GROUP EX | NOVEMBER 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

10:30am
LM CORE™
Virtual
in GroupEx Studio 2

11am
Zumba
with Carrie
in GroupEx Studio 1

12pm
LM RPM™
Virtual
in Spin Studio

MONDAY

6am
LM BODY BALANCE™
Virtual
in GroupEx Studio 2

6am *(Ages 16+)*
LM BODYPUMP™
with Vicki
in GroupEx Studio 1

7am
LM RPM™
Virtual
in Spin Studio

8am
Shallow Water
with Helen
in Leisure Pool

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 *(Ages 16+)*
LM BODYPUMP™
with Lorry
in GroupEx Studio 1

4:30pm
LM CORE™
with Lorry
in GroupEx Studio 1

5:30pm
Advanced Barre
with Amanda
in GroupEx Studio 2

5:30pm
Strengthen
with Stephanie
in GroupEx Studio 1

5:30pm
Spin
with Sandy
in Spin Studio

6:30pm
Barre
with Amanda
in GroupEx Studio 2

6:30pm
Shallow Water
with Lareeces
in Lap Pool

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 *(Ages 16+)*
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
LM CORE™
Virtual
in GroupEx Studio 2

10:45am *(Ages 65+)*
Functional Fitness
with Jen
in GroupEx Studio 1

11:45am *(Ages 65+)*
Functional Fitness
with Jen
in GroupEx Studio 1

12pm
LM RPM™
Virtual
in Spin Studio

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 Leisure Pool

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 Lorry/Kelly
in GroupEx Studio 1

4:30pm
Total Body
with Jen
in GroupEx Studio 1

5:30pm
Spin
with Stephanie
in Spin Studio

5:30pm *(Ages 16+)*
LM BODYPUMP™
with Lorry
in GroupEx Studio 1

5:30pm
Barre
with Amanda
in GroupEx Studio 2

6:30pm
TriYoga Basics
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 CORE™
with Vicki
in GroupEx Studio 1

9am
Shallow Water
with Sharon
in Leisure Pool

9:30am
Barre
with Amanda
in GroupEx Studio 2

9:30am
Strengthen
with Andrew
in GroupEx Studio 1

10am
Deep Water
with Helen
in Lap Pool

10:45am *(Ages 65+)*
Functional Fitness
with Jen
in GroupEx Studio 1

11:45am *(Ages 65+)*
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 RPM™
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 Leisure 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 *(Ages 16+)*
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

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

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 Basics: The practice of foundational postures of yoga, integrated with breath and focus.
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+.*