

GROUP EX | JULY SCHEDULE

*Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am Vinyasa Yoga with Karen in GroupEx Studio 2	6am (Ages 16+) 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 (Ages 16+) 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	8:30am Light Dumbbells with Vicki in GroupEx Studio 1	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
10:30am LM CORE™ Virtual in GroupEx Studio 2	8:30am Spin with Kelly in Spin Studio	8:30am Barre with Amanda in GroupEx Studio 2	8:30am LM RPM™ Virtual in Spin Studio	8:30am (Ages 16+) 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
11am Zumba with Carrie in GroupEx Studio 1	9am LM BODY BALANCE™ Virtual in GroupEx Studio 2	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
12pm LM RPM™ Virtual in Spin Studio	9am Shallow Water with Helen in Leisure Pool	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	
	9:30am Intervals with Vicki in GroupEx Studio 1	9:30am (Ages 16+) 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	
	10:30am Yoga Fusion with Ellen 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	
	12pm (Ages 16+) LM BODYPUMP™ with Lorry in GroupEx Studio 1	10am Deep Water with Helen in Lap Pool	12pm LM CORE™ with Kelly in GroupEx Studio 1	10:45am (Ages 65+) Functional Fitness with Jen in GroupEx Studio 1	10:30am TriYoga Flow with Mary in GroupEx Studio 1	
	4:30pm LM CORE™ with Lorry in GroupEx Studio 1	10:30am LM CORE™ Virtual 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	
	5:30pm Advanced Barre with Amanda in GroupEx Studio 2	10:45am (Ages 65+) Functional Fitness with Jen in GroupEx Studio 1	5:30pm Spin with Stephanie in Spin Studio	5:30pm LM RPM™ Virtual in Spin Studio	6:30pm LM SPRINT™ (30 min) Virtual in Spin Studio	
	5:30pm Strengthen with Stephanie in GroupEx Studio 1	12pm LM RPM™ Virtual in Spin Studio	5:30pm (Ages 16+) LM BODYPUMP™ with Lorry in GroupEx Studio 1	5:30pm Strengthen with Stephanie in GroupEx Studio 1		
	5:30pm Spin with Sandy in Spin Studio	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		
	6:30pm Barre with Amanda in GroupEx Studio 2	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 Shallow Water with Lareeces in Outdoor Pool	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

Advanced Barre: A faster-paced class driven by music focused on muscle engagement and control. Previous Barre experience required.

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

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.

**12-15 year olds who attend GroupEx classes must come and stand by a parent in class. Exclusions include: Body Pump 16+ and Functional Fitness 65+.*