



Jan 1 - Jan 23

IJ & Jeanné Wagner Jewish Community Center
slcjcc.org

GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step-Challenge 9:15AM - 10:15AM 	 6:15AM - 7:15AM Rhythm Ride 9:15AM - 10:15AM Burn-Tone 10:30AM - 11:30AM 	Sun-Rise Spin 6:15AM - 7:15AM Werq 9:15AM - 10:15AM 10:30AM - 11:30AM 	 6:15AM - 7:15AM 9:15AM - 10:15AM 10:30AM - 11:15AM FB Flow Yoga 11:45AM - 12:45PM 4:15PM - 5:00PM 5:15PM - 6:15PM	Werq 9:15AM - 10:15AM 10:15AM - 10:45AM 11:00AM - 12:00PM	High-Low Fitness 8:45AM - 9:45AM 10:00AM - 11:00AM FB Flow Yoga 11:15AM - 12:15PM	Energy Zones Ride 8:45AM - 9:45AM 10:00AM - 10:30AM 10:30AM - 11:30AM Yin-Yang Yoga 11:45AM - 12:45PM
 11:30AM - 12:00PM Pilates-Core 4:00PM - 5:00PM C-Fusion 5:00PM - 6:00PM 6:00PM - 6:30PM Werq 6:30PM - 7:30PM	 11:45AM - 12:30PM LO-Moves 1:30PM - 2:30PM 5:15PM - 6:15PM Sunset Yoga 6:30PM - 7:30PM	 11:30AM - 12:00PM Burn-Tone 5:00PM - 6:00PM 6:00PM - 6:30PM High-Low Fitness 6:30PM - 7:30PM				

GROUP FITNESS - AQUATICS

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