx Studio 1	9am LM BODYPUMP™ with Lorry in GroupEx Studio 1
9am LM BODYSTEP™ with Sandy in GroupEx Studio 1	8am Shallow Water with Helen in Aquatics Center	8:30am Strengthen with Kelly in GroupEx Studio 1	8am Shallow Water with Sharon in Aquatics Center	6am Spin with Lorry in Spin Studio	8am Shallow Water with Helen in Aquatics Center	9am Spin with Matt in Spin Studio
10am Spin with Stephanie in Spin Studio	8:30am Light Dumbbells with Vicki in GroupEx Studio 1	8:30am Barre with Amanda in GroupEx Studio 2	8:30am LM BODYSTEP™ with Sandy in GroupEx Studio 1	8:30am BODYPUMP™ with Vicki in GroupEx Studio 1	8:30am Light Dumbbells with Vicki in GroupEx Studio 1	10am Total Body with Jen in GroupEx Studio 1
10am Hatha Yoga with Dianne in GroupEx Studio 1	8:30am Spin with Kelly in Spin Studio	9am Shallow Water with Helen in Aquatics Center	9am Shallow Water with Sharon in Aquatics Center	9am Shallow Water with Sharon in Aquatics Center	9am Shallow Water with Helen in Aquatics Center	11am Power Yoga with Ellen in GroupEx Studio 1
11am Zumba with Carrie in GroupEx Studio 1	9am Shallow Water with Helen in Aquatics Center	9:30am Barre (Women) with Amanda in GroupEx Studio 2	9:30am Strengthen with Kelly in GroupEx Studio 1	9:15am Barre with Amanda in GroupEx Studio 2	9:30am Intervals with Vicki in GroupEx Studio 1	11am Core First with Jen in GroupEx Studio 2
	9:30am Intervals with Vicki in GroupEx Studio 1	9:30am LM BODYPUMP™ with Kelly in GroupEx Studio 1	10:30am Mat Pilates with Margie in GroupEx Studio 1	9:30am Strengthen with Kelly in GroupEx Studio 1	10:30am TriYoga Flow with Mary in GroupEx Studio 1	
	10:30am Yoga Fusion with Ellen in GroupEx Studio 1	10am Deep Water with Helen in Aquatics Center	12pm LM CORE™ with Kelly in GroupEx Studio 1	10am Deep Water with Helen in Aquatics Center		
	12pm LM BODYPUMP™ with Kelly in GroupEx Studio 1	10:30am (30 min) LM CORE™ with Kelly in GroupEx Studio 2	4:30pm Total Body with Jen in GroupEx Studio 1	10:45am Functional Fitness with Jen in GroupEx Studio 1		
	4:30pm LM CORE™ with Lorry in GroupEx Studio 1	10:45am Functional Fitness with Jen in GroupEx Studio 1	5:30pm Shallow Water Tai Chi with Helen in Aquatics Center	4:30pm LM BODYSTEP™ with Lorry in GroupEx Studio 1		
	5:30pm Barre with Amanda in GroupEx Studio 2	4:30pm Strengthen with Alice in GroupEx Studio 1	5:30pm Spin with Mariana in Spin Studio	5:30pm Strengthen with Stephanie in GroupEx Studio 1		
	5:30pm Strengthen with Mariana in GroupEx Studio 1	5:30pm Zumba with Carrie in GroupEx Studio 1	5:30pm LM BODYPUMP™ with Lorry in GroupEx Studio 1	7pm Zumba with Beth in GroupEx Studio 1		
	5:30pm Spin with Stephanie in Spin Studio	6:30pm LM BODYSTEP™ with Sandy in GroupEx Studio 1	5:30pm Barre with Amanda in GroupEx Studio 2			
	7pm Zumba with Beth in GroupEx Studio 1	7:30pm Yin Yoga with Ellen in GroupEx Studio 1	6:30pm Yin Yoga with Mary in GroupEx Studio 1			

 STRENGTH / CARDIO
 SPINNING
 AQUATICS

 DANCE
 MIND – BODY

 LEARN MORE AND SIGN UP AT
MayersonJCC.org/GroupEx

GROUP EX | CLASS DESCRIPTIONS

Unless otherwise noted, classes are 50 minutes and for all experience levels with modification options.

STRENGTH / CARDIO

Barre: A joint-safe, challenging strength training class driven by music and focused on muscle engagement and control.

Les Mills BODYSTEP™: Full-body cardio consisting of a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to tone glutes and thighs.

Les Mills BODYPUMP™: Barbell workout using light to moderate weights and high reps to increase aerobic fitness and build strength.

Les Mills CORE™: Builds strength, stability, and endurance in the muscles that support your core to improve balance, tone core, and sports performance.

Core First: Full-body, muscle toning and strength building workout that engages the core the entire class.

Functional Fitness: Cardio and strength classes for 65+ interested in strength, heart-health, mobility, and balance.

Intervals: Aerobic, strength, and core exercises in time cycles of work and rest with low and high impact options.

Light Dumbbells: Strength and mobility workouts using lighter weights.

Strengthen: Emphasizes the benefits of moderate to heavy weight training like bone health, building muscle, and after-burn.

Total Body: Full body cardio and strength workout using bodyweight and/or equipment.

SPINNING

Spin: An energizing, cardio-focused ride that's low impact on joints. All levels are welcome.

DANCE

Zumba®: Latin, hip-hop, dance-inspired cardio classes.

MIND-BODY

(Best suited for participants who can get up/down from the floor independently)

Hatha Yoga: Using focused postures and breathing techniques, this practice will develop balance, mind-body awareness, strength, and mobility.

Mat Pilates: Core-focused Pilates exercises that encourage posture, body awareness, and flexibility.

Power Yoga: Emphasizing strength and flexibility, this practice is well-suited for individuals seeking an excellent workout with the serenity associated with yoga.

TriYoga Flow: TriYoga, *the art and science of yogaflow®*, unites breath with rhythmic pacing, relaxation-in-action, wave-like spinal movements, and economy of motion.

Vinyasa Yoga: A continuous flow of movements from one pose to the next, synchronized with the breath.

Yin Yoga: Meditative sequences of mostly seated or reclined postures (2 minutes or more) to target connective tissues of the hips, pelvis, and low spine.

Yoga Fusion: A blend of yoga, Pilates, strength training and dance. Light dumbbells and other exercise equipment are often used in this exercise class.

AQUATICS

Shallow Water: Using water resistance to develop muscle tone and flexibility, the warm water eliminates any pounding pressure on joints, while providing a stimulating workout.

Deep Water: Using floatation equipment, participants experience minimal to no impact on joints while strengthening muscles.

Shallow Water Tai Chi: A gentle, invigorating class that challenges the core and enhances strength and range of motion while minimizing the effects of gravity on the joints.