

GROUP FITNESS CLASSES SCHEDULE

MON	6:30 AM POWER CYCLE JOSE	8:30 AM MAT PILATES KALINKA	9:30 AM FUNCTIONAL INTERVAL TRAINING ALINE ✦	10:30 AM ZUMBA AI	11:30 AM ✦ VINYASA YOGA AI	5:30 PM MAT PILATES KALINKA	6:00 PM CIRCUIT TRAINING WILL
TUES	8:30 AM STRENGTH & FLOW IRENE	9:30 AM ✦ BARBELL STRONG ERICA	10:30 AM FIT FOR ALL NICOLE	11:30 AM BALANCED FLEXIBILITY AI	12:00 PM POWER CYCLE WILL	5:00 PM YOGA SCULPT DANYA	6:00 PM POWER TONE ERICA
WED	6:30 AM POWER CYCLE ROBIN	9:30 AM HIIT WILL	9:30 AM ZUMBA AI	11:30 AM CORE FUSION ✦ WILL	4:00 PM RUN CLUB HILLY	6:00 PM CIRCUIT TRAINING WILL	
THURS	8:30 AM MAT PILATES KALINKA	9:30 AM BARBELL STRONG ERICA	9:30 AM LENGTHEN & STRENGTHEN MICKI	10:30 AM FIT FOR ALL ✦ NICOLE	11:30 AM BODY SCULPT NICOLE	5:30 PM IMMERSIVE CYCLE WILL	
FRI	6:30 AM POWER CYCLE JOSE	8:30 AM MORNING FLOW DANYA	9:30 AM AEROBICS FOR EVERYONE JODI	10:30 AM ✦ BARRE BLEND AI	11:30 AM MOVE & GROOVE AI	11:30 AM ✦ VINYASA YOGA MARGARITA	4:00 PM TOTAL BODY CONDITIONING ERICA
SAT	8:30 AM ✦ RESTORATIVE YOGA DEANNA						
SUN	9:00 AM TOTAL BODY CONDITIONING ALINE	10:15 AM FAMILY FITNESS ALINE	12:00 PM INTRODUCTION TO PICKLEBALL BRYON				

✦ VIRTUAL OPTION AVAILABLE

ALL CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION.

Class Location

	GOTTHELF DANCE STUDIO
	BASKETBALL COURT
	REHEARSAL ROOM
	TENNIS COURT
	TEEN ACTIVITY ROOM
	MUSIC ROOM
	SENIOR ACTIVITY ROOM

GROUP FITNESS CLASSES DESCRIPTIONS

Aerobics For Everyone: A low-impact, high-energy class blending dance aerobics and strength training to boost coordination, stamina, and strength while protecting joints and improving mobility.

Balanced Flexibility: A full-body movement class focused on increasing flexibility, improving balance, and enhancing mobility.

Barre Blend: Combines core work, Pilates, yoga, and ballet to tone the upper body, firm legs, and sculpt hips.

Barbell Strong: Focuses on squats, deadlifts, presses, lunges, curls and more using a barbell plates and your body weight.

Body Sculpt: A toning routine utilizing dumbbells, body weight, steps, and bands for a full body workout.

Circuit Training: Mixes strength, cardio, and agility exercises with minimal rest for a dynamic, full-body workout using various equipment.

Core Fusion: Mat-based class blending yoga and Pilates to strengthen the core and back, enhancing mobility and stability.

Family Fitness: 45-min training class for parents & children to build strength, coordination, endurance & connection time together. Promotes healthy habits for the whole family.

Fit for ALL: Enhances strength, mobility, bone density, balance and flexibility for participants of all ages.

Functional Interval Training: Combines strength, cardio, and core exercises in varied intervals for a complete workout.

HIIT: High-intensity intervals with short recovery periods; requires ability to transition between standing and the ground.

Immersive Cycle: Experience an enhanced cycling workout with hill climbs and sprints, complemented by captivating videos, lighting, and music for a unique and engaging ride.

Introduction to Pickleball: Teaches the basics and fundamentals of pickleball with Coach Bryon. Ideal for newcomers to the sport.

Lengthen and Strengthen: Focuses on improving flexibility, joint stability, and muscle balance in a supportive, non-intimidating environment to build a resilient body.

Move & Groove: A full-body dance fitness class for all levels, combining energetic routines with lots of fun and movement.

Power Cycle: Intense bike drills including hill climbs and sprints to boost cardiovascular fitness.

Power Tone: Delivers a full-body workout using high-repetition, low-weight exercises blended with Pilates-inspired moves and balance training.

Restorative Yoga: Focuses on deep relaxation with slow-paced practice, long holds, stillness, and deep breathing to enhance physical, mental, and emotional well-being.

Strength & Flow: Blends yoga-inspired movement with strength training, using weights to strengthen and tone your muscles. Boost your metabolism, sculpt your body and leave you feeling energized.

Morning Flow: Energizing yoga session for all levels, integrating breath and movement to start your day with vitality and calm.

Total Body Conditioning: Delivers a complete workout for all muscle groups with a mix of conditioning and strengthening exercises.

Vinyasa Yoga: Links movement and breath through a series of poses, offering a dynamic flow that provides a comprehensive body workout.

Yoga Sculpt: Vinyasa flow using hand weights and cardio to transition smoothly between restorative and intensive movements.

Zumba: Dance to high-energy Latin and international beats in a fun, fitness-focused party atmosphere.



Questions about Group Fitness?
Contact Group Fitness Supervisor,
Will Hansen at willh@lfjcc.org



All group classes reservations require an existing **My J App** account
Contact Guest Services for more information at 858.457.3030

