

March Group Fitness Schedule

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

AM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CLASS LOCATION KEY
5:45		Yoga Amy 55 min (DS)	Bootcamp Kate 55 min (GYM)	Les Mills: BodyPump Megan 45 min (ST2)	Bootcamp Kate 55 min (GYM)	Les Mills: GRIT Strength Megan 30 min (ST2)	KEY Studio 1 = (ST1) Studio 2 = (ST2) Studio 3 = (ST3) Functional Training Studio = FTS Dance Studio = DS Indoor Pool = (Pool) ----- 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		Cycle Lindsay 45 min (ST1)		Cycle Lindsay 55 min (ST1)	*7:00* Strength Michael 55 min (ST2)	Cycle-Circuit Lindsay 55 min (ST1)	
8:00		Cycle Mandy 55 min (ST1)	*8:00am* Sculpt and Core Pilates Reformer Natalie 55min (ST1) \$15(m)/ \$25(nm) per class	Cycle Michael 55 min (ST1)	*8:00am* Intermediate/Combo Pilates Reformer Natalie 55min (ST1) \$15(m)/ \$25(nm) per class	Advanced Step Mindy 70 min (ST2)	
8:00		Body Sculpt Callie 55 min (ST2)	*8:15* Cardio Strength Mindy 55 min (ST2)		*8:15* Power Step Mindy 55 min (ST2)	Mat-ology Joe 55 min (ST3)	
8:15	Cardio Circuit Bridget 55 min (ST2)	*9:00* Low & Toned Joe 55 min (ST3)	Muscle Pump Joe 55 min (ST3)		Muscle Pump Joe 55 min (ST3)		
9:00		J-Barre LaShundra 55min (DS)	Yoga Jessica 55 min (DS)	Low & Toned Joe 55 min (ST3)	J-Barre Inbar 55min (DS)	Low & Toned Joe 55 min (ST3)	
9:00	Muscle Pump Joe 55 min (ST3)	Les Mills: BodyPump Lauren 55 min (ST2)	*9:15* Ab Lab Joe 45 min (ST3)	Cardio Strength Inbar 55 min (ST2)			
9:15	Werq Valerie 55 min (ST2)	*10:00* Stretch Joe 30min (ST3)	Werq Bridget 30 min (ST2)		Werq Bridget 30 min (ST2)	Les Mills: BodyPump Cheryl 55 min (ST2)	
10:00	Ab Lab Joe 55 min (ST3)	Les Mills: BodyFlow Lauren 55 min (ST2)	*9:45* Les Mills: BodyFlow Bridget 30 min (ST2)	Stretch Joe 30min (ST2)	*9:45* Les Mills: BodyFlow Bridget 30 min (ST2)	Gentle Yoga Jessica 55 min (DS)	
10:00	*10:15* Yoga Xpress Barbara 30 min (DS)	Strong Seniors LaShundra 55 min (TBD)		Strong Seniors LaShundra 55 min (TBD)		Strong Seniors Katie 55 min (TBD)	
10:15	*10:45* Yoga Barbara 55 min (DS)	*10:30* Wu Style Tai Chi Pat 55 min (DS)					
PM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:15		Body Burn Kate 40 min (ST2)	Les Mills: BodyFlow Michelle 45 min (DS)	Body Burn Kate 40 min (ST2)	*11:30am* J-FIT Kate 30 min (FTS) \$10(m)/ \$20 (nm)	Les Mills: BodyFlow Michelle 45 min (DS)	Yoga Katy 55 min (DS)
5:00			*5:30* Weight Circuit Lashundra 30 min (ST2)	Gentle Yoga Jackie 40 min (DS)	*5:30* Les Mills: GRIT Strength Erin 35 min (ST2)		*12:15* Cycle Melissa 55 min (ST1)
5:30		*5:10* Les Mills: BodyPump Cheryl 45 min (ST2)	Zumba Denise 55 min (ST3)	Les Mills: GRIT Cardio Erin 30 min (ST3)	Zumba Denise 55 min (ST3)		
6:00		Werq Valerie 55 min (ST2)	Cardio Circuit Lashundra 30 min (ST2)	Les Mills: BodyPump Cheryl 55 min (ST2)	*6:05* Cardio Circuit Erin 35 min (ST2)		
6:15		Cycle Nancy 55 min (ST1)	Cycle Mandy 30 min (ST1)	*6:00* Les Mills: Body Flow Erin 30 min (DS)			
6:30			Yoga Amy 55 min (DS)	*6:15* Cycle Melissa 55 min (ST1)	Yoga Debra 55 min (DS)		
6:30				Werq Wendy 55 min (ST3)			

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 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!

BOOTCAMP

A class that mixes traditional callisthenic & body weight exercises with interval & strength training. What a great work out!

CARDIO CIRCUIT

Expect to sweat while working the whole body through functional movement challenges and total body strengthening exercises.

CARDIO STRENGTH

This class combines cardio and strength for a full body workout. Come sweat with us!

LES MILLS: GRIT CARDIO

30-minute high-intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

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.

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.

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.

STRENGTH 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.

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.

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.

LES MILLS: GRIT STRENGTH

30-minute high-intensity interval training designed to improve strength, cardiovascular fitness and build lean muscle.

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.

MAT-OLOGY

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.

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.

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.

WEIGHT CIRCUIT

A high energy, multi-level weight training class with stations to tone & sculpt the entire body.

YOGA/STRETCHING LES MILLS: BODYFLOW

An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

GENTLE YOGA

This gentle sequence of chest-openers and hip-openers is perfect for anytime you need a little revitalization.

STRETCH

A class that improves flexibility, increases balance, & strengthens the core muscle groups. A MUST for everyone!!!

YOGA/YOGA EXPRESS

Great for the entire family ages 11 & up! A yoga session that will focus on flexibility.

SPECIALTY

BODY BURN

Lunchtime workout that focuses on strengthening the muscles of the core and more!

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.

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.

SHALLOW WATER

Get fit with this challenging total body workout! This shallow water workout will improve cardiovascular endurance and muscle tone without the impact on your joints.

DEEP WATER

A non- impact aerobic workout in the deep end of the pool. We will wear a belt to help float while also using water equipment to help gain strength and endurance.

Pilates Reformer

Reformer:
Intermediate/Combo:
Perform exercises on the reformer as well as learn to use a second piece of equipment

Reformer: Sculpt and Core:
Balancing on balls, stretching bands, squeezing circles, and lifting weights

SENIORS

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 aerobics, flexibility, & resistance training in a fun environment with some exercises utilizing a chair.

INDOOR CYCLING

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.

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.**

Group Exercise Tip

Instructors and classes are subject to change.

Feel free to bring a towel and water bottle to class.

Please silence all cell phones during class.

All group fitness studios are climate controlled. Please dress accordingly.

Group Fitness classes are intended for members 14 years or older, unless otherwise noted.

Please respect your fellow members and arrive to class on time

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.*

CAGE CLASSES

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.

fitness

