

GROUP EX | SEPTEMBER SCHEDULE

*Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am Vinyasa Yoga <i>with Karen in GroupEx Studio 2</i>	6am <i>(Ages 16+)</i> LM BODYPUMP™ <i>with Vicki in GroupEx Studio 1</i>	5:45am LM BODY BALANCE™ <i>Virtual in GroupEx Studio 2</i>	6am Strengthen <i>with Vicki in GroupEx Studio 1</i>	6am LM CORE™ <i>with Vicki in GroupEx Studio 1</i>	5:45am LM SPRINT™ <i>Virtual in Spin Studio</i>	9am <i>(Ages 16+)</i> LM BODYPUMP™ <i>with Lorry in GroupEx Studio 1</i>
9am LM BODYSTEP™ <i>with Sandy in GroupEx Studio 1</i>	7am LM RPM™ <i>Virtual in Spin Studio</i>	6am Intervals <i>with Vicki in GroupEx Studio 1</i>	8am Shallow Water <i>with Sharon in Combo Pool</i>	6am Spin <i>with Lorry in Spin Studio</i>	6am Strengthen <i>with Vicki in GroupEx Studio 1</i>	9am Spin <i>with Matt in Spin Studio</i>
10am Spin <i>with Stephanie in Spin Studio</i>	8am Shallow Water <i>with Helen in Combo Pool</i>	6am (30 min) LM SPRINT™ <i>Virtual in Spin Studio</i>	8am LM BODY BALANCE™ <i>Virtual in GroupEx Studio 2</i>	7:30am LM SPRINT™ <i>Virtual in Spin Studio</i>	6am LM BODY BALANCE™ <i>Virtual in GroupEx Studio 2</i>	10am Spin <i>with Sandy in Spin Studio</i>
10am Hatha Yoga <i>with Dianne in GroupEx Studio 1</i>	8:30am Light Dumbbells <i>with Vicki in GroupEx Studio 1</i>	8:30am Strengthen <i>with Kelly in GroupEx Studio 1</i>	8:30am LM BODYSTEP™ <i>with Sandy in GroupEx Studio 1</i>	8am LM BODY BALANCE™ <i>Virtual in GroupEx Studio 2</i>	7am LM SPIN™ <i>Virtual in Spin Studio</i>	10am Total Body <i>with Jen in GroupEx Studio 1</i>
10:30am LM CORE™ <i>Virtual in GroupEx Studio 2</i>	8:30am Spin <i>with Kelly in Spin Studio</i>	8:30am Barre <i>with Amanda in GroupEx Studio 2</i>	8:30am LM RPM™ <i>Virtual in Spin Studio</i>	8:30am LM CORE™ <i>with Vicki in GroupEx Studio 1</i>	8:30am Light Dumbbells <i>with Vicki in GroupEx Studio 1</i>	11am Power Yoga <i>with Ellen in GroupEx Studio 1</i>
11am Zumba <i>with Carrie in GroupEx Studio 1</i>	9am LM BODY BALANCE™ <i>Virtual in GroupEx Studio 2</i>	9am Shallow Water <i>with Helen in Combo Pool</i>	9am Shallow Water <i>with Sharon in Combo Pool</i>	9am Shallow Water <i>with Sharon in Combo Pool</i>	8:30am LM RPM™ <i>Virtual in Spin Studio</i>	11am Core First <i>with Jen in GroupEx Studio 2</i>
12pm LM RPM™ <i>Virtual in Spin Studio</i>	9am Shallow Water <i>with Helen in Combo Pool</i>	9:30am Barre (Women) <i>with Amanda in GroupEx Studio 2</i>	9:30am Strengthen <i>with Kelly in GroupEx Studio 1</i>	9:30am Barre <i>with Amanda in GroupEx Studio 2</i>	9am Shallow Water <i>with Lareeces in Combo Pool</i>	
	9:30am Intervals <i>with Vicki in GroupEx Studio 1</i>	9:30am <i>(Ages 16+)</i> LM BODYPUMP™ <i>with Kelly in GroupEx Studio 1</i>	9:30am Vinyasa Yoga <i>with Dianne in GroupEx Studio 2</i>	9:30am Strengthen <i>with Kelly in GroupEx Studio 1</i>	9:30am Intervals <i>with Vicki in GroupEx Studio 1</i>	
	10:30am Yoga Fusion <i>with Ellen in GroupEx Studio 1</i>	9:30am LM RPM™ <i>Virtual in Spin Studio</i>	10:30am Mat Pilates <i>with Margie in GroupEx Studio 1</i>	10am Deep Water <i>with Helen in Lap Pool</i>	10am Shallow Water <i>with Lareeces in Combo Pool</i>	
	12pm <i>(Ages 16+)</i> LM BODYPUMP™ <i>with Lorry in GroupEx Studio 1</i>	10am Deep Water <i>with Helen in Lap Pool</i>	12pm LM CORE™ <i>with Lorry/Kelly in GroupEx Studio 1</i>	10:45am <i>(Ages 65+)</i> Functional Fitness <i>with Jen in GroupEx Studio 1</i>	10:30am TriYoga Flow <i>with Mary in GroupEx Studio 1</i>	
	4:30pm LM CORE™ <i>with Lorry in GroupEx Studio 1</i>	10:30am LM CORE™ <i>Virtual in GroupEx Studio 2</i>	4:30pm Total Body <i>with Jen in GroupEx Studio 1</i>	12pm LM RPM™ <i>Virtual in Spin Studio</i>	5:30pm LM RPM™ <i>Virtual in Spin Studio</i>	
	5:30pm Advanced Barre <i>with Amanda in GroupEx Studio 2</i>	10:45am <i>(Ages 65+)</i> Functional Fitness <i>with Jen in GroupEx Studio 1</i>	5:30pm Spin <i>with Stephanie in Spin Studio</i>	5:30pm LM RPM™ <i>Virtual in Spin Studio</i>	6:30pm LM SPRINT™ (30 min) <i>Virtual in Spin Studio</i>	
	5:30pm Strengthen <i>with Stephanie in GroupEx Studio 1</i>	12pm LM RPM™ <i>Virtual in Spin Studio</i>	5:30pm <i>(Ages 16+)</i> LM BODYPUMP™ <i>with Lorry in GroupEx Studio 1</i>	5:30pm Strengthen <i>with Stephanie in GroupEx Studio 1</i>		
	5:30pm Spin <i>with Sandy in Spin Studio</i>	5:30pm Spin <i>with Alice in Spin Studio</i>	5:30pm Barre <i>with Amanda in GroupEx Studio 2</i>	6:30pm LM RPM™ <i>Virtual in Spin Studio</i>		
	6:30pm Barre <i>with Amanda in GroupEx Studio 2</i>	5:30pm Zumba <i>with Carrie in GroupEx Studio 1</i>	6:30pm Yin Yoga <i>with Mary in GroupEx Studio 1</i>	7pm Zumba <i>with Beth in GroupEx Studio 1</i>		
	6:30pm Shallow Water <i>with Lareeces in Combo Pool</i>	6:30pm LM BODYSTEP™ <i>with Sandy in GroupEx Studio 1</i>	6:30pm Shallow Water <i>with Lareeces in Combo Pool</i>			
	7pm (30 min) LM SPRINT™ <i>Virtual in Spin Studio</i>	7:30pm Yin Yoga <i>with Ellen in GroupEx Studio 1</i>	6:30pm LM BODYCOMBAT™ <i>Virtual in GroupEx Studio 2</i>			
	7pm Zumba <i>with Beth in GroupEx Studio 1</i>					

*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+.