Les Mills On-Demand Fitness Schedule | August 2020

Effective: August 1 - August 31, 2020 | Subject to change | Edited 8-1-20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:10 - 8:55am **RPM** (C)	6:10 - 6:55am **BODYPUMP** (S)	6:10 - 6:55am **RPM** (C)	6:10 - 6:55am **BODYPUMP** (S)	6:10 - 6:55am **RPM** (C)	6:10 - 6:55am **BODYPUMP** (S)
9:10 - 9:55am **BODYPUMP** (S)	7:10 - 7:55am **RPM** (C)	7:10 - 7:55am **BODYPUMP** (S)	7:10 - 7:55am **RPM** (C)	7:10 - 7:55am **BODYPUMP** (S)	7:10 - 7:55am **RPM** (C)
10:10 - 10:55am **RPM** (C)	8:10 - 8:55am **BODYPUMP** (S)	8:10 - 8:55am **RPM** (C)	8:10 - 8:55am **BODYPUMP** (S)	8:10 - 8:55am **RPM** (C)	8:10 - 8:55am **BODYPUMP** (S)
11:10 - 11:55am **BODYPUMP** (S)	9:10 - 9:55am **RPM** (C)	9:10 - 9:55am **BODYPUMP** (S)	9:10 - 9:55am **RPM** (C)	9:10 - 9:55am **BODYPUMP** (S)	9:10 - 9:55am **RPM** (C)
	10:10 - 10:55am **BODYPUMP** (S)	10:10 - 10:55am **RPM** (C)	10:10 - 10:55am **BODYPUMP** (S)	10:10 - 10:55am **RPM** (C)	10:10 - 10:55am **BODYPUMP** (S)
	11:10 - 11:55am **RPM** (C)	11:10 - 11:55am **BODYPUMP** (S)	11:10 - 11:55am **RPM** (C)	11:10 - 11:55am **BODYPUMP** (S)	11:10 - 11:55am **RPM** (C)
	JCC CLOSED 12PM - 3PM	**JCC CLOSED 12PM - 3PM**	**JCC CLOSED 12PM - 3PM**	**JCC CLOSED 12PM - 3PM**	
	3:10 - 3:55pm **BODYPUMP** (S)	3:10 - 3:55pm **RPM** (C)	3:10 - 3:55pm **BODYPUMP** (S)	3:10 - 3:55pm **RPM** (C)	
	4:10 - 4:55pm **RPM** (C)	4:10 - 4:55pm **BODYPUMP** (S)	4:10 - 4:55pm **RPM** (C)	4:10 - 4:55pm **BODYPUMP** (S)	
	5:10 - 5:55pm **BODYPUMP** (S)	5:10 - 5:55pm **RPM** (C)	5:10 - 5:55pm **BODYPUMP** (S)	5:10 - 5:55pm **RPM** (C)	
	6:10 -6:55pm **RPM** (C)	6:10 -6:55pm **BODYPUMP** (S)	6:10 -6:55pm **RPM** (C)	6:10 -6:55pm **BODYPUMP** (S)	

MANDELL JCC
Greater Hartford

www.mandelljcc.org

Notes

- Please plan ahead and arrive at least 5 minutes prior to class start time to clean/disinfect your equipment.
- Each participant is required to clean/disinfect ALL their equipment before and after class.
- Online registration for on-demand classes is required and is for JCC members only. Max 5 participants in each class.
- Proper footwear is required.
- No masks are required during class as long as members stay at least 12 feet apart.

Key

S = Strength
C = Cardio

Les Mills On-Demand Fitness Descriptions

BODY PUMP
BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the workout feeling challenged and motivated, ready to come back for more.

RPM
RPM ™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

All group fitness classes open to members 12 years and older. For an introductory class, class recommendation, or for questions and concerns, please contact Carmen Erian, Group Fitness Director, 860-231-6348, Cerian@mandelljcc.org

- Please help keep our studios clean and safe by not wearing "outdoor " shoes to class
- Place all coats, boots, and purses in the locker rooms or hooks outside the studio
- Please return all equipment to storage areas
- Please refrain from wearing colognes & perfumes
- Turn off cell phones
- No gum chewing
- Be courteous – no talking during class
- Please wait for previous class participants to return their equipment and exit the room before entering the room for the next class