

West Jefferson Fitness Center

Group fitness class schedule

April 2021 – Terrytown

Monday

Time	Class	Instructor
5:30–6:30 am	Power Pump	Kelly
8:30–9:30 am	Super Circuit	Rene
9–9:30 am	Health & Wellness	Melissa
10–10:45 am	Fitness 101	Annette
4–4:30 pm	Health & Wellness	Ben
5:30–6:30 pm	Yoga*	Suzanne

Tuesday

Time	Class	Instructor
9–10 am	Yoga*	Suzanne
10:15–11:00 am	Senior Circuit	Susan K
1–2 pm	Line Dancing	Jean
5:30–6:30 pm	Spinning	Angie

Wednesday

Time	Class	Instructor
5:30–6:30 am	Super Circuit	Kelly
8:30–9:30 am	Super Circuit	Annette
9–9:30 am	Health & Wellness	Melissa
10–10:45 am	Fitness 101	Annette
4–4:30 pm	Health & Wellness	Ben
5:30pm–6:30 pm	Yoga*	Suzanne

Thursday

Time	Class	Instructor
9–10 am	Yoga*	Suzanne
10:15–11:00 am	Senior Circuit	Susan K
1–2 pm	Line Dancing	Jean
4:15–5:00 pm	Cardio Kickboxing*	Ben
5:30–6:30 pm	Spinning	Angie

Friday

Time	Class	Instructor
8:30–9:30 am	Super Circuit	Annette
10– 10:45 am	Fitness 101	Earline
5–6 pm	Line Dancing	Jean

Saturday

Time	Class	Instructor
9–10 am	Cardio Dance/ Zumba	Deborah
10:15–11:15 am	Bootcamp	Rene

Member portal

- You can manage your account, renew your membership, reserve a spot in a group fitness class, check capacity, and more at wjmc.org/fitnesscenter
- Click on "My Account"

Questions?
Call 504.349.6908

*Equipment Needed (see back)

Group fitness class descriptions

Strength and Aerobics Conditioning Classes

Boot Camp

This fun and challenging 'military-style class mix of traditional calisthenics and bodyweight exercises with interval training and strength training promote fat loss, camaraderie, and team effort.

Cardio Boxing Blast

This high-energy class incorporates martial arts with boxing techniques in a compelling way, which ultimately boosts the metabolism, burns calories, and decreases fat. **Equipment needed? Boxing gloves.**

Health & Wellness

The Health & Wellness Circuit consists of a circular rotation of machines that creates a total body workout. Repetitions are based on the individual's fitness level and can be tailored to all levels.

Power Pump

This class teaches proper lifting techniques using barbells and plates. Designed to firm, tone, strengthen, and define.

Spinning

Our indoor cycling classes provide an excellent aerobics Workout and are geared towards any fitness level.

Super Circuit

This class is high-energy training that combines athletic aerobic movements with strength and stabilization exercises.

Dance Classes

Zumba, Cardio Dance, Line Dancing

Innovative dance workouts that combine the best choreography with the best music.

Mind/Body Classes

Yoga

In this class, postures will be practiced aligning, strengthen, and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals of this class. **Equipment needed? Mat, straps, block**

Senior Specialty Classes

Fitness 101 / Senior Circuit

This class is a practical option for a low-impact whole-body workout without the stress of joint discomfort. It will improve muscular strength, endurance, flexibility, and balance. (Chairs provided for Senior Circuit)

Capacity:

Health & Wellness is capacity of 5

Spinning is capacity of 12

All other classes are capacity of 18

On-line scheduling is coming soon at www.wjmc.org/fitnesscenter "My Account" or by calling 504.349.6908

Reservations are not required to attend at this time.