









May 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		LES MILLS BODYPUMP Robin		LES MILLS BODYPUMP Robin 		LIIT For Seniors Sarah 
8:15AM				LIIT For Seniors Sarah 		
8:30AM			MAT PILATES Ginny		MAT PILATES Ginny	
9:00AM				LES MILLS CORE Robin	Yoga Cindy	
9:15AM		LES MILLS CORE Robin				
9:30AM			DANCE Fitness GOLD Lillian 		DANCE Fitness GOLD Lillian 	
10:15AM		LES MILLS BODYFLOW Nan				LES MILLS BODYFLOW Nan
10:30AM					LIIT For Seniors Sarah 	
3:30PM	LES MILLS BODYFLOW Nan					
4:00PM			LES MILLS BODYFLOW Nan			
4:30PM					LES MILLS BODYSTEP Katie	
5:00PM					LES MILLS BODYFLOW Nan	
6:00PM		MIXXEDFIT Lisa (in-person blend)				

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](#)



Indoor Fitness Schedule

Indoor classes will take place in the Auditorium







Bring your own mat, towel and water bottle.

Open to all members.

Face masks while participating in group fitness classes are optional. The LJCC 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.

















TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	LES MILLS RPM Madison	LES MILLS RPM Claudia	LES MILLS BODYPUMP Claudia				
8:30am						LES MILLS BODYPUMP Sarah	
9:30am			 VINYASA BLEND Allison (MindBody Studio)				
12:00pm	BOOT CAMP Rachel						
12:30pm							 ZUMBA Lisa
1:00pm						POUND Daly McCay	
5:30pm		LES MILLS BODYPUMP Robin		slow Flow Yoga  Lisa			
6:00pm	MIXXEDFIT Lisa (online blend)		LES MILLS RPM Laura				



May Outdoor Fitness Schedule

Poolside Fitness Schedule

Please note that some classes will be taught in the COURTYARD
Bring your own mat, towel, water, and water aerobics equipment
Open to all members.
Spaces limited

TIME	Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM				 Madison		 Demetrius	
8:30 AM			 Blair			 Blair	 Lillian
9:00 AM		 Lisa (Outdoor pool)			 Lisa (Outdoor pool)		
9:30 AM	 Madison/Demetrius		 Lisa (Outdoor pool)				
11:00 AM	 Liz						
5:45 PM				 Lillian (Courtyard)	 Liz		
6:00 PM			 Lisa (Courtyard)				






May Outdoor Fitness Schedule

Tennis Courts Schedule

Please remember to scan in at the front desk before going to class.

Bring your own mat, towel and water bottle.

Open to all members.

TIME	Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		<div>LES MILLS</div> <div>BODYATTACK</div> <div>Jen N.</div>			<div>CORE FUSION</div> <div>Jen N.</div>		
8:15AM					<div>LES MILLS</div> <div>BODYSTEP</div> <div>Robin</div>	<div>LES MILLS</div> <div>BODYPUMP</div> <div>Robin</div>	
8:30AM							<div>Yoga</div> <div>Nan</div>
9:30 AM	<div>LES MILLS</div> <div>BODYPUMP</div> <div>Sarah</div>						
5:15PM			<div>BOOT CAMP</div> <div>Sarah B</div>		<div>BOOT CAMP</div> <div>Sarah B</div>		
5:30 PM		<div>LES MILLS</div> <div>BODYSTEP</div> <div>Ashley/Robin H</div>		<div>ZUMBA</div> <div>Trudy (Under Awning)</div>			
6:30PM					<div>ZUMBA</div> <div>Trudy</div>		