

# group fitness schedule

(jan 2- may 28)

## SUNDAY

**8 AM** (90 minutes)  
**Masters Swim**  
Mark

**8:30 AM**  
**Cardio Fit**  
Janet

**9:45 AM**  
**Indoor Ride**  
Mimi/Remy

**9:35 AM**  
**Yoga**  
Suzi

**10:45 AM**  
**BODYPUMP™**  
Liz

**4:15 PM**  
**Mat Work**  
Alexandra

### Hourly Child Care Hours

MON – THUR

8:30 AM - 1 PM &  
4 - 7 PM

FRI 8:30 AM - 1 PM

SAT 8:30 - 11 AM

SUN 8 AM - 12 PM

Maximum stay of 2 hours per visit with the exception of reservation days.

## MONDAY

**6 AM**  
**Masters Swim**  
Workout provided

**6 AM**  
**BODYPUMP™** Liz

**9 AM**  
**Indoor Ride**  
Remy

**9 AM**  
**Step** Victoria

**10 AM**  
**Aquafit**  
Leeaine

**10:10 AM**  
**BODYPUMP™**  
Kathleen

**11:15 AM** (45 minutes)  
**WERQ CLASSIC**  
Amber

**12:30 PM**  
**BODYPUMP™**  
Leigha

**5:15 PM** (45 minutes)  
**Chisel**  
Alexandra

**5:45 PM**  
**Indoor Ride**  
Allyson

**6:10 PM**  
**WERQ™** Julie

**7:15 PM** (75 minutes)  
**Yoga** Chloe/Chase  
Dance Floor

## TUESDAY

**6 AM**  
**Masters Swim**  
Mark

**9 AM**  
**BODYCOMBAT™**  
Kathleen

**9 AM**  
**Indoor Ride**  
Janet

**10:10 AM**  
**Burn Tone**  
Janet

**11:15 AM**  
**Yoga**  
Annie

**12:20 PM**  
**Ballet Barre**  
Kandice

**5:15 PM** (45 minutes)  
**BODYJAM™**  
Alexandra

**6:10 PM**  
**Yoga**  
Lora

**7:20 PM**  
**BODYPUMP™**  
Liz

## WEDNESDAY

**6 AM**  
**Masters Swim**  
Workout provided

**6 AM**  
**Cardio Fit** Jordan

**6 AM**  
**Indoor Ride** Katie

**9 AM**  
**Indoor Ride**  
Leigha

**9 AM**  
**WERQ™** Amber

**10 AM**  
**Aquafit** Leeaine

**10:10 AM**  
**BODYPUMP™**  
Leigha

**12:30 PM**  
**BODYPUMP™**  
Kathleen

**5:15 PM** (45 minutes)  
**Chisel**  
Alexandra

**5:45 PM**  
**Indoor Ride**  
Anna

**6:10 PM**  
**WERQ™**  
Julie

**7:15 PM**  
**Mat Pilates**  
Brittany

## THURSDAY

**6 AM**  
**Masters Swim**  
Mark

**9 AM**  
**BODYCOMBAT™**  
Kathleen

**9 AM**  
**Indoor Ride**  
Kathy

**10:10 AM**  
**Burn Tone**  
Kathy

**11:15 AM**  
**Yoga** Kandice

**12:20 PM**  
**Ballet Barre**  
Kandice

**1:20 PM**  
**Low Impact Fitness**  
Joy

**5:15 PM** (45 minutes)  
**BODYJAM™**  
Alexandra

**6:10 PM**  
**Yoga** Anna

**7:20 PM**  
**BODYPUMP™**  
Aysia

## FRIDAY

**6 AM**  
**Masters Swim**  
Workout provided

**6 AM**  
**BODYPUMP™**  
Liz

**6:15 AM**  
**Indoor Ride**  
Katie

**9 AM**  
**Indoor Ride**  
Mimi

**9 AM**  
**WERQ™**  
Amber

**10 AM**  
**Aquafit**  
Leeaine

**10:10 AM**  
**Reps**  
Mimi

**11:15 AM**  
**Yoga**  
Annie

**12:30 PM**  
**BODYPUMP™**  
Leigha

## SATURDAY

**8:30 AM**  
**Indoor Ride** Anna

**8:30 AM**  
**BODYJAM™** Alexandra

**9:30 AM**  
**Chisel** Alexandra

**10:45 AM**  
**Yoga** Annie

**12:15 PM**  
**Mat Pilates** Allison

**1:30 PM**  
**BODYPUMP™**  
Aysia

\*Classes and instructors subject to change

Schedules also available online and on the Wagner JCC mobile app



IJ & Jeanné Wagner  
Jewish Community  
Center

2 North Medical Dr.  
SLC, Utah 84113

801.581.0098

Shannon at  
shollinger@slcjcc.org  
or Aubri at  
agoodfellow@slcjcc.org

www.slcjcc.org

# group fitness class descriptions

**AquaFit** – Cardiovascular fitness, core strength, and muscle tone taken to the water! FIT focuses on endurance and cardiovascular output, for all levels.

**Ballet Barre** – Low impact strengthening inspired by ballet technique. Tones legs, glutes and core.

**Bosu/Reps** – A total body sculpting class. You'll strengthen and tone using the Bosu and a combination of weights. This class will challenge you and help you achieve your fitness goals.

**Burn Tone** – We will kick off class by raising your heart rate, jump starting your metabolism, and heating your muscles. Then get ready to use props to work your accessory muscles: benches, bosus, glides, bands and light weights.

**Cardio Fit** – No choreography, just intense agility, speed and strengthening drills. Guaranteed to improve cardiovascular endurance, athletic performance and muscle tone.

**Chisel** – Work smarter and harder in this multi-model weight training class to carve out your ideal physique. Heavy emphasis on technique, form, balance, core and stretching.

**Indoor Ride** – Indoor ride is a cardio workout done on a stationary bike. Each instructor has a unique style that will motivate you to sprint faster or climb steeper.

**Low Impact Fitness** – This modified cardiovascular and strength based format is for the active older adult, injured rehab participant, mom-to-be and more.

**Masters Swim** – Swim stroke development with a coach on deck for the recreational swimmer or competitive triathlete. This is a powerful environment for fast results.

**Mat Pilates/Mat Work** – From the originator Joseph Pilates, take the time to relearn breathing, core recruitment, lengthening & strengthening and general body awareness.

**Step** – Combine step choreography with power-based moves. This challenging workout will push your body to the limit!

**Strength Fit** – A perfect complement for CardioFit, is the class for you if you are looking to build and/or tone your body. Although only 45 minutes, you will find it is plenty long enough to work up a sweat and have an effective work out!

**WERQ™** – A fiercely fun dance fitness class based on pop, rock, and hip hop music. It is the best dance party in town.

**WERQ™ CLASSIC** – The songs and dances you know and love! No review will be offered during this 45 minute express class.

**Yoga** – A class based on the Primary Ashtanga Series. Challenging, for Intermediate and Experienced people.

## LES MILLS® CLASSES

**BODYPUMP™** – This workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls.

**BODYCOMBAT™** – This fiercely energetic program is inspired by Martial Arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai.

**BODYJAM™** – The ultimate combination of music and dance



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