

Group Fitness Schedule 2025

Class Type:	Low Impact Class Option							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Main Group Exercise Room								
LESMILLS 45 BODYPUMP	BODYPUMP	Lesmills BODYPUMP	CORE					
5:30am Laura	5:30am Virtual	5:30am Jennifer N	5:30am Jennifer N					
	O RODYRALANCE		D BODYPUMP			CORE		
	Flexibility Focus 7:30 Virtual*		6:45am Virtual			8:30am Virtual*		
RETRO		Lesmills BODYPUMP	3 ZVMBA gold	LESMILLS BODYPUMP	LESMILLS BODYPUMP	LesMILLS BODYPUMP		
8:30am Nan		8:30am Robin	8:15am Gerd/Sabrina	8:15am Robin	8:30am Ruthie	9:30am Robyn/lip/Laura		
LesMILLS BODYBALANCE	SVMBA gold	BODYBALANCE		LESMILLS BODYATTACK	ZVMBA			
9:30am Nan	9:30am Gerd/Sabrina	9:30am Nan		9:15am Robin	9:35am Gerd/Sabrina			
OGRIT STRENGTH		O BODYCOMBAT						
10:40am Virtual*		10:35am Virtual*						
		Tai Chi		Obarre				
LESMILLS	LesMills	12pm (Senior Lounge)	Lesmills	10:30am Virtual*				
BODYPUMP	O BODYPUMP	W BODYPUMP	O BODYPUMP	W BODYPUMP				
12:30pm Virtual*	12:00pm Virtual*	12:30pm Virtual* LESMILLS	12:00pm Virtual*	12:30pm Virtual*		LESMILLS 30		
Lilian 4:30pm		4:30pm Ruthie	BODYSTEP 4:30pm Robin			Flexibility Focus 4:30 Virtual*		
LESMILLS BODYSTEP	Lesmills BODYPUMP	S) ZVMBA	USTRONG					
5:30 pm Robin	5:30pm Ruthie. J	Jasmyn 5:30pm	5:30 pm Robert. R					
LESMILLS ONDEMAND	LESMILLS ONDEMAND	LESMILLS ONDEMAND	LESMILLS ONDEMAND					
6:30pm Virtual*	6:30pm Virtual*	6:30pm Virtual*	6:30pm Virtual*					
	LesMills		ycie Studio	<i>LesMills</i>	1			
	5:30am Lip/Madison			RPM 5:30am Hollie				
	LESMILLS RPM			Lesmills RPM		₫ Y ČLE		
	9:00 am Robin H			9:00am Blaire		9:30am Madison		
	LesMILLS RPM							
	5:30pm Laura K							
			Outdoors					
		walking						
		9:30am Robyn. C						
			nd Body St					
CLASSIC PILATES	yoga Yoga	RETRO Aerobics	U sculpt	■ move	BODYBALANCE	Soga Soga		
8:15am Jill. F	8:15 am Sammy. R	8:30am Nan	8:30am Jill. G	8:30am Robyn. K	8:30am Jennifer	8:30 am Nan		
Chair Yoga 9:30am Frannie	yoga 9:30am Cindy	Dance 9:20am Irina	9:30am Cindy	BASICS 9:30am Jill. G				
7.3vaiii Franiic	2.3vam Cindy	بخثن	7.50am Cindy	CLASSIC PILATES				
		yoga 10:15am Jill. G		10:35am Emily				
CREATIVE MOVEMENT 11:30am Tracy		CREATIVE MOVEMENT 11:30am Tracy			Now Classes			
i yoga	U sculpt	, cos	LESMILLS BODYBALANCE	J-Dance, Wed 9:20am, 5:30pm				
4:30pm Sammy	4:30pm Jill. G	4:30pm Brandi	4:30pm Sara	Zumba, Mon @ 4:30pm				
yoga		Dance			ı, Tues @ 8:1			
6pm Claire		5:30pm Irina	or/Outdoor	Pool				
Aqua Aerobics (45)				Aqua Aerobics 45				
10:00am Robert. R				10:00am Robert. R				
			, Birmingham, AL 35213 Camari Princewill	(205) 879-0411 camarip@bhamjcc.org				
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