CARDIO CONDITIONING
AQUA FIT: A combination of low-impact aqua aerobics and muscle toning exercises (Tues 6:00 am, Thurs 6:00 am)
AQUA TONE: Combination of low impact aerobics & muscle toning set to energizing music. (Monday 11:30 am, Weds 11:30 am, Thurs 7:45 pm)
AQUA TONE EXPRESS: Combination of low impact aerobics & muscle toning set to music without joint stress. (Tuesday 8 pm)
BODY COMBAT: The workout with a punch! High-energy cardio-aerobic training with martial arts disciplines. (Mon 5:45 am, Tues 6:00 pm, Weds 10:30 am & 7:00 pm, Thurs 5:00 pm, Sat 10:15 am, Sun 9:00 am)
BODY STEP: It's a step class with all the muscle, but without the dance. (Mon 9:30 am, Wed 5:15 pm, Sat 8 am)
DANCE LIKE THE STARS: An aerobic dance workout while learning the steps & technique to ballroom dances. No partner necessary. Dances such as: Cha-Cha, Swing, Waltz, Salsa, Merengue, Samba, Rumba, Night Club 2-step plus more (Fri 5:15 pm)
DANCE FIT: Fun, simple, low impact cardio dance class. (Mon 9:30 am)
FUSION FIT: This ever changing workout is a huge calorie burner consisting of strength, cardio & core work. (Thurs 9:30 am)
POUND: Drum your way to a leaner physique all the while rocking out to your favorite music. (Tues 9:45 am & 5:30 pm, Weds 7 pm, Thurs 6:15 pm, Sun 9 am)
R.L.P.P.E.D: “The All in One Body Shock” Resistance, interval, power, phy, endurance, and diet. This is a plateaux proof workout that combines cardio and strength for the ultimate calorie and fat burning results. (Mon 7:00 pm, Tues 9:30 am, Sat 9:00 am)
SPORT CIRCUIT: A circuit class that consists of resistance training, cardiovascular work & sport specific drills (Wed 5:45 am)
SPRINT—High Intensity Interval Training workout using an indoor bike achieve fast results. (Wed 6:00 pm, Fri 5:45 am, Sunday 8:00 am)
GRIT – High Intensity Interval Training Small group/team training with your coach who motivated you and the team. You workout real hard! (Tues 6:00 am, Tues 9:30 am, 7:00 pm, Saturday 8:00 am)
STRONG by ZUMBA: High Intensity Boot Camp style class that sync movement to hypnotic latin music. (Thurs 6 pm)
ZUMBA TONE: All the fun and easy to follow moves of the Latin inspired dance workout combines with sculpting moves using light resistance. (Wed 8:00 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, 6:00 pm, Tues 10:30 am & 7:00 pm, Sat 11:15 am, Sun 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)
BODY ATTACK/CX WORK: Get it done in 1 hour — this class gives you the benefits of the sports inspired cardio workout of Body Attack coupled with core defining CX Worx. (Tues 5:00 pm, Friday 10:30 am, Sunday 8:00 am)
BODY PUMP: The original barbell class (Tues 7:00 pm, Wed 9:30 am, Fri 5 pm, Sat 9 am, Sun 10 am)
BODY PUMP EXPRESS: Body pump barbell class in 45 minute format (Mon 10:30 am & 5:15 pm, Thurs 7:00 pm)
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)
CX WORK: An intensely challenging 30 minute core workout that gets you results where it counts the most. (Tues 9:00 am & 8:00 pm, Weds 6:15 pm, Thurs 7:45 pm, Sat 8:30 am)
KETTLEBALL: This class generates momentum & then perpetuates & redirects that momentum. This small class works your entire body. (Mon 6:15 pm, Weds 4:30 pm, Thurs 7:45 pm)
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, Friday 9:30 am)
FOREVER FIT SENIORS
SPECIAL CONDITIONING - Improves muscular strength & bone density. Uses weighted Body Bars for resistance training exercises. (Tues 9:30 am, Thurs 9:30 am)
GENTLE FIT & STRETCH: Muscle toning class (Mon 9:00 am)
GENTLE CHAIR YOGA: This yoga class incorporates all the advantages of challenge and self-pacing for all levels and ages. (Tues 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)
ZUMBA GOLD: Latin based dance workout with low impact moves perfect for seniors (Thurs 8:15 am)

ATHLETIC YOGA: Designed specifically to accommodate athletes. Poses are geared to improve overall athletic performance (Wed 8:00 pm)
BODY FLOW: A combination class using the best experience of Pilates, Yoga, and Tai-Chi (Tues 10:30 am & 7:00 pm, Wed 7:00 pm, Thurs 10:30 am & 6 pm, Sat 10 am)
PIATES—BEYOND THE BASICS: Mat class utilizing flex bands, fitness rings, gliding discs and balls. (Weds 6 pm)
PIATES MAT: Pilates Mat focuses on improving strength, flexibility, coordination, & posture (Tues 6 pm, Fri 9:30 am, Sun 9 am)
PIATES ON THE BALL: Same as Mat using a physio ball (Mon 6 pm, Wed 9:30 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 5:30 pm, 7 pm, Tues 6 pm, Wed 5:45 am, 8:30 am, 7:00 pm, Thurs 6:00 pm, Fri 9:00 am, Sat 9 am, Sun 9 am)
SPINNING: This free-style, high energy class integrated music, campanella & visualizations (water bottle & towel required. (Tues 5:45 am, Thurs 5:45 am)

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

WINTER 2017

Begins January 2

Group Fitness Class Schedule

The Club at Woodbridge
585 Main Street • Woodbridge, NJ
(732) 634-5000
www.theclub.org
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45 am Studio A</td>
<td>Body Combat Carolina</td>
<td>1 hr.</td>
<td>Spinning Jeff</td>
<td>1 hr.</td>
<td>Spinning Jeff</td>
</tr>
<tr>
<td>5:45 am Studio A</td>
<td>Gentle Fit &amp; Stretch Susan</td>
<td>3/4 hr</td>
<td>Pool</td>
<td>Sports Circuit</td>
<td>1 hr.</td>
</tr>
<tr>
<td>6:00 am Studio B</td>
<td>GRIT Cesar</td>
<td>1/2 hr.</td>
<td>RPM</td>
<td>8:30 am Studio B</td>
<td>RPM Rachel</td>
</tr>
<tr>
<td>9:00 am Studio A</td>
<td>Cesar</td>
<td>1/2 hr.</td>
<td>$</td>
<td>9:00 am Studio B</td>
<td>Forevery Fit Sampler Chara</td>
</tr>
<tr>
<td>9:30 am Studio B</td>
<td>Dance Fit Sarah</td>
<td>3/4 hr</td>
<td>9:30 am Studio C</td>
<td>Gentle Chair Yoga Chara</td>
<td>1 hr.</td>
</tr>
<tr>
<td>10:30 am Studio C</td>
<td>Sculpt Peggy</td>
<td>1 hr.</td>
<td>10:30 am Studio A</td>
<td>Body Pump Trish</td>
<td>1 hr.</td>
</tr>
<tr>
<td>10:30 am Studio A</td>
<td>Body Pump Express Trish</td>
<td>3/4 hr</td>
<td>9:30 am Studio A</td>
<td>Pilates on the Ball Sarah</td>
<td>1 hr.</td>
</tr>
<tr>
<td>11:30 am Pool</td>
<td>Aqua Tone Sarah</td>
<td>1 hr.</td>
<td>Studio B</td>
<td>Trish</td>
<td>1 hr.</td>
</tr>
<tr>
<td>5:15 pm Studio A</td>
<td>Body Pump Express Lindsey</td>
<td>3/4 hr</td>
<td>Studio C</td>
<td>Body Combat Trish/Cesar</td>
<td>1 hr.</td>
</tr>
<tr>
<td>5:30 pm Spin Studio</td>
<td>RPM Steven</td>
<td>1 hr.</td>
<td>Studio C</td>
<td>Body Combat Trish/Cesar</td>
<td>1 hr.</td>
</tr>
<tr>
<td>5:30 pm Studio C</td>
<td>Chisel Cindy</td>
<td>1 hr.</td>
<td>Studio C</td>
<td>Body Pump Express Lindsey</td>
<td>3/4 hr</td>
</tr>
<tr>
<td>6:00 pm Studio B</td>
<td>Pilates on the Ball Sarah</td>
<td>1 hr.</td>
<td>Studio A</td>
<td>RPM Andrea</td>
<td>1 hr.</td>
</tr>
<tr>
<td>6:00 pm Studio A</td>
<td>POUND</td>
<td>1/2 hr.</td>
<td>Body Pump Express</td>
<td>Sara</td>
<td>3/4 hr.</td>
</tr>
<tr>
<td>7:00 pm Studio A</td>
<td>Body Combat Trish/Cesar</td>
<td>1 hr.</td>
<td>7:00 pm Studio C</td>
<td>7:00 pm Studio B</td>
<td>Body Pump Express</td>
</tr>
<tr>
<td>7:00 pm Studio B</td>
<td>Body Pump Sarah</td>
<td>1 hr.</td>
<td>7:00 pm Studio B</td>
<td>TRX Cardio Strength</td>
<td>Katie</td>
</tr>
<tr>
<td>7:00 pm Studio C</td>
<td>Zumba Sarah</td>
<td>1 hr.</td>
<td>7:00 pm Studio C</td>
<td>Cesar</td>
<td>1/2 hr.</td>
</tr>
<tr>
<td>8:00 pm Pool</td>
<td>Body Flow</td>
<td>Chris 1hr</td>
<td>8:00 pm Pool</td>
<td>Athletic Yoga</td>
<td>Sarah</td>
</tr>
<tr>
<td>8:00 pm Studio A</td>
<td>Aqua Tone Express</td>
<td>Jenn</td>
<td>3/4 hr.</td>
<td>8:00 pm Pool</td>
<td>Zumba Tone</td>
</tr>
<tr>
<td>8:00 pm Studio A</td>
<td>CK WORKX</td>
<td>1/2 hr.</td>
<td>8:00 pm Studio A</td>
<td>CK WORKX</td>
<td>1/2 hr.</td>
</tr>
</tbody>
</table>