

EFFECTIVE: 01/09/2019

GROUP EXERCISE SCHEDULE

MONDAY

6:00-6:45am
Athletic Conditioning ●
Downstairs Aerobics Studio
John

6:00-6:45am **New!**
Zen Spin ●●
Cycle Studio - *Marcy*

8:00-8:45am **Instructor Change**
Bosu Blast ●●
Downstairs Aerobics Studio
Rachel

9:00-10:00am
Jacki's Dance ●●
Downstairs Aerobics Studio
Sara

9:15-10:00am
Athletic Conditioning ●
Alvin E. Levine Gym - *Robin*

9:15-10:15am
Flow Yoga ●
Upstairs Dance Studio
Jen

9:30-10:15am
Cycle ●●●
Cycle Studio - *Shannan*

10:15-11:15am
Body Works ●●
Downstairs Aerobics Studio
Marcia

10:30-11:30am
Slow Flow Yoga ●●
Upstairs Dance Studio
Cindy C

11:45am-12:45pm
Beginner Slow Flow Yoga ■
Upstairs Dance Studio
Cindy C

12:00-12:30pm
Arms & Abs ●●
Downstairs Aerobics Studio
John

5:30-6:30pm
Cardio Dance ●
Downstairs Aerobics Studio
Karen

6:00-6:45pm
Kettlebells ●●
Alvin E. Levine Gym
Jonathan

6:15-7:00pm
Cycle ●●●
Cycle Studio
Shawn

TUESDAY

6:00-6:45am
Cycle ●●●
Cycle Studio - *Tara*

6:00-6:45am
Total Strength ●●
Downstairs Aerobics Studio
Jenny

8:15-9:00am
Outdoor Boot Camp ●●
Camp Mindy Pavilion - *Jenny*

8:15-9:00am
BOSU Core & More ●●
Downstairs Aerobics Studio
Marcia

8:15-9:00am
Cycle ●●●
Cycle Studio - *Shannan*

9:15-10:00am
Cycle ●●●
Cycle Studio - *Shannan*

9:15-10:15am **Instructor Change**
Zumba® ●●
Downstairs Aerobics Studio
Matt

9:15-10:15am
Power Flow Yoga ●
Upstairs Dance Studio - *Hope*

10:30-11:30am
Barre Fusion ●●
Upstairs Dance Studio - *Karen*

10:30am-11:30pm **Instructor Change**
Zumba®- GOLD ■
Downstairs Aerobics Studio
Jessica

11:45am-12:45pm
Mat Pilates/Deep Stretch ●●
Upstairs Dance Studio - *Sopheap*

12:00-12:45pm
Cycle ●●●
Cycle Studio
Debbie

4:45-5:45pm
Jacki's Dance ●●
Downstairs Aerobics Studio
Sara

6:00-6:55pm **Instructor Change**
Cardio Dance ●
Downstairs Aerobics Studio
Agata

6:30-7:30pm
Slow Flow Yoga ●●
Upstairs Dance Studio - *Chrys*

6:30-7:30pm
Cycle Fusion ●●
Cycle Studio & Downstairs
Aerobics Studio - *Robin*

WEDNESDAY

6:00-6:45am
Cardio Sculpt ●●
Downstairs Aerobics Studio - *Marcy*

6:00-7:00am
Sunrise Flow Yoga ●
Upstairs Dance Studio - *Daniela*

8:15-9:00am
Cycle ●●
Cycle Studio - *Jodi*

8:00-8:45am
Barre Flow ●
Upstairs Dance Studio - *Sopheap*

9:00-10:00am
Jacki's Dance ●●
Downstairs Aerobics Studio - *Sara*

9:15-10:00am
Athletic Conditioning ●●
Upstairs Dance Studio **Instructor Change**
Rachel

9:15-10:00am
Kettlebells ●●
Alvin E. Levine Gym - *Suzanne*

9:30-10:15am
Cycle ●●●
Cycle Studio - *Jodi*

10:15-11:00am
Strength & Stamina ●●
Upstairs Aerobics Studio - *Robin*

10:15-11:15am
Cardio Dance ●
Downstairs Aerobics Studio
Karen

11:15am-12:15pm
Deep Stretch Fusion ●
Upstairs Dance Studio - *Vicki*

12:00-12:30pm
Butt & Gut ●●
Downstairs Aerobics Studio
John

12:30-1:30pm
Mat Pilates ●●
Upstairs Dance Studio - *Vicki*

4:15-5:15pm
Slow Flow Yoga ■
Upstairs Dance Studio - *Cindy*

5:30-6:15pm
Strength & Stamina ●●
Downstairs Aerobics Studio - *John*

5:30-6:30pm
Yin Yoga ●●
Upstairs Dance Studio - *Cindy*

6:15-7:00pm
Cycle ●●●
Cycle Studio - *Julie C*

6:30-7:30pm **Instructor Change**
Zumba® ●●
Downstairs Aerobics Studio
Matt

THURSDAY

6:00-6:45am
Cycle ●●●
Cycle Studio
Debbie

6:00-6:45am
Athletic Conditioning ●●
Downstairs Aerobics Studio
Jenny

8:15-9:00am
Cycle ●●●
Cycle Studio - *Shannan*

8:15-9:00am
Cardio Kickboxing ●
Downstairs Aerobics Studio
Patty

9:15-10:00am
Cycle ●●●
Cycle Studio - *Shannan*

9:15-10:15am
Slow Flow Yoga ●●
Upstairs Dance Studio
Kate

9:15-10:15am **Instructor Change**
Zumba® ●●
Downstairs Aerobics Studio
Matt

10:30-11:15am
Total Strength ●
Upstairs Dance Studio
Robin

10:30-11:30am
Core Ball ●
Downstairs Aerobics Studio
Jane

11:45am-1:00pm
Restorative Deep Stretch ■
Upstairs Dance Studio
Jane

4:45-5:45pm
Jacki's Dance ●●
Downstairs Aerobics Studio
Sara

6:00-6:45pm
Total Body Strength & Cardio ●●
Downstairs Aerobics Studio
Robin

7:00-8:00pm
Slow Flow Yoga ●
Upstairs Dance Studio
Cliff

FRIDAY

6:00-7:00am
Cycle Fusion ●●
Cycle Studio
Tara

8:10-8:55am
Interval Training ●●
Downstairs Aerobics Studio
Jenny

9:05-10:05am
Jacki's Dance ●●
Downstairs Aerobics Studio
Sara

9:15-10:15am
Power Flow Yoga ●●
Upstairs Dance Studio
ML Stewart

9:15-10:00am
Kettlebells ●●
Alvin E. Levine Gym
Suzanne

9:30-10:15am
Cycle ●●●
Cycle Studio - *Shannan*

10:15-11:15am
Body Works ●●
Downstairs Aerobics Studio
Robin

10:30-11:30am
Total Body Strength & Tone ●●
Upstairs Aerobics Studio
Vicki

11:30am-12:30pm
Cardio Dance ●●
Downstairs Aerobics Studio
Marcia

12:15-1:15pm
Beginner Ashtanga Yoga ●●
Upstairs Dance Studio
Cindy C

12:00-12:30pm
Total Body Strength & Cardio ●●
Alvin E. Levine Gym
John

SATURDAY

12:15-1:00pm
CSI - Cardio/Strength Intervals ●
Downstairs Aerobics Studio
Rotating Instructors

12:15-1:15pm
Gentle Yoga ■
Upstairs Dance Studio
Cliff

1:15-2:45pm
(first 15 min = intro to routines)
Cardio Dance (age 13+) ●●●
Downstairs Aerobics Studio
Karen

1:15-2:00pm
Cycle ●●●
Cycle Studio
Rotating Instructors

1:30-2:30pm
Yoga ●
Upstairs Dance Studio
Rotating Instructors

SUNDAY

8:45-9:45am
Hatha Yoga ●●
Upstairs Dance Studio
Victoria

8:45-9:45am
Total 150 Challenge ●●
Downstairs Aerobics Studio
Andrea

8:55-9:45am
Cycle ●●●
Cycle Studio - *Julie*

9:00-9:45am **WEATHER PERMITTING**
Outdoor Boot Camp ●●
Camp Mindy Pavilion - *Robin*

10:00-10:45am
Cycle ●●●
Cycle Studio - *Shannan*

10:00-11:00am
Power Flow Yoga ●●
Upstairs Dance Studio
Marisa

10:15-11:00am
HIIT the Circuit ●●
Downstairs Aerobics Studio
Rotating Instructors

11:00-11:30am
Cycle ●●●
Cycle Studio - *Shannan*

11:15am-12:15pm **Instructor Change**
Mat Pilates ●●
Downstairs Aerobics Studio
Katelyn

12:30-1:30pm
Cardio Dance ●
Downstairs Aerobics Studio
Agata

CLASS LEVEL KEY

- Low Intensity
- Moderate Intensity
- High Intensity
- Group Ex LITE ("lighter" versions of our regular classes)

For detailed Class Descriptions, please see the back of our printed schedules or view online.

LJCC GROUP EXERCISE NOTES

- Group Ex classes are designed for ages 16 & up. Ages 14-15 may be permitted after a mandatory pre-screening. *Please contact Jenny (below).*
- Cycle classes may be reserved up to 30 minutes prior to class by picking up a tag. Sunday cycle classes are limited to ages 18+.
- Please turn off cell phones during class.

Water Aerobics Schedule

Class Location: Barbara L. Levine Indoor Pool

Monday / Wednesday / Friday

- 8:45-9:45am** Water Power
- 9:45-10:40am** Aqua Fitness
- 10:45-11:30am** Deep Water Fitness
- 7:00-7:45pm** Power Plunge (Mon/Wed only)

Tuesday / Thursday

- 10:00-10:45am** Aqua Fitness
- 11:00-11:45am** Arthritis Class

Questions?

704-944-6746 • joshua.steinberger@charlottejcc.org

Questions/Comments?

Contact Group Ex Coordinator Jenny Crow
704-944-6870 • jenny.crow@charlottejcc.org

