



IJ & Jeanné Wagner Jewish Community Center
slcjcc.org

GROUP FITNESS SCHEDULE

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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|---|--|---|---|---------------------------------------|--|---|
| Step Challenge 9:15 AM-10:15 AM | BodyPUMP™ 6:15 AM-7:15 AM | Sun-Rise Spin 6:15 AM-7:15 AM | BodyPUMP™ 6:15 AM-7:15 AM | C-Fusion 7:45 AM-8:45 AM | High Fitness™ 8:45 AM-9:45 AM | Adult Swim Workout 8:00 AM-9:00 AM |
| H2-Moves 10:00 AM-11:00 AM | C-Fusion 9:15 AM-10:15 AM | Werq™ 9:15 AM-10:15 AM | BodyCOMBAT™ 9:15 AM-10:15 AM | Werq™ 9:15 AM-10:15 AM | BodyPUMP™ 10:00 AM-11:00 AM | Energy Zones Ride 8:45 AM-9:45 AM |
| BodyPUMP™ 10:30 AM-11:30 AM | Rhythm Ride 9:15 AM-10:15 AM | H2-Moves 10:00 AM-11:00 AM | Burn-Tone 5:15 PM-6:15 PM | H2-Moves 10:00 AM-11:00 AM | FB-Flow Yoga 11:15 AM-12:15 PM | Adult Swim Workout 9:00 AM-10:00 AM |
| CORE™-30 11:30 AM-12:00 PM | FB-Flow Yoga 11:45 AM-12:45 PM | BodyPUMP™ 10:30 AM-11:30 AM | High Fitness™ 5:30 PM-6:30 PM | CORE™-30 10:15 AM-10:45 AM | BodyPUMP™ 10:00 AM-11:00 AM | |
| Pilates-Mat 4:15 PM-5:15 PM | Lo-Moves 1:30 PM-2:30 PM | CORE™-30 11:30 AM-12:00 PM | High-YO™ 6:30 PM-7:00 PM | BodyPUMP™ 11:00 AM-12:00 PM | CORE™-30 11:00 AM-11:30 AM | |
| Werq™ 5:15 PM-6:15 PM | BodyCOMBAT™ 5:30 PM-6:30 PM | BodyPUMP™ 5:15 PM-6:15 PM | Yin-Yang Yoga 6:30 PM-7:30 PM | | | Yin-Yang Yoga 11:45 AM-12:45 PM |
| Energy Zones Ride 5:45 PM-6:45 PM | CORE™-30 6:30 PM-7:00 PM | Werq™ 5:15 PM-6:15 PM | | | | |
| | Sun-Set Yoga 6:30 PM -7:30 PM | BodyFLOW™* 6:30 PM-7:30 PM | | | | |

Group Fitness

Location Key

- Strength Studio
- Stretch Studio
- Cycle Studio
- Indoor Pool

* Begins February 2023

BodyPUMP™

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

BodyFLOW™

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centered.

Burn-Tone

Raise your heart rate, jump start your metabolism and warm from the inside out for muscular strength and endurance focus using props in a structured workout with safety, technique and progression in mind! Fab-freestyle format!

C-Fusion

C= Cardio/Core! From cardiovascular output to muscular endurance, core activation to biomechanics efficiency, cover the bases of this full-body workout crossing energy zones. Safety first and progression always with a coach's eye guiding and various props for challenge! Be prepared to sweat ...

FB-Flow Yoga

Flow Full-Body (FB) from earth energy up and heart center out as attention is brought to the mind and body through fluid movements aligning postures, correcting asymmetries and enhancing wellbeing. Welcome all levels to this beautiful flow!

Sunset Yoga

Strive for deep movement and relaxation as the sun sets behind you across your fluid movement through postures for enhanced flexibility, alignment, intuition and restoration. A safe and supportive environment to close out your day...for all levels looking to Restore!

CORE™-30

LES MILLS CORE provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

Yin-Yang Yoga

Enjoy this balance of complimentary opposing movements of high power-based to low-restorative, short breath patterns to long fluid holds. Your instructor will lead based on the energy of the space, the environment and your needs overlaying the passivity of yin and activity of yang energies as you move into your day... for all levels!

BodyCOMBAT™

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

High Fitness™

A combined low and high-intensity format pre-choreographed for optimal safety, structure, instruction and variation incorporating aerobic interval training to music. You will love to move with rhythm and a certified instructor as your guides!

High-YO™

Yoga inspired, music driven stretching. HIGH-Yo was created to help people fall in love with stretching and start including it into their routines on a more regular basis. This lighthearted format incorporates stretching, strength and balance to improve overall health, and show what a difference stretching can make in our lives and for our bodies.

Pilates-Mat

From the foundation of Joseph Pilates, movement starts with core cues from the shoulder girdle through the hip joints, the deep to surface layers between and around on a mat. Learn 5 Pilates principles to develop innate core recruitment, to take into all fitness practices for active length and strength, muscle toning, postural alignment and heightened body awareness. A key modality for all levels...

Step-Challenge

From the basics of group fitness, this foundational power based workout using a step increases cardio and muscular endurance, intensity through footwork and long lever movement and overall coordination for optimal balance. Jump in for the jumpstart or seasoned stepper!

Lo-Moves

Explore your strength in mind and body as this environment is sure to be safe, stable and without high impact to moderate stress on joints and overload on muscles. Using props like balls, bands and free-weights, healthy stress is good for your brain, your heart and your muscles. The perfect environment for the active older adult, pre/post-natal mom, and injury rehabilitation members!

Werq™

A fiercely fun dance-fitness format choreographed to pop, rock and hip hop music. Movement is repetitive for easy learning and intensities vary for heart rate training. Instructor moves and you follow, at your own pace, so you can let loose in this outdoor dance party!

Energy Zones Ride

Personalize your ride with a coach in the saddle to drive you further, faster with our m3i power-based spin bike... cardiovascular and muscular gains to be made! All levels welcome

Rhythm Ride

Let the music carry you as we ride to the beat, from real road/ trail reference to an occasional dance move or weight set ... anything goes for strength, endurance and power in and out of the saddle for all levels!

Sun-Rise Spin

Wake to the rhythm of the road during this early morning mind-body ride; breath, cadence, power, community...what a way to start the day! Welcome to all...

Adult Swim Workout

If you can swim the length of our 25-meter pool, join this adult workout, including a coach on deck, and take advantage of structure and technique tips for the pool and open-water swimmer, as well as the multi-sport athlete. Recreational and competitive levels welcome in this fun setting!

H2-Moves

Every movement in the water is met with resistance from the water, which builds muscle, increases flexibility, and allows greater range of motion and circulation. Water supports the body, putting less stress on joints and muscles, while still building strength... with a certified instructor on deck, all levels welcome in this shallow pool workout!