



IJ & Jeanné Wagner Jewish Community Center
sljcc.org

GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
J Step-Challenge 9:15AM - 10:15AM LesMILLS BODYPUMP 10:30AM - 11:30AM LesMILLS CORE 11:30AM - 12:00PM J Pilates-Core 4:00PM - 5:00PM J C-Fusion 5:00PM - 6:00PM LesMILLS CORE 6:00PM - 6:45PM J Werq 5:45PM - 6:35PM	LesMILLS BODYPUMP 6:15AM - 7:15AM J Burn-Tone 10:30AM - 11:30AM LesMILLS CORE 11:45AM - 12:30PM J LO-Moves 1:30PM - 2:30PM LesMILLS BODYCOMBAT 5:15PM - 6:15PM J Sunset Yoga 6:30PM - 7:30PM	J Werq 9:15AM - 10:15AM LesMILLS BODYPUMP 10:30AM - 11:30AM LesMILLS CORE 11:30AM - 12:00PM J Burn-Tone 5:00PM - 6:00PM LesMILLS CORE 6:00PM - 6:30PM J High-Low Fitness 6:30PM - 7:30PM	LesMILLS BODYPUMP 6:15AM - 7:15AM LesMILLS BODYCOMBAT 9:15AM - 10:15AM LesMILLS CORE 10:30AM - 11:15AM J FB Flow Yoga 11:45AM - 12:45PM J LO-Dance + 1:30PM - 2:20PM LesMILLS BODYPUMP 5:15PM - 6:15PM J Yin-Yang Yoga 6:30PM - 7:30PM	J C-Fusion 7:45AM - 8:45AM J Werq 9:15AM - 10:15AM LesMILLS CORE 10:15AM - 10:45AM LesMILLS BODYPUMP 11:00AM - 12:00PM	J High-Low Fitness 8:45AM - 9:45AM LesMILLS BODYPUMP 10:00AM - 11:00AM J FB Flow Yoga 11:15AM - 12:15PM	LesMILLS CORE 10:00AM - 10:30AM LesMILLS BODYPUMP 10:45AM - 11:45AM J Yin-Yang Yoga 12:00PM - 1:00PM

CYCLE STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
J Energy Zones Ride 5:45PM - 6:45PM	J Rhythm Ride 9:15AM - 10:15AM	J Sun-Rise Spin 6:15AM - 7:15AM	J Sunset Spin 5:45PM - 6:45PM			J Energy Zones Ride 8:45AM - 9:45AM

AQUATICS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
J H2-Moves 10:00AM - 11:00AM		J H2-Moves 10:00AM - 11:00AM		J H2-Moves 10:00AM - 11:00AM		J Adult Swim Workout 8:00AM - 9:00AM J Adult Swim Workout 9:00AM - 10:00AM

LES MILLS 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.

LES MILLS 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.

J 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!

J 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!

J 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 ...

J 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...

J 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!

J 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!

J High-Low 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!

J LO-Dance +

Get your groove on in a range of genres and styles, while moderating impact on joints and overload on muscles. Safe and supported movement, healthy for mind and body, and you might even get a good laugh together on the Dance Floor! The perfect environment for the active older adult, pre/post-natal mom, and injury rehabilitation members!

J 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!

J Pilates-Core

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...

J 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!

J 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!

J Sun-Rise Spin

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

J Sunset Spin

Close out the day with a peloton of strength, endurance, power and smiles as the sun sets around you... welcome one and all to this beautiful setting!

J 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!

J 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!

J 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!

LES MILLS CORE

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.