

group fitness schedule (Sep 9 - Dec 31)

SUNDAY

8:00 AM
**Adult Swim
Workout**
Rob

8:45 AM
**Energy Zones
Ride**
Adam

9:00 AM
**Adult Swim
Workout**
Rob

10:00 AM
LM-CORE 30™
Team

10:30 AM
BODYPUMP™
Terry/Kerri

11:45 AM
Yin-Yang Yoga
Kevin

MONDAY

9:15 AM
Step-Challenge
Victoria

10:00 AM
H2-Moves
Leeaine

10:30 AM
BODYPUMP™
Suzette

11:30 AM
LM-CORE 30™
Suzette

4:00 PM
Pilates-Core
Allison

5:00 PM
C-Fusion
Jordan

6:00 PM
LM-CORE 30™
Jordan

6:30 PM
WERQ™
Julie

TUESDAY

6:15 AM
BODYPUMP™
Sara

7:45 AM
Morning Hike
Stephen

9:15 AM
Rhythm Ride
Cari

10:30 AM
Burn-Tone
Jordan

11:45 AM
LM-CORE 45™
Jordan

1:30 PM
Lo-Moves
Joy

5:15 PM
BODYCOMBAT™
Charlie

6:30 PM
Sun-Set Yoga
Lora

WEDNESDAY

6:15 AM
Sun-Rise Spin
Katie

7:45 AM
J-Barre
Meri/Erica

9:15 AM
WERQ™
Lindsay

10 AM
H2-Moves
Leeaine

10:30 AM
BODYPUMP™
Cari

11:30 AM
LM-CORE 30™
Cari

5:00 PM
Burn-Tone
Jordan

6:00 PM
LM-CORE 30™
Jordan

6:30 PM
HIGH-LOW FITNESS™
Charlie

THURSDAY

6:15 AM
BODYPUMP™
Kerri

9:15 AM
BODYCOMBAT™
Cari

10:30 AM
LM-CORE 45™
Jordan

11:45 AM
FB-Flow Yoga
Kandice

1:30 PM
Lo-Dance
Allison

4:15 PM
LM-CORE 45™
Team

5:15 PM
BODYPUMP™
Terry

6:30 PM
Sun-Set Spin
Kathy/Michelle

FRIDAY

7:45 AM
C-Fusion
Meri/Kerri

9:15 AM
WERQ™
Anna

10:00 AM
H2-Moves
Leeaine

10:15 AM
LM-CORE 30™
Team

11:00 AM
BODYPUMP™
Team

SATURDAY

8:45 AM
HIGH-LOW FITNESS™
Starr

10:00 AM
BODYPUMP™
Team

11:15 AM
FB-Flow Yoga
Karen

HIGHLIGHTED CLASSES BEGIN IN OCTOBER!

See MindBody to reserve your space

Classes and instructors are subject to change.

Schedules available at slcjc.org and on the MindBody app. Please register in MindBody to reserve your space for all classes.

Questions? email fitness@slcjc.org



group fitness class descriptions

Adult Swim Workout– If you can swim the length of our 25-meter pool, join this adult workout, including a coach on deck. Take advantage of structure & 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!

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– 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 ...

Full Body Flow Yoga– Flow full-body 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!

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!

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-Barre– A barre may imply dance moves, but this class is holistic for all fitness levels & enthusiasts looking to firm, tone and lengthen with focus on core, gluts, and legs for strength & balance. Props including a ballet barre (or patio railing), balls, weights and more are included in the repertoire for added progression.

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!

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!

Morning Hike– Meet in the rotunda and explore the trails above the J with a coach for some variation in terrain, tempo and intensities. Comfort with balance and uphill hiking are key to join as we can't avoid the climbing, and don't forget water and a snack for this outdoor fitness fun!

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. 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!

Sun-Set 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!

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!

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. Welcome one welcome all to this outdoor dance party!

LES MILLS® CLASSES

BODYCOMBAT™– A high-energy mixed-martial arts format choreographed to music of different genres and intensities. Develop confidence, coordination, and dynamic power from the influences of Kick-boxing, Muay Thai, Capoeira, Tae Kwon Do and more ... all levels not only welcome but encouraged!

BODYPUMP™– Lift to the rhythm of the music in this proven muscular strength, endurance and power-based resistance training workout. Cover full body in the most efficient high-repetition, calorie-burn format with core focus and biomechanics in check! Known internationally for drawing a wide range of fitness levels, goals and limiters- all levels welcome... come early to get set up!

LM-CORE™– Who loves a good core workout? You will after this science-based format for core tone & performance enhancement. Build strength, stamina, & endurance in muscles that support the core, improve balance, assist injury prevention & instill confidence from the inside out! Note: 30-min & 45-min formats!

OUTDOOR PATIO RIDES

In inclement weather, the class will be cancelled.

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 morn mind-body ride; breath, cadence, power, community... what a way to start the day! Welcome to all...

Sun-Set 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!

Spin Studio-Intro– New to a spin bike? Or simply the Keiser m3i? Heart rate and power training? Take this intro class for more assistance with set-up, energy zones, hand positions and more. Offered 1x/month.