

GROUP EXERCISE CLASS SCHEDULE - MORNING/MID-DAY

Current as of January 1, 2019 - 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/ Cari</i>	8:30 - 9:30 AM PILATES <i>In GX2 w/ Marilyn</i>	8:15 - 9:00 AM ROWFIT <i>CrossFit w/ Cari</i>		8 - 8:30 AM CXWORX <i>In GX1 w/ Elizabeth</i>	8 - 9:00 am Werq/BodyJam <i>Colby/Chelsey</i>
	8:30 - 9:30 AM YOGA <i>In GX 2 w/ Brandi</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 - 9:00 AM CXWORX <i>In GX 1 w/ Milisa</i>	8:30 - 9:30 AM PILATES <i>In GX2 w/ Marilyn</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 Fit Fusion <i>In GX2 w/ Stephanie</i>		8:30 - 9:30 AM BODYSTEP ATHLETIC <i>In GX1 w/ Elizabeth</i>	
						8:30 - 9:30 AM RPM <i>IN GCS w/ Sophie</i>	
9-10:00 AM	9 - 10:00 AM TAI CHI (All Levels) <i>In Studio 3 w/ Alan</i>	9:30-10:30 AM BARRE BURN <i>In Studio 3 w/ Stephanie</i>	9 - 10:00 AM TAI CHI (All Levels) <i>In Studio 3 w/ Alan</i>	9 - 9:45 AM GENTLE PILATES <i>In Studio 3 w/ Ali</i>	9 - 10:00 AM BARRE <i>In GX2 w/ Mady</i>	9:30 - 10:30 AM CONDITIONING <i>Fitness Floor w/ Miriam or Brandi</i>	9 - 10:00 AM BODYPUMP <i>In GX1 w/ Mara</i>
	9 - 10:00 AM BODYCOMBAT <i>In GX1 w/ Milisa</i>	9:30 - 10:30 AM CHAIR YOGA (65+) <i>In Studio 1 w/ Robin</i>	9:30 - 10:30 AM YOGA <i>In GX2 w/ Ali</i>	9:30 - 10:30 AM CHAIR YOGA (65+) <i>In Studio 1 w/ Robin</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/ 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/ Ali</i>	9:35 - 10:30 M.I.I.T. <i>In GX1 w/ Carla</i>	9:30 - 10:30 AM JBOX KICK <i>In GX2 w/ Cari</i>	9 - 9:45 AM GENTLE YOGA <i>In Studio 1 w/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 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 RPM/Cycle <i>In GCS w/ Sophie or Stephanie</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/ Andrea</i>		9:30-10:-30 AM BARRE <i>In GX1 w/ Mady</i>			
10-11:00 AM	10 - 10:45 AM ENHANCE FITNESS(65+) <i>MAC Room</i>	10 - 10:45 AM CARDIOFIT(65+) <i>MAC Room</i>	10 - 10:45 AM ENHANCE FITNESS(65+) <i>MAC Room</i>	10 - 10:45 AM CARDIOFIT(65+) <i>MAC Room</i>	10 - 10:45 AM ENHANCE FITNESS(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 PM WERQ <i>In GX2 w/ Colby</i>		
11:00 AM-1:00 PM	11:15- 12:15 PM TOTAL FIT (65+) <i>In Studio 1 w/ Stephanie</i>		11:15 - 12:15 PM TOTAL FIT (65+) <i>In Studio 1 w/ Stephanie</i>				
	12 - 12:45 PM BODYPUMP EXPRESS <i>In GX 1 w/ Judy</i>	11:30 - 12:00 PM CXWORX <i>In GX1 w/ Aimee</i>	12 - 12:45 PM BODYPUMP EXPRESS <i>In GX 1 w/ Stephanie</i>	11:30 - 12:00 PM CXWORX <i>In GX1 w/ Aimee</i>			
		12 - 12:30 PM FATBLAST <i>In GX1 w/ Carla</i>	12 - 1:00 PM YOGA <i>In GX2 w/ Nicole O</i>	12:05 - 12:35 PM GRIT <i>in GX1 w/ Brandi</i>	12 - 1:00 PM YOGA <i>In GX2 w/ Nicole O</i>		

GROUP EXERCISE CLASS SCHEDULE - EVENING

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30 - 6:00 PM		4:30 - 5:00 PM GRIT In GX1 w/ Brandi					
	5:30 - 6:30 PM BODYATTACK In GX1 w/ Elizabeth	5:05 - 6:00 PM ZUMBA In GX1 w/ Jane	5:30 - 6:30 PM BODYSTEP/ATTACK In GX1 w/ Elizabeth	5 - 6:00 PM BODYFLOW In GX2 w/ Marilyn			
	5:30 - 6:30 PM PILATES In GX2 w/ Marilyn	5:15 - 6:00 PM BARRE In GX2 w/ Mady		5:30-6:15 BODYCOMBAT In GX1 W/ Alex			
6 - 8:00 PM	6 - 7:00 PM GROUP CYCLE In GCS w/ Julie	6 - 7:00 PM GROUP CYCLE In GCS w/ Carla	6:30 - 7:30 PM YOGA In GX2 w/ Erin	6 - 7:00 PM GROUP CYCLE In GCS w/ Julie			
	6:30 - 7:30 PM BODYPUMP In GX1 w/ Elizabeth	6 - 7:00 PM JBOX Extreme In GX2 w/ Danny	6:30 - 7:30 PM BODYPUMP IN GX1 w/ Mara	6:00 - 7:00 PM Jbox Extreme In GX2 w/ Danny Starts Jan. 10th			
	7 - 8:00 PM YOGA In GX2 w/ Nicole O	6:05 - 7:00 PM BODYFLOW In GX1 w/ Brandi		6:15 - 7:15 PM ZUMBA In GX1 w/ Amanda			

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

Barre Burn is the best of several different fitness formats in a full-body workout. Starting with a yoga inspired warm-up, you'll move through a challenging workout that includes circuits filled with cardio, strength, resistance training, core, and balance -incorporating both Barre and Yoga moves. Students of all levels will love this class! 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

BodyJam is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat. . 55 min | 600 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

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

Fit Fusion offers the optimal combination of strength, cardio and core training. With a challenging mix of lunges, squats, running and strength exercises. The great music will leave you fizzing with energy and feeling great! 60 min | 400 avg calories burned | moderate intensity

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

GRIT - A 30 min High Intensity interval class, the Les Mills Grit™ series will push you to your max, and beyond! A great combination of strength, power, plyometric and cardio circuits. 30 mins/300-400 avg calories burned/high 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

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

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

Group Exercise at The J is sponsored by



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.

Upcoming Holiday Hours

12/31 New Year's Eve. Fitness, Sports and Aquatics hours 5 am-6 pm. Modified GX schedule.
1/1 -New Year's Day. Fitness, Sports and Aquatics hours 8 am-6 pm. Modified GX schedule.

**Want the most up-to-date info?
Visit thejkc.org/gx to view our live schedule!**