

GROUP FITNESS SCHEDULE

April 23 - June 24



Friday Family Fitness Free-For-All

MONDAY:

9:00 - 9:25am BLT (Butt, Legs & Thighs)/Lisa - studio A
9:30 - 10:25am SPIN/Nancy - studio B
9:30 - 10:25am Bootcamp/Debi - Gym
10:30 - 11:25am Total Body/Brenda - studio A
10:30 - 11:25am Zumba/Megan - Gym
11:30 - 12:15pm Zumba Gold/Denise D. - studio A
4:00-4:30pm Zumatonic /Little Star 4-7)/Megan - studio A
4:30-5:15pm Zumatonic/Big Stars(8-12)/Megan - studio A
6:30 - 7:25pm SPIN & Abs/Tracy F. - studio B
6:30 - 7:25pm Kickboxing/Denise B. - studio A
7:30 - 8:25pm SPIN/Sue - studio B
7:30 - 8:25pm Total Body/Tracy F. - studio A

TUESDAY:

8:30 - 9:25am Level 1 Yoga/Kelly - studio A
9:30 -10:25am Kickboxing/Denise B.- studio A
10:30 - 11:25am Ball/Bands/Bars/Carol - studio A
11:30 - 12:15pm Lite & Low/Maria - studio A
12:30 - 1:25pm Total Body/Brenda - studio A
4:00-5:00pm Junior Fitness (10-13) Lawrence -Fitness

6:30 - 7:25pm SPIN & Abs/Sue - studio B
6:30 - 7:25pm 20/20/20/Maria- studio A
7:30 - 8:25pm SPIN/Jose - studio B
7:30 - 8:25pm Bosu Bootcamp/Lawrence - studio A
8:30 - 9:25pm Zumba/Megan - studio A

WEDNESDAY:

5:00 - 5:55am Bootcamp/Lawrence - Gym
9:00 - 9:25am Fab Abs/Debi - studio A
9:30 - 10:25am SPIN/Debi - studio B
9:30 - 10:25am 20/20/20/ Brenda - studio A
10:30 - 11:25am Open Yoga/Kelly - studio A
10:30 -11:25am Circuit Circus/Lisa - Gym
11:30 -12:25pm Zumba Gold/Tracy S. - studio A
12:30 - 1:25pm Anything in a Minute/Lisa - studio A
6:30 - 7:25pm SPIN/John - studio B
6:30 - 7:25pm Ball/Bands/Bars/Elisa - studio A
7:30 - 8:25pm SPIN /Elisa -studio B
7:30 - 9:00pm Kick & Tone /Maria - studio A

THURSDAY:

8:30 - 9:25am Level 1 Yoga/Kelly - studio A
9:30 -10:25am Cardio Bootcamp/Debi - studio A
10:30 - 11:25am Total Body/Lisa - studio A
11:30 - 12:15pm Sit & Be Fit/Maria - studio A
4:00-4:45pm Fit Kidz / Dona
4:00-5:00pm Junior Fitness (10-13) Lawrence -Fitness
6:30 - 7:25pm SPIN/John - studio B
7:30 - 8:25pm Circuit Circus/Jenn C. -studio A
7:30 - 8:25pm SPIN/John - studio B
8:30 - 9:25pm Zumba/Denise D.- studio A

FRIDAY:

9:00 - 9:25am Armed & Dangerous/Lisa - studio A
9:30 - 10:25am SPIN/Nancy - studio B
9:30 - 10:25am Kickboxing/Carol - studio A
10:30 - 11:25am Zumba Tone/Megan - Gym
11:30 - 12:15pm Walk & Tone/Tracy S. - Gym
11:30 - 12:25pm Level 1 Yoga / Chris- studio A
4:30 - 5:15pm Yoga Circus (6-9)/ Dona - studio A

Friday Family Fitness

6:30 - 7:00pm KIDZ KARDIO/Brenda - studio A
6:30 - 7:00pm Intro SPIN /Tracy F. - studio B
7:00-7:45pm Pump & Tone / Brenda - studio A
7:00-7:45pm Tween SPIN / Maria- studio B

SATURDAY:

8:30 - 9:25am Total Body/Elisa - studio A
9:30 - 10:25am SPIN/Sue - studio B
10:30 -11:25am Anything in a Minute/Lisa studio A
11:30 - 12:25pm Zumba/Denise D. - studio A

SUNDAY:

8:30 - 9:25am SPIN/Bob - studio B
9:30 - 10:25am Total Body/Jenn C./Elisa - studio A
10:30 - 11:25am Zumba/Maria- studio A
11:30 - 12:25pm Family Yoga/Kelly -studio A

Classes, times and instructors are subject to change and/or cancellation.

**Brenda Werneiwski
(732) 727-0704 Ext 310**

Dates to Remember:

- April 29th - Healthy Kids Day & 5K Run / Walk
- May 12th - Bake Sale
- May 17th - Blood Drive 3-9pm
- May 19th - Zumbathon 12-4pm
- May 20th- SPINATHON 9-1pm
- May 28th -CLOSED

Registration is **REQUIRED** for **ALL** of the following:
Youth Fitness, RIPPED

GROUP FITNESS CLASS DESCRIPTIONS

ANYTHING IN A MINUTE – Circuit style class, which incorporates cardio, endurance and strength moves...STOP WATCH STYLE. If you can do 4, 8 or 10 repetitions, it doesn't matter.. it's all about what you can do in a minute!

ARMED & DANGEROUS – Total UPPER body workout in 30 minutes utilizing ONLY a variety of equipment.

BALLS, BANDS, BARS – This class is designed to improve your strength, stability, core and cardiovascular fitness, using balls, bands and weights.

BLT(Butt, Legs & Thighs) – Total focus is on the lower body using a wide variety of equipment.

BOOT CAMP – Class includes intervals of cardio and strength training. Increase your speed, strength agility and cardiovascular fitness!

BOSU BOOTCAMP – A challenging and fun, total body workout for any fitness level. This class will be utilizing the BOSU, a piece of equipment that is a cross between a core board and a stability ball.

CIRCUIT CIRCUS – Come and join us for a class that is jam packed full of fun and high intensity! Various strength stations located around the room, with periods of cardio in between...no rest in this class, be prepared to sweat!

FAB ABS – 30 minutes of core work only!

FLOW YIN – For those looking to experience a physically slower moving class. You will hold postures that cover the entire body longer! Time to flow and build strength, and then hold and let go!

Please bring a sticky mat to class.

KICKBOXING – The ultimate cardio challenge. A high intensity workout using punches, kicks, hooks and a variety of combinations.

KICK & TONE – The ultimate total body workout that combines, kickboxing and strength training, who can ask for more?

LEVEL 1 YOGA– Covers basic poses and alignment.

Please bring a sticky mat to class.

LITE & LOW– Low impact cardio workout, followed by strength conditioning exercises tailored for **Mature Active Adults**.

OPEN YOGA–Fun challenging class that will build your bodies core and strength with breathe and laughter.

Please bring a sticky mat to class.

POWER YOGA–Some knowledge of Yoga is necessary. We'll take what you know and powerfully deepen it. Strengthen your body through a dynamic sequencing style. **Please bring a sticky mat to class.**

PUMP & TONE– Shape and Tone your entire body by using variety of free weights, body bars and barbells to increase strength and muscle definition.

RIPPED– A Co-Ed Barbell class that is pre-choreographed. All levels, **registration required.**

SIT & BE FIT – This class is designed for **Mature Active Adults**. Instructor uses a variety of equipment to improve strength and balance, while you are either sitting in a chair or standing. Come join the fun!

STEP INTERVAL A great cross training class that combines step segments with toning exercises to get your body guessing and keep your workout interesting!

SPIN – A challenging group cycling class. Instructors will utilize various training techniques and motivational strategies to simulate an actual outdoor riding experience.

SPIN & ABS – A challenging 45 minute group cycling class, that will end in 15 minutes of abdominals and stretching.

STAR (SPIN, Tone, Abs & Relaxation) – Get the most out of your SPIN workout! 20 minutes of intense SPIN, followed by 20 minutes of UPPER body strengthening, and finish up with 20 minutes of Abs/Stretch/Flex and Relaxation.

TOTAL BODY– Strength workout using weights, body bars, balls, bands and more! This workout promotes muscular endurance, strength, flexibility and proper body alignment.

WALK & TONE – A total body workout that incorporates **vigorous walking** with various balance, stretching, endurance and toning drills. Various equipment will be utilized!

YOGA–This class explores asana alignment, vinyasa flow, proper breathing and relaxation. Build core strength, flexibility and balance of mind and body.

Please bring a sticky mat to class.

ZUMBA– Zumba is a Latin Dance inspired cardio workout. High Energy, motivating music and unique moves, make for a great dance themed workout. Burn calories and have fun.

ZUMBA GOLD– this Zumba class is designed with the **Mature Adult** in mind. Burn Calories and have fun!

ZUMBA TONE – Zumba Latin Dance class which incorporates the use of lightweights or "toning sticks". Get your cardio workout and toning done all in one!

20/20/20– 20 minutes of cardio, 20 minutes of toning and 20 minutes of abs/stretching, you couldn't ask for a more total body workout.

100% CARDIO – At a standstill with your cardio workout? Try 100% Cardio! Challenge yourself during this 55 minute non-stop cardio class and increase your endurance and stamina.

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