

# March Group Fitness Schedule

MJCC | 6560 Poplar Ave. | (901) 761-0810

AM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CLASS LOCATION KEY	
5:45			<b>Bootcamp</b> Kate 55 min (GYM)	<b>*6:00*</b> <b>HIIT</b> Michael 55 min (ST2)	<b>Bootcamp</b> Kate 55 min (GYM)	<b>Werq</b> Valerie 55 min (ST2)		<b>KEY</b> Studio 1 = (ST1) Studio 2 = (ST2) Studio 3 = (ST3) Functional Training Studio = FTS Dance Studio = DS  The MJCC offers its members a variety of complimentary group fitness classes weekly.  For reservation/payment information and a detailed course description, please see reverse side.
6:00		<b>Cycle</b> Lindsay 45 min (ST1)		<b>Cycle</b> Lindsay 45 min (ST1)	<b>*7:00*</b> <b>Strength: Total Body Tone</b> Kate 55 min (ST2)	<b>Cycle-Circuit</b> Lindsay 55 min (ST1)		
8:15	<b>Cardio Circuit</b> Peter 55 min (ST2)	<b>*8:00*</b> <b>Sculpt Mix</b> Natalie 55 min (ST2)	<b>Muscle Pump</b> Joe 55 min (ST3)	<b>*8:00*</b> <b>Cycle</b> Michael 55 min (ST1)	<b>Muscle Pump</b> Joe 55 min (ST3)	<b>*8:00*</b> <b>Mat-ology</b> Joe 55 min (ST3)		
8:15			<b>Cardio Strength</b> Mindy 55 min (ST2)		<b>Power Step</b> Mindy 55 min (ST2)	<b>Cardio Kickboxing</b> Bridget 55 min (ST2)		
9:00	<b>Muscle Pump</b> Joe 55 min (ST3)	<b>Low &amp; Toned</b> Joe 55 min (ST3)	<b>Yoga</b> Jessica 55 min (DS)	<b>Low &amp; Toned</b> Joe 55 min (ST3)	<b>*8:00*</b> <b>J- Barre</b> Natasha 55 min (DS)	<b>Low &amp; Toned</b> Joe 55 min (ST3)		
9:00		<b>J- Barre</b> LaShundra 55 min (DS)		<b>Body Sculpt</b> Mercy 55 min (ST2)	<b>Yoga</b> Jackie 55 min (DS)			
9:15	<b>Werq</b> Valerie 55 min (ST2)	<b>Body Sculpt</b> Christina 55 min (ST2)	<b>Ab Lab</b> Mercy 45 min (ST3)		<b>Strength: Total Body Tone</b> Bridget 55 min (ST2)	<b>Sculpt Mix</b> Christina 55 min (ST2)		
9:30			<b>*9:15*</b> <b>Power Step</b> Bridget 55 min (ST2)					
10:00	<b>Core Sculpt</b> Joe 55 min (ST3)	<b>X-Flex</b> Joe 30min (ST3)	<b>Fit Over 50</b> Natalie 55 min (ST3) <b>\$10 per class</b>	<b>X-Flex</b> Joe 30min (ST2)	<b>Fit Over 50</b> Natalie 55 min (ST3) <b>\$10 per class</b>	<b>Restorative Yoga</b> Jessica 55 min (DS)		
10:15	<b>Yoga Xpress</b> Barbara 30 min (ST2)	<b>*10:00*</b> <b>Strong Seniors</b> Sharaze 55 min (TBD)		<b>*10:00*</b> <b>Strong Seniors</b> Ronda 55 min (TBD)		<b>*10:00*</b> <b>Strong Seniors</b> Almetria 55 min (TBD)		
10:30	<b>*10:45*</b> <b>Yoga</b> Barbara 55 min (ST2)	<b>*10:20*</b> <b>Wu Style Tai Chi</b> Pat 55 min (ST2)						
PM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
12:15		<b>Body Burn</b> Kate 40 min (ST2)	<b>Werq</b> Valerie 40 min (ST2)	<b>Body Burn</b> Kate 40 min (ST2)			<b>Yoga</b> Katy 55 min (ST2)	
5:00		<b>Body Fitness</b> Lashundra 55 min (ST2)	<b>H.E.A.T.</b> Rory 55 min (ST2)	<b>Cardio</b> Lashundra 55 min (ST2)	<b>H.E.A.T.</b> Ashley 55 min (ST2)			
5:30		<b>*6:00*</b> <b>HIIT</b> Tommy 55 min (ST3)	<b>Zumba</b> Denise 55 min (ST3)		<b>Zumba</b> Denise 55 min (ST3)			
6:00		<b>Werq</b> Valerie 55 min (ST2)	<b>*6:30*</b> <b>Strength: Total Body Tone</b> Lashundra 55 min (ST3)	<b>*6:15*</b> <b>Cycle</b> Earle 55 min (ST1)				
6:30		<b>*6:15*</b> <b>Cycle</b> Earle 55 min (ST1)	<b>Yoga</b> Ashlee 55 min (ST2)	<b>Yoga</b> Ashlee 55 min (ST3)	<b>Yoga</b> Debra 55 min (ST2)			
7:30			<b>Cardio Circuit</b> Peter 55 min (ST2)		<b>*7:00*</b> <b>Sculpt Mix</b> Peter 55 min (ST3)			

TRX and J-Fit classes are 30 minutes. Reservations are required 6 hrs. in advance by calling 901-259-9229.

WEDNESDAY	THURSDAY	FRIDAY	PAY TO PLAY J-FIT AND TRX: \$10(m)/\$20(nm)
4:30pm TRX Callie	11:30am J-Fit Kate		
		4:30pm TRX Callie	

PIYO	STRENGTH TRAINING	YOGA/ STRETCHING	SPECIALTY TRAINING	TRAINING FOR SENIORS	Group Exercise Class Tip
<p><b>BOOTCAMP</b> A class that mixes traditional callisthenic &amp; body weight exercises with interval &amp; strength training. What a great workout!</p> <p><b>CARDIO/CARDIO CIRCUIT</b> Expect to sweat while working the whole body through functional movement challenges and total body strengthening exercises.</p> <p><b>CARDIO KICKBOXING</b> It's your best offense against inactivity. This class includes jabs, slips, blocks, and pushes. It's a new way to fight and workout!</p> <p><b>H.E.A.T.</b> A total body class that implements a variety of plyometric, high energy movements, and strength. Let's turn the H.E.A.T. up!</p> <p><b>HIIT</b> This is a high intensity, total-body conditioning workout that torches calories!</p> <p><b>WERQ®</b> A fiercely fun dance fitness workout fusing today's hottest pop, rock, and hip hop music with easy dance routines.</p> <p><b>ZUMBA®</b> Check out this dance fitness craze that is sweeping the nation! Inspired by Latin dance &amp; music, Zumba uses a variety of styles in its routines, including, merengue, salsa, hip-hop, pop, mambo, rumba, &amp; flamenco. No dance experience required.</p>	<p><b>BODY SCULPT</b> A complete body workout designed to build lean muscle so those calories continue to burn after class. This class uses very little cardio.</p> <p><b>LOW &amp; TONED</b> Get up &amp; go with an aerobics class just for you – safe &amp; heart- healthy. The workout includes easy-to-follow low-impact movement designed to energize your active lifestyle.</p> <p><b>MAT-ODOLOGY</b> A combination of PIYO and core work all delivered on the mat for an extreme abdominal workout. Come join us as we flatten your tummy and lean your body.</p> <p><b>MUSCLE PUMP</b> Have fun &amp; move to the music through a variety of exercises designed to increase muscular strength, &amp; range of motion. Various equipment, even a chair is used for seated &amp;/or standing support.</p> <p><b>POWER STEP</b> We are serious about putting power in your step, your body, and empowering you to live life to the max. Approach this class eager to discover new ways to tap into your full potential using the step as a tool.</p> <p><b>SCULPT MIX</b> An energetic class suitable for all fitness levels &amp; consists of a mix of strength and cardiovascular training for every major muscle group.</p> <p><b>STRENGTH: TOTAL BODY TONE</b> This high energy, multi-level class with stations to tone &amp; sculpt the entire body. This muscle conditioning class can be as intense as you make it! Using a variety of equipment and movement.</p> <p><b>CARDIO STRENGTH</b> This class combines cardio and strength for a full body workout. Come sweat with us!</p>	<p><b>CORE SCULPT</b> A basic level upbeat mat session designed to lengthen &amp; strengthen your entire body using core muscles.</p> <p><b>RESTORATIVE YOGA</b> This gentle sequence of chest-openers and hip-openers is perfect for anytime you need a little revitalization.</p> <p><b>X-FLEX</b> A class that improves flexibility, increases balance, &amp; strengthens the core muscle groups. A MUST for everyone!!!</p> <p><b>YOGA/YOGA EXPRESS</b> Great for the entire family ages 11 &amp; up! A yoga session that will focus on flexibility.</p> <p><b>Ab Lab</b> Want a complete core workout that will leave your abs sore and your body shaking? The main focus will be all core. We will strengthen the abdominals, stamina, and your lower back with a jam packed hour session of core work.</p>	<p><b>BODY BURN</b> Lunchtime workout that focuses on strengthening the muscles of the core and more!</p> <p><b>BODY FITNESS</b> A class that is focused on bridging the gap between primary muscles (the ones you see when you look in the mirror) and secondary muscles (the ones that help protect and stabilize).</p> <p><b>J-BARRE *</b> The fat-burning, muscle-sculpting sensation isn't any of the usual suspects – no kicking, no punching, no jumping up and down. Just exercises that lengthen and strengthen your muscles, as you're burning fat.</p> <p><b>WU TAI CHI **</b> Ancient art that will develop your internal energy or chi. A certified instructor through the Arthritis Foundation will lead participants through exercises that improve balance, help stress and offer arthritis pain relief.</p>	<p><b>*FIT OVER 50 \$</b> This exercise program is just right for individuals 50 years and older. The program includes flexibility and range-of-motion movements, weight-bearing exercises for muscular strength and endurance, deep breathing, and body awareness motions. This type of program will improve your well- being. \$10/class</p> <p><b>STRONG SENIORS</b> A total body workout for older adults of all fitness levels. The exercises are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength &amp; cardiovascular endurance. The workout is a combination of aerobic, flexibility, &amp; resistance training in a fun environment with some exercises utilizing a chair.</p>	<p><i>Instructors and classes are subject to change.</i></p> <p><i>Feel free to bring a towel and water bottle to class.</i></p> <p><i>Please silence all cell phones during class.</i></p> <p><i>All group fitness studios are climate controlled. Please dress accordingly.</i></p> <p><i>Group Fitness classes are intended for members 14 years or older, unless otherwise noted.</i></p> <p><i>Please respect your fellow members and arrive to class on time.</i></p>
<p><b>CAGE CLASSES</b></p> <p><b>J-FIT \$</b> A heart-pumping exercise class that will challenge all fitness levels. J-Fit will give you the results you want while you become part of a team.</p> <p><b>*TRX-\$</b> A TRX suspension strap hangs from the ceiling &amp; is used throughout, whether you're gripping it with your hands or hooking the straps on to your feet. TRX training is great for the entire body! \$10/class</p>			<p><b>INDOOR CYCLING</b></p> <p><b>CYCLE **</b> Class starts with an easy pedal warm up &amp; focus on proper technique. Be prepared to ride your way through rolling hills, steep climbs &amp; much more! Limited spots available. <b>Make a reservation up to 24 hours before class at the Sports &amp; Fitness Desk.</b></p> <p><b>CYCLE-CIRCUIT **</b> A class that mixes cycling intervals with strength and core exercises. <b>Make a reservation up to 24 hours before class at the Sports &amp; Fitness Desk.</b></p>		

**Reservation and payment information.**

☺ Most classes are free to members.

\* Some classes require an advance reservation, which can be made by calling the Sports and Fitness Desk at (901) 259-9229.

\*\* For some classes, a reservation is recommended, which can be made by calling the Sports and Fitness Desk at (901) 259-9229.

\$ Some classes require payment which can be made at the Member Services Desk.

For additional information:

Contact Mandy Kelley, Fitness Director, at (901) 259-9212 or mkelley@jccmemphis.org

As of February 19, 2019

