



Group Fitness Schedule July 2025

Class Type:	Low Impact Class Option					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Group Exercise Room						
<div>LES MILLS BODYPUMP</div> <div>5:30am Laura</div>	<div>LES MILLS BODYPUMP</div> <div>5:30am Virtual</div>	<div>LES MILLS BODYPUMP</div> <div>5:30am Jennifer N</div>	<div>LES MILLS CORE</div> <div>5:30am Jennifer N</div>			
	<div>LES MILLS BODYBALANCE</div> <div>Flexibility Focus</div> <div>7:30 Virtual*</div>		<div>LES MILLS BODYPUMP</div> <div>6:45am Virtual</div>			<div>LES MILLS CORE</div> <div>8:30am Virtual*</div>
<div>RETRO Aerobics</div> <div>8:30am Nan</div>		<div>LES MILLS BODYPUMP</div> <div>8:30am Robin</div>	<div>ZUMBA gold</div> <div>8:15am Gerd/Sabrina</div>	<div>LES MILLS BODYPUMP</div> <div>8:15am Robin</div>	<div>LES MILLS BODYPUMP</div> <div>8:30am Ruthie</div>	<div>LES MILLS BODYPUMP</div> <div>9:30am Robyn/lip/Laura</div>
<div>LES MILLS BODYBALANCE</div> <div>9:30am Nan</div>	<div>ZUMBA gold</div> <div>9:30am Gerd/Sabrina</div>	<div>LES MILLS BODYBALANCE</div> <div>9:30am Nan</div>		<div>LES MILLS BODYATTACK</div> <div>9:15am Robin</div>	<div>ZUMBA STEP</div> <div>9:35am Gerd/Sabrina</div>	
<div>LES MILLS GRIT   STRENGTH</div> <div>10:40am Virtual*</div>		<div>LES MILLS BODYCOMBAT</div> <div>10:35am Virtual*</div>				
		<div>Tai Chi</div> <div>12pm (Senior Lounge)</div>		<div>LES MILLS barre</div> <div>10:30am Virtual*</div>		
<div>LES MILLS BODYPUMP</div> <div>12:30pm Virtual*</div>	<div>LES MILLS BODYPUMP</div> <div>12:00pm Virtual*</div>	<div>LES MILLS BODYPUMP</div> <div>12:30pm Virtual*</div>	<div>LES MILLS BODYPUMP</div> <div>12:00pm Virtual*</div>	<div>LES MILLS BODYPUMP</div> <div>12:30pm Virtual*</div>		
		<div>LES MILLS BODYSTEP</div> <div>4:30pm Ruthie</div>	<div>LES MILLS BODYSTEP</div> <div>4:30pm Robin</div>			<div>LES MILLS BODYBALANCE</div> <div>Flexibility Focus</div> <div>4:30 Virtual*</div>
<div>LES MILLS BODYSTEP</div> <div>5:30 pm Robin</div>	<div>LES MILLS BODYPUMP</div> <div>5:30pm Ruthie. J</div>	<div>ZUMBA</div> <div>Jasmyn 5:30pm</div>	<div>STRONG</div> <div>5:30 pm Robert. R</div>			
<div>LES MILLS ONDEMAND</div> <div>6:30pm Virtual*</div>	<div>LES MILLS ONDEMAND</div> <div>6:30pm Virtual*</div>	<div>LES MILLS ONDEMAND</div> <div>6:30pm Virtual*</div>	<div>LES MILLS ONDEMAND</div> <div>6:30pm Virtual*</div>			
Cycle Studio						
	<div>LES MILLS RPM</div> <div>5:30am Lip/Madison</div>			<div>LES MILLS RPM</div> <div>5:30am Hollie</div>		
	<div>LES MILLS RPM</div> <div>9:00 am Robin H</div>			<div>LES MILLS RPM</div> <div>9:00am Blaire</div>		<div>CYCLE</div> <div>9:30am Madison</div>
	<div>LES MILLS RPM</div> <div>5:30pm Laura K</div>					
Outdoors						
		<div>J WALKING</div> <div>9:30am Robyn. C</div>				
Mind Body Studio						
<div>CLASSIC PILATES</div> <div>8:15am Jill. F</div>		<div>RETRO Aerobics</div> <div>8:30am Nan</div>	<div>J sculpt</div> <div>8:30am Jill. G</div>	<div>J MOVE</div> <div>8:30am Robyn. K</div>	<div>LES MILLS BODYBALANCE</div> <div>8:30am Jennifer</div>	<div>yoga</div> <div>8:30 am Nan</div>
<div>Chair Yoga</div> <div>9:30am Frannie</div>	<div>yoga</div> <div>9:30am Cindy</div>		<div>yoga</div> <div>9:30am Cindy</div>	<div>YOGA BASICS</div> <div>9:30am Jill. G</div>		
		<div>yoga</div> <div>10:15am Jill. G</div>		<div>CLASSIC PILATES</div> <div>10:35am Emily</div>		
<div>CREATIVE MOVEMENT</div> <div>11:30am Tracy</div>		<div>CREATIVE MOVEMENT</div> <div>11:30am Tracy</div>				
<div>yoga</div> <div>4:30pm Sammy</div>	<div>J sculpt</div> <div>4:30pm Jill. G</div>	<div>yoga</div> <div>4:30pm Brandi</div>	<div>LES MILLS BODYBALANCE</div> <div>4:30pm Sara</div>			
<div>yoga</div> <div>6pm Claire</div>						
Indoor/Outdoor Pool						
<div>Aqua Aerobics</div> <div>10:00am Robert. R</div>				<div>Aqua Aerobics</div> <div>10:00am Robert. R</div>		
3960 Montclair Rd, Birmingham, AL 35213 (205) 879-0411 Fitness Director Contact: Camari Princewill camarip@bhamjcc.org						

BEGINNER'S CLASSIC