

CARDIO CONDITIONING

AQUA STEP & TONE: Cardio stepping in the pool
(Thurs 7:30 pm)

AQUA FIT: High & low aqua aerobics w/muscle toning & interval work. (Tues 6 am, Tues 7:30 pm, Thurs 6 am)

BODY ATTACK: High energy cardio/strength workout
(Mon 9:30 am, Tues 5 pm)

BODY COMBAT: The workout with a punch! High-energy cardiovascular training class that combines moves from a wide range of martial arts disciplines. (Tues 6 pm, Wed 7:15 pm, Thurs 5pm, Fri 10:30 am, Sat 10:15 am, Sun 9 am)

BOLLY FUSION: Dance based fitness routine with moves inspired by India's Bollywood Style dancing.
(Fri 10:30 am)

BODY STEP: It's a step class with all the muscle, but without the dance. (Mon 5:45 am, Tues 9:30 am, Weds 6:15 pm, Thurs 9:30 am, Sat 8 am)

DANCE LIKE THE STARS : An aerobic dance workout while learning the steps & techniques to ballroom dances. No partner necessary. Dances such as: Cha-Cha, Swing, Waltz, Salsa, Merenque, Samba, Rumba, Nightclub 2-step plus more (Fri 5:30 pm)

FLIRTY GIRL: Fun and exciting way to get it and unlock your inner diva. A dance class designed to use your own body weight to create targeted muscle toning resistance. (Tues 7pm; Thurs 10:30 am)

H.E.A.T: High Energy Athletic Training. A combination of cardio drills w/intervals of resistance training.
(Mon 7:15 pm; Fri 6:00 am)

HOT HULA: The class incorporates easy to perform dance movements, set to traditional Polynesian drum beats fused in a funky reggae music resulting in a hip fitness workout.
(Weds 10:30 am, Fri 6:30 pm)

SPORT CIRCUIT: This class consists of resistance training, cardiovascular work and sports specific drills.
(Weds 5:45 am)

ZUMBA:

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! (Mon, 6:15 pm, Tues 10:30 am & 8:15 pm, Weds 8:15 pm, Thurs 6 pm, Fri 7:15 pm, Sat 11:15 am, Sun 11:15 am)

TRX — ALL TRX CLASSES.

SIGN UP AT THE FRONT DESK 1/2 HOUR BEFORE

TRX — Total Body Training tool that uses gravity & body weight to provide resistance needed for a very challenging workout. Expect to sweat! (Mon 8 pm, Tues 6:15 pm, Weds 10:30 am & 6 pm, Thurs 8 pm, Fri 6 am & 9:30 am, Sat. 9 am & 11:15 am)

STRENGTH CONDITIONING

ALL A.B.S. : Abdominal Back Strengthening is specifically designed to strengthen the abdominal & back muscles to promote better posture, core strength & balance (Mon 7 pm, Wed 5 pm, Thurs 7:30 pm)

BODY PUMP: The original barbell class (Mon 5 pm, Tues 7:00 pm, Wed 9:15 am & 5 pm, Thurs 7 pm, Fri 5 pm, Sat 9 am, Sun 10 am)

CHISEL: This sculpting class brings the phrase "feel the burn" to life. It incorporates resistance & weight training with high reps. (Mon 5:30 pm, Wed 5:30 pm, Fri 5:30 pm)

KETTLEBELL: This class generates momentum & then perpetuates & redirects that momentum. This small class works your entire body. (Mon 6:15 pm, Tues 9:30 am, Weds 7 pm, Thurs. 10:30 am)

SCULPT—Tone the muscles in your upper & lower body, weights, tubing, body bars & stability balls are used for a fantastic resistance-training workout (Mon 10:30 am, Weds 6:30 pm, Fri 9:30 am)

FOREVER FIT SENIORS

SENIOR STRENGTH CIRCUIT - Strength training on a variety of hydraulic machines to improve muscles strength & bone density. (Tues 11 am, Fri 11 am)

SENIOR CONDITIONING - Improves muscular strength & bone density. Class uses weighted Body Bars for resistance training exercises. (Tues 9:30 am, Thurs 9:30 am)

GENTLE FIT— Muscle toning class (Mon 9 am)

TONE, STRETCH & STABILIZATION (T.S.S.) - Stretching & muscle toning to promote endurance & muscle stabilization (Mon 10:30 am)

GET UP & GO! - Fun simple, low impact class. (Mon 9:30 am, Thurs 8:30 am)

GENTLE CHAIR YOGA - This yoga class incorporates all the advantages of challenge and self-pacing for all levels and ages (Tue 9:30 am, Thurs 9:30 am)

GENTLE PILATES— Introductory level Pilates class, focusing on body awareness, alignment, muscle balancing, stabilizing and correcting posture. Additional attention for those rehabilitating injuries or correcting life long imbalances. (Weds 10:30)

FOREVER-FIT SAMPLER - This rotational class offers a different class format each week to experience and enjoy (Wed 9 am, Fri 9 am)

WATER WORKS - A combination of low-impact aqua aerobics and muscle toning exercises (Mon 11:30 am, Wed 11:30 am, Fri 11:30 am)

MIND & BODY

ATHLETIC YOGA - Designed specifically to accommodate athletes. Poses are geared to improve overall athletic performance (Weds 8:00 pm)

BODY FLOW - A combination class using the best experience of Pilates, Yoga, and Tai-Chi (Mon 8:15 pm, Tues 10:30 am & 7:15 pm, Wed 7:00 pm, Thurs 10:30 am & 6 pm, Fri 6:15 pm, Sat 10 am)

KARATE—\$ - Isshinryu Karate/Self defense for men & women (Weds 7:30 pm, Fri 7:30 pm)

PILATES—BEYOND THE BASICS — Mat class utilizing flex bands, fitness rings, gliding discs and balls. (Weds 6 pm)

PILATES MAT— Pilates Mat focuses on improving strength, flexibility, coordination, & posture (Tues 6 pm, Fri 9:30 am, Sun 9 am)

PILATES ON THE BALL— Same as Mat using a physio ball (Mon 6 pm, Wed 9:30 am)

PILATES TOWER REFORMER— \$ This class integrates the equipment of the reformer and tower to aid in the strengthening & lengthening of the muscles in the body. Class is limited to 6. (Tues 7:15 pm, Thurs 4:30 pm, Sat 7:30 am & 8:30 am)

YOGA - The use of a series of postures and breathing techniques to enhance your body's strength, posture, flexibility, and ease of respiration. (Mon 7 pm, Thurs 7 pm, Sat 8:30 am, Sun 10 am)

SPINNING - ALL SPIN CLASSES—SIGN UP AT FRONT DESK 1/2 HR BEFORE

INTRO TO SPINNING: The basics of Spinning (Thurs 7 pm)

RPM - Another great class from Les Mills. A pre-choreographed, instructor- led class. (Mon 9:30 am, 5:30 pm, Tues 6 pm, Wed 6 am & 7 pm, Thurs 6:00 pm, Fri 9:00 am, Sat 9 am, Sun 9 am)

SPINNING: This free-style, high energy class integrated music, camaraderie & visualization. Water bottle & towel required. (Mon 7 pm, Tues 5:45 am, Weds 8:30 am, Thurs 5:45 am)



AMBASSADOR CLASSES (shaded areas on schedule)

Supportive environment to guide the new member from set up through cool down of selected classes.

Appointment can be made at front desk.

**Any questions call Trish our Group
Fitness Director @ 732-634-5000 x: 131**



GROUP FITNESS CLASS SCHEDULE



WINTER 2012

January 9

Club^{the}at WOODBRIDGE

732-634-5000
(732) 634-5000

MONDAY	
5:45 am Studio A	Body Step Megan 1 hr. *
9:00 am Studio C	Gentle Fit Susan 3/4 hr. +
9:30 am Studio A	Body Attack Peggy 1 hr. ☺*
9:30 am Spin Studio	RPM Lisa 1 hr. 👑☺*
9:30 am Studio B	Get Up & Go Sarah 3/4 hr. +
10:30 am Studio C	TSS Susan 3/4 hr. +
10:30 am Studio A	Sculpt Peggy 1 hr. 👑*
11:30 am Pool	Water Works Sarah 1 hr. +
5:00 pm Studio A	Body Pump Joe 1 hr. 👑*
5:30 pm Spin Studio	RPM Steven 1 hr. ◆
6:15 pm Mezzanine	Kettlebell Julian 3/4 hr. *
6:15 pm Studio A	Zumba Anna 1 hr. ☺*
5:30 pm Studio C	Chisel Cindy 1 hr. 👑*
6:00 pm Studio B	Pilates on the Ball Sarah 1 hr. *
7:15 pm Studio A	HEAT Trish 1 hr. *
7:00 pm Studio C	ALL ABS Sarah 1/2 hr. ☺*
7:00 pm Spin Studio	Spinning Andrea/Tony 1 hr. ◆
7:00 pm Studio B	Yoga Laurie 1 1/2 hr. ☺*
8:15 pm Studio A	Body Flow Sarah 1 hr. ☺*
8:00 pm mezzanine	TRX Janmarie 3/4 hr. *

TUESDAY	
5:45 am Spin Studio	Spinning Jeff 1 hr. ◆
6:00 am Pool	Aquafit Maggie 1 hr. *
9:30 am Mezzanine	Kettlebell Julian 3/4 hr. *
9:30 am Studio A	Body Step Peggy 1 hr. *
9:30 am Studio B	Gentle Chair Yoga Chara 1 hr. +
9:30 am Studio C	Senior Conditioning Karen 1 hr. +
10:30 am Studio A	Body Flow Peggy 1 hr. ☺*
10:30 am Studio C	Zumba Karen 1 hr. *
11:00 am Fitness Ctr.	Sr. Strength Circuit Anne 3/4 hr. +
5:00 pm Studio A	Body Attack Kari/Tara P 1 hr. *
6:00 pm Studio A	Body Combat Trish /James 1 hr. *
6:00 pm Spin Studio	RPM Andrea 1 hr. ◆
6:00 pm Studio B	Pilates Mat Marlo 1 hr. 👑*
6:15 pm mezzanine	TRX Kristin 3/4 hr. *
7:00 pm Studio A	Body Pump Michelle 1 hr. 👑*
7:00 pm Studio B	Flirty Girl Sarah 1 hr. *
7:15 pm Studio C	Body Flow Trish 1hr. 👑☺*
7:15 pm Pilates Studio	Pilates Reformer Marlo 1 hr. \$
7:30 pm Pool	Aqua Fit <i>Rotation</i> 1 hr. *
8:15 pm Studio A	ZUMBA Sarah 1 hr. *

WEDNESDAY	
5:45 am Studio A	Sport Circuit Jeff 1 hr. *
6:00 am Spin Studio	RPM Tony 1 hr. ◆
8:30 am Spin Studio	Spinning Teresa 1 hr. ☺*
9:00 am Studio C	Forever Fit Sampler Anne Marie 1 hr. +
9:15 am Studio A	Body Pump Trish 1 hr. * 👑
9:30 am Studio B	Pilates on the Ball Sarah 1 hr. *
10:30 am Studio A	Hot Hula Liza 1 hr. *
10:30 am Studio B	Gentle Pilates Sarah *
11:30 am Pool	Water Works Sarah 1 hr. +
5:00 pm Studio C	All ABS Cindy 1/2 hr. ☺*
5:30 pm Studio C	Chisel Cindy 1 hr. *
6:15 pm Studio A	Body Step Tara P. 1 hr. *
7:00 pm Spin Studio	RPM Lindsay 1 hr. ☺*
6:00 pm Studio B	Pilates Mat/Beyond Basics Sarah 1 hr. ◆
6:00 pm mezzanine	TRX Erica 3/4 hr. *
6:30 pm Studio C	Sculpt Susan 1 hr. *
7:00 pm mezzanine	Kettlebell Julian 3/4 hr. *
7:15 pm Studio A	Body Combat Katie 1 hr. *
7:00 pm Studio B	Body Flow Sarah 1 hr. ☺*
7:30 PM Studio C	Karate Joe 1 hr. \$
8:00 pm Studio B	Athletic Yoga Sarah 1 hr. ☺*
8:15 pm Studio A	Zumba Kasi 1 hr. *

THURSDAY	
5:45 am Spin Studio	Spinning Jeff 1 hr. ◆
6:00 am Pool	Aqua Fit T-Mac 1 hr. *
8:30 am Studio B	Get Up & Go Karen 3/4 hr. +
9:30 am Studio A	Body Step Peggy 1 hr. 👑*
9:30 am Studio B	Gentle Chair Yoga Chara 1 hr. *
9:30 am Studio C	Senior Conditioning Karen 1 hr. +
10:30 am Studio A	Body Flow Peggy 1 hr. 👑☺*
10:30 am Studio B	Flirty Girl Sarah 1 hr. *
10:30 am mezzanine	Kettlebell Julian 1 hr. *
4:30 pm Pilates Studio	Pilates Reformer Jackie 1 hr. \$
5:00 pm Studio A	Body Combat Trish 1 hr. *
6:00 pm Studio B	Body Flow Chris 1 hr. ☺*
6:00 pm Studio A	Zumba Kasi 1 hr. *
6:00 pm Spin Studio	RPM Tony/Andrea 1 hr. ☺*
7:00 pm Studio A	Body Pump Adrian 1 hr. *
7:00 pm Spin Studio	Intro to Spin Andrea 1/2 hr. *
7:00 pm Studio B	Yoga Eddison 1 1/2 hr. ☺*
7:30 pm Pool	Aqua Step Tone Stephanie 1 hr. *
7:30 pm Studio C	All ABS Andrea 1/2 hr. ☺*
8:00 pm mezzanine	TRX T-Mac 3/4 hr. *


FRIDAY	
6:00 am Studio A	H.E.A.T. Trish 1 hr. *
6:00 am mezzanine	TRX Julian 3/4 hr. *
9:00 am Spin Studio	RPM Lisa 1 hr. *
9:00 am Studio C	Forever Fit Sampler Ann Marie 1 hr. +
9:30 am Studio B	Pilates Mat Sarah 1 hr. *
9:30 am Studio A	Sculpt Peggy 1 hr. *
9:30 am mezzanine	TRX Julian 3/4 hr. *
10:30 am Studio A	Body Combat Peggy 1 hr. *
10:30 am Studio C	Bolly Fusion Kavi 1 hr. *
11:00 am Fitness Center	Sr. Strength Circuit Anne 3/4 hr. +
11:30 am Pool	Water Works Sarah 1 hr. +
5:00 pm Studio A	Body Pump Joe M 1 hr. *
5:30 pm Studio C	Chisel Cindy 1 hr. *
5:30 pm Studio B	Dance Like the Stars Sarah 1 hr. ☺*
6:15 pm Studio A	Body Flow Tara P. 1 hr. ☺*
6:30 pm Studio B	Hot Hula Liza 1 hr. *
7:15 pm Studio A	ZUMBA Paola 1 hr. *
7:30 pm Studio B	Karate Joe 1 hr. \$

SATURDAY	
7:30 am Pilates Studio	Pilates Reformer Marlo 1 hr. \$
8:30 am Pilates Studio	Pilates Reformer Marlo 1 hr. \$
8:00 am Studio A	Body Step Tara P. 1 hr. *
8:30 am Studio B	Yoga Tim 1 1/2 hr. 👑*
9:00 am mezzanine	TRX Julian 3/4 hr. *
9:00 am Studio A	Body Pump Joe/Katie 1 hr. *
9:00 am Spin Studio	RPM Lisa 1 hr. ☺*
10:15 am Studio A	Body Combat Katie 1 hr. *
10:00 am Studio B	Body Flow Sarah 1 hr. ☺*
11:15 am Studio A	Zumba Ashley 1 hr. *
11:15 am mezzanine	TRX Janmarie 3/4 hr. *

SUNDAY	
9:00 am Studio A	Body Combat Trish /Katie 1 hr. *
9:00 am Studio B	Pilates Mat Basha 1 hr. *
9:00 am Spin Studio	RPM Steven/Cathy 1 hr. *
10:00 am Studio A	Body Pump Trish/Katie 1 hr. *
10:00 am Studio B	Yoga Basha 1 1/2 hrs. ☺*
11:15 am Studio A	ZUMBA Stephanie/Sarah 1 hr. *

LEVELS

- * = All
- = Beginner
- ◆ = Intermediate
- = Advanced
- + = Senior
- \$ = Additional cost
- ☺ = OK for 13 yrs. — 15 yrs.
- 👑 = Ambassador classes



OUR PILATES INSTRUCTORS ARE STOTT, IM-X, or PHYSICAL MIND CERTIFIED
 These certifications require over 100 hours of intensive training which include: instruction, supervised teaching, observation, physical review, & practice teaching.