

GROUP EX | APRIL 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	5:45am LM BODY BALANCE™ Virtual in GroupEx Studio 2	6am Strengthen with Vicki in GroupEx Studio 1	6am LM CORE™ with Vicki in GroupEx Studio 1	5:45am LM SPRINT™ Virtual in Spin Studio	9am LM BODYPUMP™ with Lorry in GroupEx Studio 1
9am LM BODYSTEP™ with Sandy in GroupEx Studio 1	7am LM RPM™ Virtual in Spin Studio	6am Intervals with Vicki in GroupEx Studio 1	8am Shallow Water with Sharon in Leisure Pool	6am Spin with Lorry in Spin Studio	6am Strengthen with Vicki in GroupEx Studio 1	9am Spin with Matt in Spin Studio
10am Spin with Stephanie in Spin Studio	8am Shallow Water with Helen in Leisure Pool	6am (30 min) LM SPRINT™ Virtual in Spin Studio	8am LM BODY BALANCE™ Virtual in GroupEx Studio 2	7:30am LM SPRINT™ Virtual in Spin Studio	6am LM BODY BALANCE™ Virtual in GroupEx Studio 2	10am Spin with Sandy in Spin Studio
10am Hatha Yoga with Dianne in GroupEx Studio 1	8am LM BODYBALANCE™ Virtual in GroupEx Studio 2	8:30am Strengthen with Kelly in GroupEx Studio 1	8:30am LM BODYSTEP™ with Sandy in GroupEx Studio 1	8am LM BODY BALANCE™ Virtual in GroupEx Studio 2	7am LM SPIN™ Virtual in Spin Studio	10am Total Body with Jen in GroupEx Studio 1
11am Zumba with Carrie in GroupEx Studio 1	8:30am Light Dumbbells with Vicki in GroupEx Studio 1	8:30am Barre with Amanda in GroupEx Studio 2	8:30am LM RPM™ Virtual in Spin Studio	8:30am LM BODYPUMP™ with Vicki in GroupEx Studio 1	8:30am Light Dumbbells with Vicki in GroupEx Studio 1	11am Power Yoga with Ellen in GroupEx Studio 1
12pm LM RPM™ Virtual in Spin Studio	8:30am Spin with Kelly in Spin Studio	9am Shallow Water with Helen in Leisure Pool	9am Shallow Water with Sharon in Aquatics Center	9am Shallow Water with Sharon in Leisure Pool	8:30am LM RPM™ Virtual in Spin Studio	11am Core First with Jen in GroupEx Studio 2
	9am LM BODY BALANCE™ Virtual in GroupEx Studio 2	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	9am Shallow Water with Lareeces in Leisure Pool	
	9am Shallow Water with Helen in Leisure Pool	9:30am LM BODYPUMP™ with Kelly in GroupEx Studio 1	9:30am Vinyasa Yoga with Dianne in GroupEx Studio 2	9:30am Strengthen with Kelly in GroupEx Studio 1	9:30am Intervals with Vicki in GroupEx Studio 1	
	9:30am Intervals with Vicki in GroupEx Studio 1	9:30am LM RPM™ Virtual in Spin Studio	10:30am Mat Pilates with Margie in GroupEx Studio 1	10am Deep Water with Helen in Lap Pool	10am Shallow Water with Lareeces in Lap Pool	
	10:30am Yoga Fusion with Ellen in GroupEx Studio 1	10am Deep Water with Helen in Lap Pool	12pm LM CORE™ with Kelly in GroupEx Studio 1	10:45am Functional Fitness with Jen in GroupEx Studio 1	10:30am TriYoga Flow with Mary in GroupEx Studio 1	
	12pm LM BODYPUMP™ with Lorry 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	12pm LM RPM™ Virtual in Spin Studio	5:30pm LM RPM™ Virtual in Spin Studio	
	4:30pm LM CORE™ with Lorry in GroupEx Studio 1	10:45am Functional Fitness with Jen in GroupEx Studio 1	5:30pm Spin with Mariana in Spin Studio	5:30pm LM RPM™ Virtual in Spin Studio	6:30pm LM SPRINT™ (30 min) Virtual in Spin Studio	
	5:30pm Barre with Amanda in GroupEx Studio 2	12pm LM RPM™ Virtual in Spin Studio	5:30pm LM BODYPUMP™ with Lorry in GroupEx Studio 1	5:30pm Strengthen with Stephanie in GroupEx Studio 1		
	5:30pm Strengthen with Mariana in GroupEx Studio 1	5:30pm Spin with Alice in Spin Studio	5:30pm Barre with Amanda in GroupEx Studio 2	6:30pm LM RPM™ Virtual in Spin Studio		
	5:30pm Spin with Stephanie in Spin Studio	5:30pm Zumba with Carrie in GroupEx Studio 1	6:30pm Yin Yoga with Mary in GroupEx Studio 1	7pm Zumba with Beth in GroupEx Studio 1		
	6:30pm Barre with Amanda in GroupEx Studio 2	6:30pm LM BODYSTEP™ with Sandy in GroupEx Studio 1	6:30pm Shallow Water with Lareeces in Leisure Pool			
	7pm (30 min) LM SPRINT™ Virtual in Spin Studio	7:30pm Yin Yoga with Ellen in GroupEx Studio 1	6:30pm LM BODYCOMBAT™ Virtual in GroupEx Studio 2			
	7pm Zumba with Beth in GroupEx Studio 1					

*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.

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.