



# Group Fitness Schedule May 2026

\*Schedule subject to change. Check the LJCC app for most up-to-date class information.

Monday					
TIME	Main Group Exercise Room	Cycle Studio	Mind Body	Indoor/Outdoor Pool	Indoor/Outdoor Track
5:30-6:30a	Les Mills Body Pump w/Laura K.				
8:15-9:15a			Classic Pilates w/Jill F.		
8:30-9:15a	Retro Aerobics w/Lillian C.				
9:30-10:30a	Barre w/Irina D.		Chair Yoga w/Jill G.		
10-10:45a				Aqua Aerobics w/Robert R.	
11:30a-12:15p			Creative Movement w/Tracy W.		
4:15-5p	Zumba w/Lillian C.				
4:30-5:30p			Yoga w/Sammy		
5-6p	Les Mills Body Step w/Robin H./Ruthie				
6-7p	Les Mills Body Pump Heavy w/Robin H./Ruthie		Yoga w/Claire C.		
Tuesday					
TIME	Main Group Exercise Room	Cycle Studio	Mind Body	Indoor/Outdoor Pool	Indoor/Outdoor Track
5:30-6:15a		Les Mills RPM w/Lip			
9-9:45a		Les Mills RPM w/Robin			
9:30-10:30a	Dance Fusion w/Galina W.		Yoga w/Cindy		
4:30-5:15p	Les Mills Body Attack w/Ruthie J.		J-Sculpt w/Jill.G		
5:30-6:15p		Les Mills RPM w/Laura K.			
5:30-6:30p	Les Mills Body Pump w/Ruthie J.				
6-7p			Power Yoga w/Kaleen		
Wednesday					
TIME	Main Group Exercise Room	Cycle Studio	Mind Body	Indoor/Outdoor Pool	Indoor/Outdoor Track
5:30-6:30a	Les Mills Body Pump w/Mary Karyn U.				
8:30-9:30a	Les Mills Body Pump w/Mary Karyn U.				
8:30-9:15a			Retro Aerobics w/Lillian C.		
9:30-10:15a					J-Walking w/Robyn C. on outdoor track
9:30-10:30a	Les Mills Body Balance w/Cindy M.				
10:15-11:15a			Yoga w/Jill G.		
10:45-11:20a	Pre/Postpartum Pilates Class w/Emily F.				
11:30a-12:15p	TaiChi for Arthritis/ Fall Prevention w/Galina W.		Creative Movement w/Tracy W.		

12:15-1p	J-Tai Chi Yang Style w/Galina W.				
4:30-5:30p	Les Mills Body Step w/Ruthie J.				
5:30-6:15p	Zumba w/Lillian C.		J-Glute w/Irina D.		
<b>Thursday</b>					
TIME	Main Group Exercise Room	Cycle Studio	Mind Body	Indoor/Outdoor Pool	Indoor/Outdoor Track
5:30-6:15a	Les Mills Core w/Hollie C.				
8:15-9:15a	Zumba Gold w/Gerd A.				
8:30-9:15a			J-Sculpt w/Jill G.		
9:30-10:30a			Yoga w/Cindy M.		
10:45-11:30a	Barre w/Irina D.				
4:30-5:15p			Les Mills Body Balance w/Sara A.		
4:30-5:30p	Les Mills Body Step w/Robin H.				
5:30-6:15p	J-Strong w/Robert R.				
6-7p					
<b>Friday</b>					
TIME	Main Group Exercise Room	Cycle Studio	Mind Body	Indoor/Outdoor Pool	Indoor/Outdoor Track
5:30-6:15a		Les Mills RPM w/Hollie C.			
8:15-9:15a	Les Mills Body Pump w/Robin H.				
8:30-9:15a			J-Move w/Robyn C.		
9a-9:45a		Les Mills RPM w/Ruthie J.			
9:15-9:45a	Les Mills Body Attack w/Robin H.				
9:30-10:30a			Yoga Basics w/Jill G.		
10-10:45a				Aqua Aerobics w/Robert R. @ indoor pool	
10:35-11:35a			Classic Pilates w/Emily F.		
<b>Saturday</b>					
TIME	Main Group Exercise Room	Cycle Studio	Mind Body	Indoor/Outdoor Pool	Indoor/Outdoor Track
8:30-9:30a	Les Mills Body Pump w/Ruthie J.				
9:35-10:35a	Zumba Gold w/Gerd A.				
<b>Sunday</b>					
TIME	Main Group Exercise Room	Cycle Studio	Mind Body	Indoor/Outdoor Pool	Indoor/Outdoor Track
8:30-9:30a			Yoga w/Shannon B.		
9:30-10:15a		Freestyle Cycle w/Madison C.			
9:30-10:30a	Les Mills Body Pump w/Ruthie J.				