



# ONLINE FITNESS SCHEDULE

Step 1: Find the class you want to take  
 Step 2: Click the class logo  
 Step 3: Join Zoom call



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15AM	<b>LES MILLS BODYPUMP</b> Robin		<b>LES MILLS BODYPUMP</b> Robin		<b>LIIT For Seniors</b> Sarah
8:15AM			<b>LIIT For Seniors</b> Sarah		
9:00AM			<b>LES MILLS CXWORX</b> Robin	<b>Yoga</b> Cindy	
9:10AM		<b>MAT PILATES</b> Ginny		<b>MAT PILATES</b> Ginny	
9:15AM	<b>LES MILLS CXWORX</b> Robin		<b>CORE BALL</b> Cardio and Core Freedom		<b>Best Abs Ever</b> Freedom
9:15AM	<b>Elevate Strength</b> Freedom				
9:30AM		<b>DANCE Fitness GOLD</b> Lillian	<b>VINYASA BLEND</b> Ashley	<b>DANCE Fitness GOLD</b> Lillian	
10:15AM	<b>LES MILLS BODYFLOW</b> Nan		<b>LES MILLS BODYFLOW</b> Nan		<b>LES MILLS BODYFLOW</b> Nan
10:30AM				<b>LIIT For Seniors</b> Sarah	
11:00AM					<b>LES MILLS BODYATTACK</b> Robin
12:00PM				<b>VINYASA BLEND</b> Allison W	
3:00PM	<b>DANCE Fitness</b> Lillian				
4:00PM		<b>LES MILLS BODYFLOW</b> Nan			
4:30PM				<b>LES MILLS BODYSTEP</b> Katie	

We are proud to offer our virtual group fitness classes to both LJCC members as well as community members both in Birmingham and beyond. We hope you enjoy our fitness program. For our members these virtual group fitness classes are included in their membership. For those who are not members, if you wish to contribute to the LJCC please do so by clicking the link below. Select "2020 State of Emergency" from the campaign drop down.

[Donate Here](#)

# Outdoor Fitness Schedule



TIME	Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 AM		<b>LES MILLS BODYATTACK</b> Jen N.		<b>LES MILLS BODYPUMP</b> Claudia	<b>LES MILLS GRIT</b> Jen N.	
8:15AM					 *Start date 9/10 ★ Meda	<b>LES MILLS BODYPUMP</b> Freedom
9:15 AM			<b>BARRE FUSION CARDIO</b> Freedom			
9:30 AM	<b>LES MILLS BODYPUMP</b> Sarah					
10:00 AM			 ★ Missy			
5:30 PM		<b>LES MILLS BODYSTEP</b> Ashley/Robin H	<b>BOOT CAMP</b> Sarah		<b>BOOT CAMP</b> Sarah	
6:30 PM		<b>YIKES! Yoga</b> Ashley Clarke	<b>LES MILLS BODYPUMP</b> Freedom		<b>Yoga</b> Nan	

Outdoor classes will take place on the soccer fields or the tennis courts.

Bring your own mat, towel and water bottle.

Open to all members.



= Must Sign up for class. Limited Space. Click logo to sign up.

# Poolside Fitness Schedule











Poolside classes have **limited capacity** and therefore members MUST register in advance.

[Click Here to Register for Poolside Classes](#)

**Bring your own mat, towel, water, and water aerobics equipment**

**Open to all members.**

**Spaces limited**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM				 Stacy			
6:30 AM						 Claudia	
7:00 AM			 Liz				
7:45 AM						<b>Yoga</b> Leanne	
8:00 AM		 Deep end Karen					
8:15 AM				<b>LES MILLS RPM</b> Hollie			
8:30 AM						<b>LES MILLS RPM</b> Blaire	 Lillian
9:00 AM		<b>PILATES</b> *Start date 9/14 Ginny	<b>PILATES</b> Missy		<b>LES MILLS CXWORX</b> <b>LES MILLS BODYFLOW</b> Hollie	 Shallow end Debbie	
9:30 AM	 Stacy					<b>FOAM ROLLING</b> Blaire	<b>Slow Flow Yoga</b> Lisa
9:45 AM		<b>LES MILLS GRIT</b> Rachel					
11:00 AM	 Liz			<b>DYNAMIC FLEXIBILITY STRETCH</b> Rachel			
12:30 PM	 *Start date 9/13 Nette						
5:30 PM			<b>LES MILLS RPM</b> Robin		 Lillian		

## CLASS STYLE DESCRIPTIONS AND REQUIRED EQUIPMENT

### **BODY PUMP OR PUMP IT UP**

BodyPump is a barbell workout for anyone looking to get lean, toned, and fit – fast. Using light to moderate weights with lots of repetition, BodyPump gives you a total body workout. Instructors coach you through scientifically proven moves.

**Equipment needed: Barbell with 2 of each weight size, mat, bench with 2 risers**

### **BodyFlow**

Blends yoga, tai chi and Pilates for a workout that builds flexibility and strength while leaving you centered and calm. Controlled breathing and concentration work together with a carefully structured series of stretches, moves and poses set to inspiring music.

**Equipment needed: Two Yoga Mats, Position mats in a + shape**

### **CXWORX**

A revolutionary core training program that tightens and strengthens your entire core for improved functional strength, increased mobility and injury prevention. CXWORX will help you run faster, play harder and stand stronger. Set to music, this class is an intense 30 minutes.

**Equipment needed: mat, band, 1 medium plate**

### **BODYSTEP**

In a BODYSTEP workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push-ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Don't worry, there's heaps of options so that everyone leaves feeling successful.

**Equipment needed: Step 0-2 risers, mat**

### **BODY ATTACK**

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

### **NO EQUIPMENT NEEDED**

### **LES MILLS GRIT**

A class that is scientifically proven to work with exercises that are simple to execute and easy to follow. It will push you to your limits, allow for optimal recovery and then push you even further. Les Mills GRIT takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit fast.

**Equipment needed: Strength-Medium to Heavy Bar or Athletic-Bench top, 2 medium plates**

### LES MILLS DANCE

Hip Hop, Contemporary or House... whatever your style you'll find it is packed with moves and music you'll love.

**NO EQUIPMENT NEEDED**

### DANCE FITNESS

A mix of low-intensity and high-intensity moves for an interval style, calorie-burning dance fitness party. Dance Fitness is a total body workout combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome.

**NO EQUIPMENT NEEDED**

### DANCE FITNESS GOLD

A lower intensity version of your favorite dance class perfect for active older participants and those just starting their fitness journey. Zesty Latin music and easy-to-follow moves create an invigorating, party-like atmosphere.

**NO EQUIPMENT NEEDED**

### CYCLE

A group cycling class on stationary bikes led by an inspiring coach and set to exciting music. Challenging for both beginners to experienced exercisers.

**Equipment needed: One Cycle Bike**

### RPM

An indoor cycling workout set to powerful music led by a high-energy, inspiring coach. Discover your inner athlete as you tackle hills, flats, mountain peaks, time trials and interval training.

**Equipment needed: One Cycle Bike**

### VINYASA BLEND YOGA

A moderately paced vinyasa yoga class to get your heart rate up and your limbs moving. This class should leave you glistening while at the same time feeling stretched out from head to toe, centered and balanced.

**Equipment needed: mat**

### YOGA FUSION

**Yoga fusion** is a trend that blends **yoga** poses with other fitness regimens, such as Pilates, strength training, dance, or even kickboxing. Pairing **yoga** with other disciplines lets you burn more calories than **yoga** alone, while still getting the benefits of this ancient practice.

**Equipment needed: varies per workout, mat**

### **MAT PILATES**

Mat Pilates is classical Pilates the way Joseph Pilates created. It is good for strengthening core, flexibility and keeping the brain and spine in youthful condition.

**Equipment needed:** mat (or towel)

### **CARDIO MAT PILATES**

Cardio Pilates is classical Pilates mixed with cardio bursts to get heart rate up and to strengthen core and getting a full body workout.

**Equipment needed:** mat (or towel) and a set of hand weights

### **BARRE FUSION CARDIO**

offers an energetic, athletic and choreographed program that is easy to follow and enjoy. Staying true to the barre style workout without needing any ballet knowledge to join and get a great workout.

**Equipment needed: small 2 to 3 lb weights & chair or back of couch to balance, if needed. Optional -playground ball or small kids ball, or any circular band**

### **PIYO**

Piyo is a music driven athletic workout inspired by yoga and Pilates that includes flexibility training, strength training, conditioning and dynamic movement. It is low impact and offers modifications and regressions for all levels.

**NO EQUIPMENT NEEDED; Mat optional**

### **AB ATTACK**

Attack those abs! This workout is great for all levels of fitness. All exercises can be easily modified for beginners. We use a wide variety of challenging exercises to strengthen all the muscles of the core. This circuit workout is set to fun, upbeat music and last 30 minutes.

**Equipment needed:** mat (or towel) and a set of hand weights

### **BEST ABS EVER**

This is a complete 30 minute ab & core strength workout to chisel, tone & strengthen your abdominals. While doing this challenge you have the option to include our no sugar challenge to help sculpt your midsection.

**Equipment needed:** Body Weight

### **BOOT CAMP**

Total body workout focused on strength and cardiovascular health!

**Equipment needed:** free weights, hand plates, whatever you have!

### **CARDIO KICK**

30 minute Bodycombat inspired Tabata workout. All levels welcome!

### **NO EQUIPMENT NEEDED**

#### **J-HIIT**

J-HIIT- High intensity bodyweight circuit training. Weekly rotating focuses, formats and music. A total of 45 minutes, including warm up and cool down.

**Equipment Needed:** Mat Recommended

### **BEGINNER YOGA**

Learn about the benefits of practicing yoga including breathing and meditation techniques and how to safely and confidently develop your yoga practice. Students should be capable to go from sitting to standing several times for each class. Modifications are always available for those who need a very gentle practice. Props will be introduced and used throughout our classes.

**Equipment needed:** A yoga block (or two), small blanket or towel, and a yoga strap can all be used but are not necessary.

#### **LIIT**

A senior adult movement class using full range of motion while standing and/or seated in chairs.

**Equipment needed:** Hand weights: 3 or 5 lbs, Resistance Band, Chair for balance & seated exercises, and mat

### **CORE BALL CARDIO AND CORE**

The perfect one-hour double workout, combining high-intensity cardio with muscle and core conditioning! Participants utilize a fit ball, or exercise ball, to engage different muscle groups and get in shape quickly

**Equipment needed:** Hand weights 2 light to med, a stability ball & Mat

#### **HIIT Cardio**

A full body weight only. The class is an interval training class with low & high options. It builds cardiovascular fitness while improving muscular strength and endurance. ... This class is a variety of total body conditioning that involves both strength and cardio exercise.

## **NO EQUIPMENT NEEDED**

### **Total Body HIIT**

Strength and Tone is a muscle building and conditioning class focusing on high repetitions and light weight. Exercises will sculpt and define arms, back, legs and glutes. Classes will also contain an intensive abdominal/core component. Class is 45 minutes long. Each class will begin with a warm up then move through complementary circuits to ensure a total body strength training session with a focus on abs as well. The major focus here is strength training and challenging the muscular endurance.

**Equipment needed:** Dumbbells, resistance bands, and body weight

### **Dynamic Flexibility Stretch**

Dynamic flexibility is the ability to move muscles and joints through their full range of motion during active movement. This improves performance and reduces the risk of injury. To increase your dynamic flexibility, warm up with exercises that combine stretching and controlled movements. The movements should mimic the activity you're about to do. Such [flexibility](#) helps your body reach its full [movement](#) potential during daily activities, sports, and exercise.