

# October Group Fitness Schedule

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

AM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CLASS LOCATION KEY
5:45		<b>Live Only</b> Les Mills: BodyPump Megan 45 min (ST2)	<b>Live Only</b> Bootcamp Kate 55 min (GYM)	<b>Live Only</b> Les Mills: BodyPump Megan 45 min (ST2)	<b>Live Only</b> Bootcamp Kate 55 min (GYM)		<b>KEY</b> Studio 1 = (ST1) Studio 2 = (ST2) Studio 3 = (ST3) Dance Studio = DS  Note that some classes are: live, virtual, or both live and virtually available  ----- For reservation call (901)761-0810 / payment information and a detailed course description, please see reverse side.
6:00		<b>Live Only</b> Cycle Lindsay 55 min (ST3)				<b>Live Only</b> Cycle Lindsay 55 min (ST3)	
8:00		<b>Live/ Virtual</b> Cardio Mindy 55 min (ST2)	<b>Live/ Virtual</b> Power Step Michelle 55 min (ST2)	<b>Live/ Virtual</b> Strength Mindy 55 min (ST2)	<b>Virtually Only</b> Stretch Joe 45 min	<b>Live/ Virtual</b> Power Step Mindy 55 min (ST2)	
8:15	<b>Virtually Only</b> Cardio Circuit Bridget 55 min	<b>Live Only *8:00am*</b> Essentials Pilates Reformer Natalie 55min (ST1) \$15(m) Per class	<b>Live Only *8:00am*</b> Sculpt and Core Pilates Reformer Natalie 55min (ST1) \$15(m) Per class		<b>Live Only *8:00am*</b> Intermediate/Combo Pilates Reformer Natalie 55min (ST1) \$15(m) Per class		
9:00		<b>Live/ Virtual</b> J-Barre LaShundra 55min (DS)	<b>Live/ Virtual</b> Yoga Jessica 55 min (DS)	<b>Live Only</b> Les Mills: Body Attack Erin 55 min (ST2)	<b>Live/ Virtual</b> J-Barre Wendy 55min (DS)	<b>Virtually Only</b> Ab Lab Joe 55 min	
9:00				<b>Live Only</b> Les Mills: Body Flow Tara 55 min (ST3)			
9:15	<b>Virtually Only</b> Muscle Pump Joe 55 min	<b>Live Only</b> Les Mills: BodyPump Lauren 55 min (ST2)			<b>Live/ Virtual</b> Cardio Rachel 55 min (ST2)	<b>Live Only</b> Les Mills: BodyPump Joy 55 min (ST2)	
10:00	<b>*10:15am</b> <b>Virtually Only</b> Ab Lab Joe 55 min					<b>Live/ Virtual</b> Gentle Yoga Jessica 55 min (DS)	
10:00		<b>Virtually Only</b> Strong Seniors LaShundra 55 min		<b>Virtually Only</b> Strong Seniors LaShundra 55 min		<b>*10:30*</b> <b>Virtually Only</b> Strong Seniors Joyce 55 min	
PM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
12:15		<b>Live/ Virtual</b> Body Burn Kate 40 min (ST2)	<b>Live/ Virtual</b> J-Barre Wendy 55 min (DS)	<b>Live/ Virtual</b> Body Burn Kate 40 min (ST2)			<b>Live/ Virtual</b> Yoga Katy 55 min (DS)
12:15							<b>Live Only</b> Cycle Melissa 55 min (ST3)
5:30		<b>Live/ Virtual</b> Werq Wendy 55 min (ST3)	<b>Live/ Virtual</b> Werq Wendy 55 min (ST2)	<b>Live Only</b> Les Mills: BodyPump Lauren 55 min (ST2)	<b>Live Only</b> Zumba Denise 55 min (ST3)		
5:30		<b>Live Only</b> Les Mills: BodyPump Erin 55 min (ST2)			<b>Live Only</b> Les Mills: Body Attack Erin 55 min (ST2)		
6:15			<b>Live/ Virtual</b> Yoga Amy 55 min (DS)	<b>Live Only</b> Cycle Melissa 55 min (ST3)	<b>Live Only</b> Les Mills: Body Flow Peggy 55 min (DS)		

## CARDIO

### BOOTCAMP

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

### CARDIO CIRCUIT/CARDIO/HIIT

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

### 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.

### 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.

### 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.

### LES MILLS: BODYATTACK

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats

## 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

### Reformer: Essentials:

Teaches the 5 principals of Pilates essential for Reformer classes

## 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 BURN

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

### 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

### CARDIO STRENGTH

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

### 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.

### 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.

### STRENGTH and TONE

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

### 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.

Update: 9/18/2020

## YOGA/STRETCHING

### GENTLE YOGA

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

### 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.

### STRETCH

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

### 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.

### YOGA

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

---

## Group Exercise Tip

---

***Instructors and classes are subject to change.***

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