

MONDAY	
6:00 am	Boot Camp Jeff 1 hr. * \$
9:00 am	Gentle Fit Susan 3/4 hr +
9:30 am	Body Attack Peggy/Kari 1 hr ☺*
9:30 am	RPM Lisa 1 hr 👑☺*
9:30 am	Get Up & Go Sarah 3/4 hr +
10:30 am	TSS Susan 3/4 hr +
10:30 am	Sculpt Peggy 1 hr 👑*
12 noon	Water Works Susan 1 hr +
5:00 pm	Body Pump Joe 1 hr. 👑*
5:00 pm	RPM Tara 1 hr. ◆
6:00 pm	Zumba Christian 1 hr. ☺*
6:00 pm	Chisel Cindy 1 hr. 👑*
6:00 pm	Pilates on the Ball Sarah 1 hr. *
7:00 pm	HEAT Trish 1 hr. *
7:00 pm	ALL ABS Sarah 1/2 hr. ☺*
7:00 pm	Spinning Jeff 1 hr. ◆
7:00 pm	Yoga Laurie 1 1/2 hr. ☺*
7:30 pm	Tai-Chi Brian 1 1/2 hr. *
8:00 pm	Body Flow Sarah 1 hr. ☺*
8:00 pm	TRX Jeff 3/4 hr. *

TUESDAY	
5:45 am	Spinning Jeff 1 hr. ◆
6:00 am	Aquafit Chris 1 hr. *
9:30 am	Body Step Peggy 1 hr. *
9:30 am	Gentle Chair Yoga Dina 1 hr. +
9:30 am	Senior Conditioning Karen 1 hr. 👑+
10:30 am	Body Flow Peggy 1 hr. ☺*
10:30 am	Zumba Karen 1 hr. *
11:00 am	Sr. Strength Circuit Anne 3/4 hr. +
5:00 pm	Body Attack Marcio 1 hr. *
6:00 pm	Body Combat Trish /Tara 1 hr. *
6:00 pm	RPM Andrea/Lisa 1 hr. ◆
6:00 pm	Pilates Mat Marlo 1 hr. 👑*
6:00 pm	TRX Julian 3/4 hr. *
7:00 pm	Intro to Spin Andrea 1/2 hr. ◆
7:00 pm	Body Pump Marcio 1 hr. 👑*
7:00 pm	Karate Joe 1 hr. \$
7:00 pm	Body Flow Trish 1 hr. 👑☺*
7:15 am	Pilates Reformer Marlo 1 hr. \$
7:30 pm	Aqua Fit <i>Rotation</i> 1 hr. *
8:00 pm	ZUMBA Sarah 1 hr. *

WEDNESDAY	
6:00 am	Boot Camp Jeff 1 hr. * \$
6:00 am	RPM Tony 1 hr. ◆
8:30 am	Spinning Teresa 1 hr. ☺*
9:00 am	Forever Fit Sampler Anne Marie 1 hr. +
9:30 am	Body Pump Trish 1 hr. 👑*
9:30 am	Pilates on the Ball Sarah 1 hr. *
10:30 am	Zumba Jenn 1 hr. *
10:30 am	TRX Trish 3/4 hr. *
12 noon	Water Works Sarah 1 hr. +
5:00 pm	Body Pump Mechelle 1 hr. *
5:00 pm	All ABS Cindy 1/2 hr. 👑☺*
5:30 pm	Chisel Cindy 1 hr. *
6:00 pm	Body Step Tara P. 1 hr. 👑*
6:00 pm	RPM Matt/Lindsay 1 hr. ☺*
6:00 pm	Pilates Mat/Beyond Basics Sarah 1 hr. ◆
6:00 pm	TRX Erica 3/4 hr. *
6:30 pm	Sculpt Susan 1 hr. *
7:00 pm	Body Combat Trish 1 hr. *
7:00 pm	Body Flow Sarah 1 hr. ☺*
7:30 pm	Ballroom Dance I Sandy/Lou 1 hr. \$
8:00 pm	Athletic Yoga Sarah 1 hr. ☺*
8:00 pm	Zumba Kasi 1 hr. *
8:30 pm	Ballroom Dance II Sandy/Lou 1 hr. \$ ◆

THURSDAY	
5:45 am	Spinning Jeff 1 hr. ◆
5:45 am	Body Attack Amanda 1 hr. ☺*
6:00 am	Aqua Fit Andrea 1 hr. *
8:30 am	Get Up & Go Karen 3/4 hr. +
9:30 am	Body Step Peggy 1 hr. 👑*
9:30 am	Gentle Yoga Staff 1 hr. *
9:30 am	Pilates Reformer Jackie 1 hr. \$
9:30 am	Senior Conditioning Karen 1 hr. +
10:30 am	Body Flow Peggy 1 hr. 👑☺*
5:00 pm	Body Combat Trish/Tara 1 hr. *
6:00 pm	Body Flow Chris 1 hr. ☺*
6:00 pm	Zumba Kasi 1 hr. *
6:00 pm	RPM Tony/Andrea 1 hr. 👑☺*
7:00 pm	Dance Like Stars Sarah 1 hr. ☺*
7:00 pm	Body Pump Adrian 1 hr. *
7:00 pm	Yoga Eddison 1 1/2 hr. ☺*
7:30 pm	Aqua Step Tone Stephanie 1 hr. *
8:00 pm	All ABS Andrea 1/2 hr. ☺*
8:00 pm	TRX T-Mac 3/4 hr. *

FRIDAY	
6:00 am	Boot Camp Jeff 1 hr. * \$
6:00 am	Body Combat Tara 1 hr. *
6:00 am	TRX Julian 3/4 hr. *
9:00 am	RPM Lisa 1 hr. *
9:00 am	Forever Fit Sampler Ann Marie 1 hr. +
9:30 am	Pilates Mat Sarah 1 hr. *
9:30 am	Sculpt Peggy 1 hr. 👑*
9:30 am	TRX Trish 3/4 hr. *
10:15 am	Pilates Reformer Lisa 1 hr. \$
10:30 am	Body Combat Peg/Trish 1 hr. 👑*
11:00 am	Sr. Strength Circuit Anne 3/4 hr. +
12 noon	Water Works Sarah 1 hr. +
5:00 pm	Body Pump Christian 1 hr. *
5:30 pm	Chisel Cindy 1 hr. *
6:00 pm	Body Flow Christian 1 hr. ☺*
7:00 pm	ZUMBA Jewelee 1 hr. *
7:30 pm	Karate Joe 1 hr. \$

SATURDAY	
7:00 am	Pilates Reformer Marlo 1 hr. \$
8:00 am	Pilates Reformer Marlo 1 hr. \$
9:00 am	Pilates Reformer Marlo 1 hr. \$
8:00 am	Body Step Tara P. 1 hr. *
8:30 am	Yoga Tim 1 1/2 hr. 👑*
9:00 am	Chisel Sarah 1 hr. *
9:00 am	TRX Julian 3/4 hr. *
9:00 am	Body Pump Tara 1 hr. *
9:00 am	RPM Lisa 1 hr. ☺*
10:00 am	Body Combat Tara 1 hr. *
10:00 am	Body Flow Sarah 1 hr. ☺*
11:00 am	Zumba Georgette 1 hr. *
11:00 am	TRX Staff 3/4 hr. *

SUNDAY	
9:00 am	Body Combat Trish 1 hr. *
9:00 am	Pilates Mat Basha 1 hr. *
9:00 am	RPM Matt 1 hr. *
10:00 am	Body Pump Trish 1 hr. *
10:00 am	Yoga Basha 1 1/2 hrs. ☺*
11:00 am	ZUMBA Staff 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.

CARDIO CONDITIONING

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

BODY ATTACK: High energy cardio/strength workout (Mon 9:30 am, Tues 5 pm, Thurs 5:45 am)

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

BOOT CAMP: Challenge yourself, burn calories quickly & tone every muscle group. Class trains indoors at The Club and outdoors at various locations) (Mon 6 am, Weds 6 am, Fri 6 am) \$

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)

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 (Thurs 7 pm)

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

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 pm, Tues 10:30 am & 8 pm, Weds 10:30 am, 8 pm, Thurs 6 pm, Fri 7 pm, Sat 11 am, Sun 11 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 6pm, Weds 10:30 am & 6 pm, Thurs 8 pm, Fri 6 am & 9:30 am, Sat. 9 am & 11 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 8 pm)

BODY PUMP: The original barbell class (Mon 5 pm, Tues 7:00 pm, Wed 9:30 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 6 pm, Wed 5:30 pm, Fri 5:30 pm, Sat 9 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)


STONE, 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)

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 12 noon, Wed 12 noon, Fri 12 noon)

 **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.

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 pm, Tues 10:30 am & 7 pm, Wed 7:00 pm, Thurs 10:30 am & 6 pm, Fri 6 pm, Sat 10 am)

KARATE—\$ - Isshinryu Karate/Self defense for men & women (Tues 7 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 9:30 am, Fri 10:15 am, Sat 7 am, 9 am & 8 am)

TAI-CHI—A discipline of fluid motion is used to condition your body, promote health, confidence and overall well-being (Mon 7:30 pm)

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)

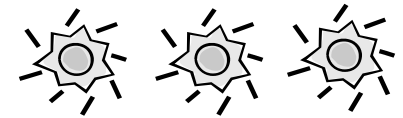
SPINNING - ALL SPIN CLASSES—SIGN UP AT FRONT DESK 1/2 HR BEFORE

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

RPM - Another great class from Les Mills. A pre-choreographed, instructor-led class. (Mon 9:30 am & 5 pm, Tue 6 pm, Wed 6 am & 6 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)

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



GROUP FITNESS CLASS SCHEDULE



SUMMER 2010

Begins June 14th

the Club at WOODBRIDGE

300 MAIN STREET - WOODBRIDGE, NJ
(732) 634-5000