GROUP EX | DECEMBER 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+.*