

September Group Fitness Schedule

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

AM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CLASS LOCATION KEY
5:45			Bootcamp Kate 55 min (GYM)	*5:45* Les Mills: BodyPump Megan 45 min (ST2)	Bootcamp Kate 55 min (GYM)	*5:45* Les Mills: BodyPump Megan 45 min (ST2)	
6:00		Cycle Lindsay 45 min (ST1)	*5:45* Les Mills: BodyCombat Mandy 55 min (ST3)	*6:00* Cycle Lindsay 55 min (ST1)	*7:00* Strength Michael 55 min (ST2)	Cycle-Circuit Lindsay 55 min (ST1)	
8:15	Cardio Circuit Bridget 55 min (ST2)	*7:00* Yoga Amy 55 min (DS)	Muscle Pump Joe 55 min (ST3)	*6:00* HIIT Michael 55 min (ST3)	Muscle Pump Joe 55 min (ST3)	*8:00* Mat-ology Joe 55 min (ST3)	
8:15		*8:00* Body Sculpt Callie 55 min (ST2)	Cardio Strength Mindy 55 min (ST2)	*8:00* Cycle Michael 55 min (ST1)	Power Step Mindy 55 min (ST2)	*8:00* Advanced Step Mindy 70 min (ST2)	
9:00	Muscle Pump Joe 55 min (ST3)	Low & Toned Joe 55 min (ST3)	Yoga Jessica 55 min (DS)	Low & Toned Joe 55 min (ST3)	*8:00* J- Barre Inbar 55 min (DS)	Low & Toned Joe 55 min (ST3)	
9:00		J- Barre LaShundra 55 min (DS)		Body Sculpt Inbar 55 min (ST2)	Yoga Jackie 55 min (DS)		
9:15	Werq Valerie 55 min (ST2)	Les Mills: BodyPump Lauren 55 min (ST2)	Ab Lab Joe 45 min (ST3)		Strength Bridget 55 min (ST2)	Les Mills: BodyPump Cheryl 55 min (ST2)	
9:30			*9:15* Les Mills: BodyCombat Bridget 55 min (ST2)		*9:15* Les Mills: BodyCombat Michelle 55 min (ST3)		
10:00	Ab Lab Joe 55 min (ST3)	Stretch Joe 30min (ST3)	Balance/ Movement 55 min (TBD) \$10(m)/ \$20(nm) per class	Stretch Joe 30min (ST2)	Balance/ Movement 55 min (TBD) \$10(m)/ \$20(nm) per class	Gentle Yoga Jessica 55 min (DS)	
10:15	Yoga Xpress Barbara 30 min (ST2)	*10:00* Strong Seniors LaShundra 55 min (TBD)		*10:00* Strong Seniors Ronda 55 min (TBD)		*10:00* Strong Seniors Katie 55 min (TBD)	
10:30	*10:45* Yoga Barbara 55 min (ST2)	*10:20* Wu Style Tai Chi Pat 55 min (ST2)					
PM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:15		Body Burn Kate 40 min (ST2)	Les Mills: BodyCombat Michelle 45 min (ST2)	Body Burn Kate 40 min (ST2)	*11:30am* J-FIT Kate 30 min (FTS) \$10(m)/ \$20 (nm)	Les Mills: BodyCombat Bridget 45 min (ST2)	Yoga Katy 55 min (DS)
5:00		Body Fitness Lashundra 55 min (ST2)	*5:30* Cardio & Weights Lashundra 55 min (ST2)	Gentle Yoga Jackie 40 min (ST2)	*5:30* Cardio & Weights Paxton 55 min (ST2)		*12:15* Werq Paxton 55 min (ST2)
5:30			Zumba Denise 55 min (ST3)	*6:00* Les Mills: BodyPump Sarah 55 min (ST2)	Zumba Denise 55 min (ST3)		
6:00		Werq Valerie 55 min (ST2)	*6:30* Cardio Circuit Callie 55 min (ST3)	*6:15* Cycle Earle 55 min (ST1)	*6:30* Les Mills: BodyCombat Mandy 55 min (ST3)		
6:30		*6:15* Cycle Earle 55 min (ST1)	Yoga Amy 55 min (ST2)	*7:00* Werq Valerie 55 min (ST2)	Yoga Debra 55 min (ST2)		

Balance/Movement on Tue and Thu and Strong Seniors on Mon, Wed and Fri will typically take place in the social hall; however there will be days when we will have to move to a different room. Please ask at the Member Services Desk.

CARDIO	STRENGTH	YOGA/STRETCHING	SPECIALTY	SENIORS	Group Exercise Tips
<p>ADVANCED STEP For this higher intensity step class, you will be challenged through a 50 minute choreographed step workout at high rates of speed. Bring a towel, you will need it!</p> <p>BOOTCAMP A class that mixes traditional callisthenic & body weight exercises with interval & strength training. What a great work out!</p> <p>CARDIO CIRCUIT Expect to sweat while working the whole body through functional movement challenges and total body strengthening exercises.</p> <p>CARDIO & WEIGHTS A total body class that implements a variety of plyometric, high energy movements, and strength.</p> <p>HIIT This is a high intensity, total-body conditioning workout that torches calories!</p> <p>LES MILLS: BODYCOMBAT BodyCombat is a high energy martial arts-inspired workout. This non-contact workout requires no experience but teaches you moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu.</p> <p>WERQ® A fiercely fun dance fitness workout fusing today's hottest pop, rock, and hip hop music with easy dance routines. No dance experience required.</p> <p>ZUMBA® Check out this dance fitness craze that is sweeping the nation! Inspired by Latin dance & music, Zumba uses a variety of styles in its routines, including, merengue, salsa, hip-hop, pop, mambo, rumba, & flamenco. No dance experience required.</p>	<p>BODY SCULPT 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>LOW & TONED Get up & go with an aerobics class just for you – safe & heart- healthy. The workout includes easy-to-follow low-impact movement designed to energize your active lifestyle.</p> <p>MAT-OLGY 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>MUSCLE PUMP Have fun & move to the music through a variety of exercises designed to increase muscular strength, & range of motion. Various equipment, even a chair is used for seated &/or standing support.</p> <p>POWER STEP 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>STRENGTH This high energy, multi-level class with stations to tone & 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>CARDIO STRENGTH This class combines cardio and strength for a full body workout. Come sweat with us!</p> <p>LES MILLS: BODYPUMP Bodypump is a choreographed weights class brought to you by Les Mills. Using light to moderate weight with lots of repetitions, Bodypump gives you a total body workout that burns calories.</p>	<p>AB LAB 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>GENTLE YOGA This gentle sequence of chest-openers and hip-openers is perfect for anytime you need a little revitalization.</p> <p>STRETCH A class that improves flexibility, increases balance, & strengthens the core muscle groups. A MUST for everyone!!!</p> <p>YOGA/YOGA EXPRESS Great for the entire family ages 11 & up! A yoga session that will focus on flexibility.</p>	<p>BODY BURN Lunchtime workout that focuses on strengthening the muscles of the core and more!</p> <p>BODY FITNESS 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>J-BARRE * 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>WU TAI CHI ** 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>Balance Class \$ This class is designed to improve balance, range of motion, and stability. Members ages 65 and up will perform exercises that will strengthen your core and enhance coordination as well as modern fitness. Open to participants of any fitness level. \$10/class</p> <p>STRONG SENIORS 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 & cardiovascular endurance. The workout is a combination of aerobic, flexibility, & 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>
				INDOOR CYCLING	
				<p>CYCLE ** Class starts with an easy pedal warm up & focus on proper technique. Be prepared to ride your way through rolling hills, steep climbs & much more! Limited spots available. Make a reservation up to 24 hours before class at the Sports & Fitness Desk.</p> <p>CYCLE-CIRCUIT ** A class that mixes cycling intervals with strength and core exercises. Make a reservation up to 24 hours before class at the Sports & Fitness Desk.</p>	
		CAGE CLASSES	<p>J-FIT \$ 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>		

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 August 22, 2019



September Group Fitness Schedule

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