





























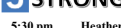























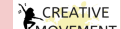
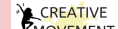




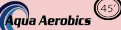
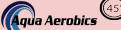




Group Fitness Schedule February 2024

Class Type:

Low Impact Class Option

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Group Exercise Room						
 JSTRONG 5:30am Heather		 LES MILLS BODYPUMP 5:30am Jennifer N	 LES MILLS CORE 5:30am Jennifer N			
	 LES MILLS BODYBALANCE Flexibility Focus 7:30 Virtual*					
 RETRO Aerobics 8:30am Nan		 LES MILLS BODYPUMP 8:30am Robin	 ZUMBA gold 8:15am Gerd/Sabrina	 LES MILLS BODYPUMP 8:15am Robin	 LES MILLS BODYPUMP 8:30am Rotate Weekly	
 LES MILLS BODYBALANCE Flexibility Focus 9:30am Nan	 ZUMBA gold 9:30am Gerd/Sabrina	 LES MILLS BODYBALANCE Flexibility Focus 9:30am Nan		 LES MILLS BODYATTACK 9:15am Robin	 ZUMBA STEP 9:35am Gerd/Sabrina	 LES MILLS BODYPUMP 9:30am Robyn K.
 LES MILLS GRIT STRENGTH 10:40am Virtual*	 Tai Chi 12pm (In the Senior Lounge)	 LES MILLS BODYCOMBAT 10:35am Virtual*		 barre 10:35am Virtual*		 LES MILLS CORE 10:30am Robyn K.
 LES MILLS BODYPUMP 12:30pm Virtual*	 LES MILLS BODYPUMP 12:30pm Virtual*	 LES MILLS BODYPUMP 12:30pm Virtual*	 LES MILLS BODYPUMP 12:30pm Virtual*	 LES MILLS BODYPUMP 12:30pm Virtual*		
			 LES MILLS BODYSTEP 4:30pm Robin			 LES MILLS BODYBALANCE Flexibility Focus 4:30 Virtual*
 LES MILLS BODYSTEP 5:30 pm Robin	 LES MILLS BODYPUMP 5:30pm April	 ZUMBA 5:30 pm Ronda	 JSTRONG 5:30 pm Heather			
 LES MILLS ONDEMAND 6:30pm Virtual*	 LES MILLS ONDEMAND 6:30pm Virtual*	 LES MILLS ONDEMAND 6:30pm Virtual*	 LES MILLS ONDEMAND 6:30pm Virtual*			
Cycle Studio						
	 LES MILLS RPM 5:30am Lip/Madison			 LES MILLS RPM 5:30am Hollie		
	 LES MILLS RPM 9:00 am Erin			 LES MILLS RPM 9:00am Blaire		 CYCLE 9:30am Madison
	 LES MILLS RPM 5:30pm Sara					
Mind Body Studio						
 PILATES 8:30am Gigi	 PILATES 8:30am Gigi	 RETRO Aerobics 8:30am Nan	 PILATES 8:30am Hollie	 J move 8:30am Robyn C.	 LES MILLS BODYBALANCE Flexibility Focus 8:30am Jennifer	 yoga 8:30 am Nan
 Chair Yoga 9:30am Frannie	 YOGA BASICS 9:30am Cindy	 LES MILLS BODYATTACK 9:30am Robin	 yoga 9:30am Cindy	 YOGA BASICS 9:30am Jill	 PILATES 10:00am Sabrina	
 CREATIVE MOVEMENT 11:30am Tracy		 CREATIVE MOVEMENT 11:30am Tracy				
 yoga 4:30pm Sammy	 PILATES 4:30pm Jill	 yoga 4:30pm Jaimie	 LES MILLS BODYBALANCE Flexibility Focus 4:30pm Meda, Meda!			
Indoor Pool						
 Aqua Aerobics 10:00am Heather				 Aqua Aerobics 10:00am Heather		

3960 Montclair Rd, Birmingham, AL 35213
 Fitness Director Contact: Camari Princewill camarip@bhamjcc.org



On Demand Virtual
Classes allow you to pick
what type of format you
want to take!

