



April Online Fitness Schedule

Step 1: Find the class you want to take

Step 2: Click the class logo

Step 3: Join Zoom call

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15AM		 Robin		 Robin 		 Sarah
8:15AM				 Sarah		
9:00AM				 Robin	Yoga Cindy	
9:05AM			MAT PILATES Ginny		MAT PILATES Ginny	
9:15AM		 Robin				
9:30AM			 Lillian	 Ashley (in-person/online blend)	 Lillian	
10:15AM		 Nan				 Nan
10:30AM					 Sarah	
12:00PM					Yoga Cindy	
3:30PM	 Nan					
4:00PM			 Nan			
4:30PM					 Katie	
5:00PM					 Nan	
5:30PM				 Lillian 	 Lillian	
6:00PM		MIXXEDFIT Lisa (in-person/online)				

We are proud to offer our virtual group fitness classes to both LJC 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 LJC please do so by clicking the link below. Select "2020 State of Emergency" from the campaign drop down.

[Donate Here](#)



April Outdoor Fitness Schedule

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

Open to all members.

Spaces limited

TIME	Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM				 Stacy/Madison		LES MILLS RPM Demetrius	
8:30 AM			LES MILLS RPM Blaire			LES MILLS RPM Blaire	 ZUMBA Lillian
9:15 AM				BOOT CAMP Mary Z			
9:30 AM	 Stacy/Madison/Demetrius						
11:00 AM	 Liz						
12:30 PM	 ZUMBA Lisa						
5:30 PM					 Liz		
6:00 PM			 ZUMBA Lisa				



April Outdoor Fitness Schedule

Tennis Courts Schedule

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.

TIME	Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		LES MILLS BODYATTACK Jen N.			CORE FUSION Jen N.		
8:15AM						LES MILLS BODYPUMP Robin	
8:30AM							Yoga Ashley Clarke
9:15 AM					LES MILLS BODYSTEP Robin		
9:30 AM	LES MILLS BODYPUMP Sarah						
12 noon							
1:00 PM							 POUND Daly McCay
5:15PM			BOOT CAMP Sarah B		BOOT CAMP Sarah B		
5:30 PM		LES MILLS BODYSTEP Ashley/Robin H		 ZUMBA Trudy			



Indoor Fitness Schedule

Indoor classes will take place in the Auditorium

Bring your own mat, towel and water bottle.

Open to all members.

You must register for the class in advance. If you are not registered for the class, you cannot attend. The front desk will not be able to sign members up for a class.

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

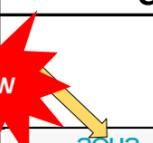
Face masks while participating in group fitness classes are optional. The LCC will have disposable face coverings available for members.

All members must be distanced 15ft apart during class -- and we'll have that distance marked off for you!

All indoor class participants will be required to sign an agreement to comply with the safety requirements regarding masks and distancing before each class.

LCC staff members will be periodically checking to ensure compliance during the class. If a participant does not have a mask on and will not put one on during the class, the class will immediately stop for all participants.

 Indicates that the class will be taught in the MINDBODY studio

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	LES MILLS RPM Madison	LES MILLS RPM Claudia	LES MILLS BODYPUMP Claudia			
8:30am						LES MILLS BODYPUMP ★ Sarah
9:00am	 aqua ZUMBA Lisa (Indoor pool)	 aqua ZUMBA Lisa (indoor pool)		 Water Fitness Debbie (Indoor pool)		
9:30am			 VINYASA BLEND Ashley (in-person/online blend)			
12 noon			 LES MILLS GRIT Rachel			
5:30pm		LES MILLS BODYPUMP Robin	 LES MILLS RPM Laura	Slow Flow Yoga ★ Lisa		
6:00pm	MIXEDFIT Lisa (in-person/online blend)					