

GROUP EXERCISE CLASS SCHEDULE - MORNING/MID-DAY

Current as of January 3, 2018 - KEY: Cardio/Strength = BLUE, Mind/Body = POPPY, Cycle = MOSS, Heritage Center = EARTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5-7:00 AM	5:30 - 6:30 AM GROUP CYCLE <i>In GCS w/ Joe</i>	5:30 - 6:30 AM BODY PUMP <i>In GX1 w/ Milisa</i>	5:30 - 6:30 AM GROUP CYCLE <i>In GCS w/ Marc</i>	5:30 - 6:30 AM BODY PUMP <i>In GX1 w/ Milisa</i>	5:30 - 6:30 AM GROUP CYCLE <i>In GCS w/ Joe</i>		
	6 - 7:00 am BODY PUMP <i>In GX1 w/ Jenny</i>						
8-9:00 AM	8:30 - 9:00 AM CXWORX <i>In GX 1 w/ Milisa</i>	8:15 - 9:00 AM ROWFIT <i>CrossFit w/ Erica</i>	8:30 - 9:30 AM PILATES <i>In GX2 w/ Marilyn</i>	8:15 - 9:00 AM ROWFIT <i>CrossFit w/ Adam</i>	8:30 - 9:00 AM CXWORX <i>In GX 1 w/ Milisa</i>	8 - 8:30 AM CXWORX <i>In GX1 w/ Elizabeth</i>	8 - 9:00 am CARDIO DANCE <i>In Gx2 w/ Meghan</i>
	8:30 - 9:30 AM YOGA <i>In GX 2 w/ Allison</i>	8:30 - 9:30 AM BODYPUMP <i>IN GX1 w/ Marilyn</i>	8:30 - 9:30 AM BODYCOMBAT <i>In GX1 with Milisa</i>	8:30 - 9:30 AM BODYPUMP <i>In GX 1 w/ Jenny</i>		8:30 - 9:30 AM PILATES <i>In GX2 w/ Marilyn/Traci</i>	8:15 - 9:15 AM GROUP CYCLE <i>In GCS w/ Marc</i>
		8:30 - 9:30 AM BARRE <i>In Studio 3 w/ Mady</i>				8:30 - 9:30 AM BODYSTEP ATHLETIC <i>In GX1 w/ Elizabeth</i>	
9-10:00 AM	9 - 10:00 AM TAI CHI (All Levels) <i>In Studio 3 w/ Alan</i>	9 - 9:45 AM Tai Chi for Arthritis and Fall Prevention <i>In MAC Room w/ Diana</i>	9 - 10:00 AM TAI CHI (All Levels) <i>In Studio 3 w/ Alan</i>	9 - 9:45 AM Tai Chi for Arthritis and Fall Prevention <i>In MAC Room w/ Diana</i>	9 - 10:00 AM BARRE <i>In GX2 w/ Mady</i>	9:30 - 10:30 AM CONDITIONING <i>On FitFloor w/ Erika or Brandi</i>	9 - 10:00 AM BODYPUMP <i>In GX1 w/ Marilyn</i>
	9 - 10:00 AM BODYCOMBAT <i>In GX1 w/ Milisa</i>	9:15 - 10:15 AM CHAIR YOGA (65+) <i>In Studio 1 w/ Robin</i>	9:30 - 10:30 AM YOGA <i>In GX2 w/ Alix</i>	9 - 9:45 AM GENTLE PILATES <i>In Studio 3 w/ Traci</i>	9 - 10:00 AM M.I.I.T <i>IN GX1 w/ Bree</i>	9:30 - 10:30 AM JBOX EXTREME <i>In GX2 w/ Zane/Tristan</i>	
	9 - 10:00 AM GROUP CYCLE <i>In GCS w/ Carla</i>	9:30 - 10:30 AM BODYFLOW <i>In GX 2 w/ Alix</i>	9:35 - 10:30 M.I.I.T. <i>In GX1 w/ Carla</i>	9:15 - 10:15 AM CHAIR YOGA (65+) <i>In Studio 1 w/ Robin</i>	9 - 9:45 AM GENTLE FLOOR YOGA <i>In Studio 1 w/ Deanne/Brandi</i>	9:35 - 10:35 AM BODYPUMP <i>In GX1 w/ Elizabeth</i>	9:30 - 10:30 Am YOGA <i>In Studio3 w/ Anne</i>
	9 - 9:45 AM GENTLE FLOOR YOGA <i>In Studio 1 w/ Judy</i>	9:30 - 10:30 AM RPM <i>In GCS w/ Sophie</i>		9:30 - 10:30 AM GROUP CYCLE <i>In GCS w/ Alix</i>	9:30 10:30 AM YOGA <i>In Studio 3 w/ Anne</i>		9:30 - 10:30 AM GROUP CYCLE <i>In GCS w/ Julie</i>
	9:30 - 10:30 AM PILATES <i>In GX 2 w/ Marilyn</i>	9:35 - 10:35 AM BODYSTEP <i>In GX1 w/ Katie</i>		9:35 - 10:20 AM BodyVive <i>In GX1 w/ Marilyn</i>			
				9:30 - 10:30 AM JBOX KICK <i>In GX2 w/ Brandie</i>			
10-11:00 AM	10 - 10:45 AM CARDIOFIT(65+) <i>MAC Room</i>	10 - 10:45 AM CARDIOFIT(65+) <i>MAC Room</i>	10 - 10:45 AM CARDIOFIT(65+) <i>MAC Room</i>	10 - 10:45 AM CARDIOFIT(65+) <i>MAC Room</i>	10 - 10:45 AM CARDIOFIT(65+) <i>MAC Room</i>	10:35 - 11:35 AM ZUMBA <i>In GX1 w/ Jane</i>	10 - 11:00 AM BODYFLOW <i>In GX1 w/ Marilyn</i>
	10-11:00 AM BODYPUMP <i>In GX1 w/ Stephanie</i>	10:30 - 11:15 AM GENTLE PILATES <i>In GX2 w/ Traci</i>	10:30 - 11:30 AM ZUMBA <i>In GX1 w/ Hillary</i>	10:30-11:30 AM Yoga <i>In GX2 W/ Ali</i>	10-11:00 AM BODY PUMP <i>In GX1 w/ Sophie</i>	10:45 - 11:45 AM VINYASA FLOW YOGA <i>In GX2 w/ Stephanie</i>	
					10 - 10:45 AM WERQ <i>In GX2 w/ Colby</i>		
11:00 AM-1:00 PM	11 - 12:00 PM TOTAL FIT (65+) <i>In Studio 1 w/ Stephanie</i>	11:30 - 12:00 PM CXWORX <i>In GX1 w/ Aimee</i>	11 - 12:00 PM TOTAL FIT (65+) <i>In Studio 1 w/ Stephanie</i>	11:30 - 12:00 PM CXWORX <i>In GX1 w/ Aimee</i>			
	12 - 12:45 PM BODYPUMP EXPRESS <i>In GX 1 w/ Judy</i>	12 - 12:30 PM FATBLAST <i>in GX1 w/ Carla</i>	12 - 12:45 PM BODYPUMP EXPRESS <i>In GX 1 w/ Judy</i>	12 - 12:30 PM FATBLAST <i>in GX1 w/ Brandi</i>			
			12 - 1:00 PM YOGA <i>In GX2 w/ Brian</i>		12 - 1:00 PM YOGA <i>In GX2 w/ Brian</i>		

GROUP EXERCISE CLASS SCHEDULE - EVENING

Current as of January 1, 2017 - KEY: Cardio/Strength = BLUE, Mind/Body = POPPY, Cycle=MOSS, Heritage Center = EARTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30 - 6:00 PM		4:30 - 5:15 PM CONDITIONING <i>Fitness Floor</i>		4:30 - 5:15 PM CONDITIONING <i>Fitness Floor</i>			
	5:30 - 6:30 PM BODYATTACK <i>In GX1 w/ Sarah</i>	5 - 6:00 PM ZUMBA <i>In GX1 w/ Jane</i>	5:30 - 6:30 PM BODYSTEP <i>In GX1 w/ Katie</i>	5 - 6:00 PM BODYFLOW <i>In GX2 w/ Marilyn</i>			
	5:30 - 6:30 PM PILATES <i>In GX2 w/ Marilyn</i>	5:15 - 6:00 PM BARRE <i>In GX2 w/ Mady</i>		5:30-6:15 BODYCOMBAT <i>In GX1 W/ Alex</i>			
6 - 8:00 PM	6 - 7:00 PM GROUP CYCLE <i>In GCS w/ Julie</i>	6 - 7:00 PM GROUP CYCLE <i>In GCS w/ Carla</i>	6:30 - 7:30 PM YOGA <i>In GX2 w/ Deanne</i>	6 - 7:00 PM GROUP CYCLE <i>In GCS w/ Julie</i>			
	6:30 - 7:30 PM BODYPUMP <i>In GX1 w/ Elizabeth</i>	6 - 7:00 PM JBOX EXTREME <i>In GX2 w/ Matt</i>	6:30 - 7:30 PM BODYPUMP <i>IN GX1 w/ Monica</i>	6:15 - 7:15 PM ZUMBA <i>In GX1 w/ Amanda</i>			
	7 - 8:00 PM YOGA <i>In GX2 w/ Aviva</i>	6 - 7:00 PM BODYFLOW <i>In GX1 w/ Brandi</i>		6:45 - 7:30 PM ROWFIT <i>In CrossFit w/ Adam</i>			

Group Exercise Class Descriptions

Barre is a class that uses the ballet barre, light weights and various props creating a highly effective sequence of toning and resistance exercises with an emphasis on the core, arms, seat and thighs that promote strong results. 60 mins | 300-400 avg calories burned | low intensity

BodyAttack is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. 55 min | 675 avg calories burned | high intensity

BodyCombat is a fiercely energetic and unique cardio class inspired by martial arts that combines aspects from karate, boxing, taekwondo, Tai Chi, and Muay Thai. 55 min | 737 avg calories burned | high intensity

BodyFlow is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. 55 min | 390 avg calories burned | low intensity

BodyPump is a group-based barbell class to work all your major muscle groups. Get lean, build strength and tone muscle with BODYPUMP. 55 min | 560 avg calories burned | moderate-high intensity

BodyStep is the full-body cardio and muscle conditioning class that uses a height-adjustable step and simple movements on, over and around the step to lift your fitness and tone your butt and legs. 55 min | 620 avg calories burned | moderate-high intensity

Cardio Dance is dance-based cardio class is sure to get your heart pumping. No dance experience necessary! 60 min | 465 avg calories burned | various intensity

Conditioning emphasizes varied-intensity functional movement and works cardiovascular endurance, stamina, strength, and flexibility, maximizing your performance and fitness for any physical challenge or activity! 60 min | 600-700 calories burned | moderate intensity

CXWORX™ is a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your torso and sling muscles which connect your upper body to your lower body. 30 min | 200-250 avg calories burned | moderate intensity

Fat Blast is a 30-min high-intensity interval class combining cardio and strength exercises guaranteed to make you sweat! 30 mins/300-400 avg calories burned/high intensity

Gentle Pilates/Gentle Yoga is an easier, less intense version of our other Pilates and Yoga classes. Low-Intensity

Group Cycle does not have any complicated moves to learn, just cycle! The motivating music and group environment beg your legs to pedal. 60 min | 600-700 avg calories burned | moderate-high intensity

JBox Extreme is an extreme cardio and strength workout. **JBox Kick** adds kickboxing into the mix. 60 min | 500-800 avg calories burned | various intensity

M.I.I.T stands for "Medium Intensity Interval Training." Cardio and weight intervals = RESULTS. 60 min | 600-700 avg calories burned | moderate intensity

Pilates strengthens and stretches your body through an ordered series of exercises, with no impact to your joints. 60 min | 300 avg calories burned | low intensity

RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats and mountain peaks. 60 min | 675 avg calories burned | moderate-high intensity

RowFit is an indoor rowing class combining rowing intervals with functional strength training. Giving you a total-body workout that incorporates all the major muscle groups. 45 min 600 avg calories burned | moderate-high intensity

Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner accompanied by deep breathing. Low Intensity

Stretch&Tone is designed to shape up those tricky areas and improve flexibility utilizing light weights and body weight to define the entire body. 45 min | 300 avg calories burned | low intensity

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being. Our classes are mixed-level. 60 min | 300-400 avg calories burned | low intensity

WERQ is a dance fitness class based on pop, rock, and hip hop music. 45 min | 465 avg calories burned | various intensity

Zumba is perfect for everybody and every body! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. 60 min | 465 avg calories burned | various intensity

Questions?

Member Experience Desk (913) 327.8010
Brandi Ventre | Group Exercise Coordinator
(913)327.8081



Fitness & Sports Hours

Mon-Thurs: 5:00 AM - 10 PM
Friday: 5:00 AM - 6 PM
Sat-Sun: 7:00 AM - 8 PM

We reserve the right to cancel or reschedule classes without notice. The Group Exercise program is open to individuals 14+ . Youth 11-13 yrs may participate on a space available basis and must be accompanied by a parent also participating. 65+ classes are designed for our senior members, however, all are welcome. All "average calories burned" listed are estimates and will vary by individual.

Group Exercise at The J is sponsored by



JANUARY HOLIDAY HOURS

January 1 - New Year's Day: Fitness Center Hours - 8am-3pm - Modified Group Ex Schedule

January 13 - Les Mills Class Launch - Group Exercise Schedule will be modified.