GROUP EX | MARCH SCHEDULE

*Subject to Change

SUNDAY

- **9am** Vinyasa Yoga — *with Karen, in GroupEx Studio 2*
- **9am** LM BODYSTEP™ — *with Sandy, in GroupEx Studio 1*
- **10am** Spin — *with Stephanie, in Spin Studio*
- **10am** Hatha Yoga — *with Dianne, in GroupEx Studio 1*
- **11am** Zumba — *with Carrie, in GroupEx Studio 1*
- **12pm** LM RPM™ — *Virtual, in Spin Studio*

MONDAY

- **6am** LM BODYPUMP™ — *with Vicki, in GroupEx Studio 1*
- **7am** LM RPM™ — *Virtual, in Spin Studio*
- **8am** Shallow Water — *with Helen, in Leisure Pool*
- **8am** LM BODYBALANCE™ — *Virtual, in GroupEx Studio 2*
- **8:30am** Light Dumbbells — *with Vicki, in GroupEx Studio 1*
- **8:30am** Spin — *with Kelly, in Spin Studio*
- **9am** LM BODY BALANCE™ — *Virtual, in GroupEx Studio 2*
- **9am** Shallow Water — *with Helen, in Leisure Pool*
- **9:30am** Intervals — *with Vicki, in GroupEx Studio 1*
- **10:30am** Yoga Fusion — *with Ellen, in GroupEx Studio 1*
- **12pm** LM BODYPUMP™ — *with Lorry, in GroupEx Studio 1*
- **4:30pm** LM CORE™ — *with Lorry, in GroupEx Studio 1*
- **5:30pm** Barre — *with Amanda, in GroupEx Studio 2*
- **5:30pm** Strengthen — *with Mariana, in GroupEx Studio 1*
- **5:30pm** Spin — *with Stephanie, in Spin Studio*
- **6:30pm** Barre — *with Amanda, in GroupEx Studio 2*
- **7pm (30 min)** LM SPRINT™ — *Virtual, in Spin Studio*
- **7pm** Zumba — *with Beth, in GroupEx Studio 1*

TUESDAY

- **5:45am** LM BODY BALANCE™ — *Virtual, in GroupEx Studio 2*
- **6am** Intervals — *with Vicki, in GroupEx Studio 1*
- **6am (30 min)** LM SPRINT™ — *Virtual, in Spin Studio*
- **8:30am** Strengthen — *with Kelly, in GroupEx Studio 1*
- **8:30am** Barre — *with Amanda, in GroupEx Studio 2*
- **9am** Shallow Water — *with Helen, in Leisure Pool*
- **9:30am** Barre (Women) — *with Amanda, in GroupEx Studio 2*
- **9:30am** LM BODYPUMP™ — *with Kelly, in GroupEx Studio 1*
- **9:30am** LM RPM™ — *Virtual, in Spin Studio*
- **10am** Deep Water — *with Helen, in Lap Pool*
- **10:30am (30 min)** LM CORE™ — *with Kelly, in GroupEx Studio 2*
- **10:45am** Functional Fitness — *with Jen, in GroupEx Studio 1*
- **12pm** LM RPM™ — *Virtual, in Spin Studio*
- **4:30pm** Strengthen — *with Alice, in GroupEx Studio 1*
- **5:30pm** Zumba — *with Carrie, in GroupEx Studio 1*
- **6:30pm** LM BODYSTEP™ — *with Sandy, in GroupEx Studio 1*
- **7:30pm** Yin Yoga — *with Ellen, in GroupEx Studio 1*

WEDNESDAY

- **6am** Strengthen — *with Vicki, in GroupEx Studio 1*
- **8am** Shallow Water — *with Sharon, in Leisure Pool*
- **8am** LM BODY BALANCE™ — *Virtual, in GroupEx Studio 2*
- **8:30am** LM BODYSTEP™ — *with Sandy, in GroupEx Studio 1*
- **8:30am** LM RPM™ — *Virtual, in Spin Studio*
- **9am** Shallow Water — *with Sharon, in Aquatics Center*
- **9:30am** Strengthen — *with Kelly, in GroupEx Studio 1*
- **9:30am** Vinyasa Yoga — *with Dianne, in GroupEx Studio 2*
- **10:30am** Mat Pilates — *with Margie, in GroupEx Studio 1*
- **12pm** LM CORE™ — *with Kelly, in GroupEx Studio 1*
- **4:30pm** Total Body — *with Jen, in GroupEx Studio 1*
- **5:30pm** Spin — *with Mariana, in Spin Studio*
- **5:30pm** LM BODYPUMP™ — *with Andrea, in GroupEx Studio 1*
- **5:30pm** Barre — *with Amanda, in GroupEx Studio 2*
- **6:30pm** Yin Yoga — *with Mary, in GroupEx Studio 1*
- **6:30pm** Shallow Water — *with Lareeces, in Leisure Pool*
- **6:30pm** LM BODYCOMBAT™ — *Virtual, in GroupEx Studio 2*

THURSDAY

- **6am** LM CORE™ — *with Vicki, in GroupEx Studio 1*
- **6am** Spin — *with Lorry, in Spin Studio*
- **7:30am** LM SPRINT™ — *Virtual, in Spin Studio*
- **8am** LM BODY BALANCE™ — *Virtual, in GroupEx Studio 2*
- **8:30am** LM BODYPUMP™ — *with Vicki, in GroupEx Studio 1*
- **9am** Shallow Water — *with Sharon, in Leisure Pool*
- **9:15am** Barre — *with Amanda, in GroupEx Studio 2*
- **9:30am** Strengthen — *with Kelly, in GroupEx Studio 1*
- **10am** Deep Water — *with Helen, in Lap Pool*
- **10:45am** Functional Fitness — *with Jen, in GroupEx Studio 1*
- **12pm** LM RPM™ — *Virtual, in Spin Studio*
- **5:30pm** LM RPM™ — *Virtual, in Spin Studio*
- **5:30pm** Strengthen — *with Stephanie, in GroupEx Studio 1*
- **6:30pm** LM RPM™ — *Virtual, in Spin Studio*
- **7pm** Zumba — *with Beth, in GroupEx Studio 1*

FRIDAY

- **5:45am** LM SPRINT™ — *Virtual, in Spin Studio*
- **6am** Strengthen — *with Vicki, in GroupEx Studio 1*
- **6am** LM BODY BALANCE™ — *Virtual, in GroupEx Studio 2*
- **7am** LM SPIN™ — *Virtual, in Spin Studio*
- **8:30am** Light Dumbbells — *with Vicki, in GroupEx Studio 1*
- **8:30am** LM RPM™ — *Virtual, in Spin Studio*
- **9am** Shallow Water — *with Lareeces, in Leisure Pool*
- **9:30am** Intervals — *with Vicki, in GroupEx Studio 1*
- **10am** Shallow Water — *with Lareeces, in Lap Pool*
- **10:30am** TriYoga Flow — *with Mary, in GroupEx Studio 1*
- **5:30pm** LM RPM™ — *Virtual, in Spin Studio*
- **6:30pm** LM SPRINT™ (30 min) — *Virtual, in Spin Studio*

SATURDAY

- **9am** LM BODYPUMP™ — *with Lorry, in GroupEx Studio 1*
- **9am** Spin — *with Matt, in Spin Studio*
- **10am** Spin — *with Sandy, in Spin Studio*
- **10am** Total Body — *with Jen, in GroupEx Studio 1*
- **11am** Power Yoga — *with Ellen, in GroupEx Studio 1*
- **11am** Core First — *with Jen, in GroupEx Studio 2*

All virtual classes take place at the Mayerson JCC and are led by a virtual instructor. Please refer to the class listing above for the exact room location.

- STRENGTH / CARDIO
- SPINNING
- AQUATICS
- DANCE
- MIND – BODY

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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.
Les Mills BODYCOMBAT™ (Virtual): High-energy martial arts-inspired workout that is totally non-contact.
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.
Les Mills RPM™ (Virtual): A Journey of hill climbs, sprints, and flat riding.
Les Mills SPRINT™ (Virtual): 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
Les Mills TRIP™ (Virtual): A fully immersive workout experience that combines 40-minute multi-peak cycling workout with a journey through digitally-created worlds.

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.
Les Mills BODYBALANCE™ (Virtual): Bend and stretch through a series of movements including elements of Yoga, Pilates, and Tai Chi.
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.