



Virtual Classes

The virtual studio is located in Studio A and features high quality exercise videos of some of the most popular Les Mills programs. These videos will run when we don't have live, in-person instructor led classes already scheduled. This means that nearly every hour we are open, classes will be taking place. They will be pre-programmed, shown on an 86" screen and start automatically at the scheduled time. All you have to do is reserve your spot on MyJ when convenient for you. Smart Steps, Smart Bands and Smart Bars are available for your use.

Stages Les Mills Virtual Bikes

The bikes are located in the fitness center balcony and available for your use. Just jump on and go! You have the option of 30, 45 or 55 minute rides; 3 different programs – SPRINT (30 HIIT ride); RPM (45 min ride) or THE TRIP (enter a digitally created world on your bike). The Stages power meter will give you live, accurate metrics as you ride, and Bluetooth connectivity will let you pair heart-rate monitors and headphones.

We continue to follow COVID protocols in the fitness center and thank you for your continued diligence in following these guidelines. Remember to use the MyJ app to reserve your space in GroupX and virtual classes. If you have difficulty using the app, reservations can be made by calling the front desk and asking the staff to reserve for you.

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