

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-vascular 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 & techniques to ballroom dances. No partner necessary. Dances such as: Cha-Cha, Swing, Waltz, Salsa, Merengue, Samba, Rumba, Nightclub 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.I.P.P.E.D: "The All in One Body Shock"
Resistance, interval, power, plyo, endurance, and diet. This is a plateau 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 & sports specific drills (Weds 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, 5:30 pm; Thurs 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 WORX: Get it done in 1 hour—this class give 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 WORX: 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)

KETTLEBELL: This class generates momentum & then perpetuates & redirects that momentum. This small class works your entire body. (Mon 6:15 pm, Weds 7 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

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 & 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 (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)

ZUMBA GOLD: Latin based dance workout with low impact moves perfect for seniors (Thurs 8:15 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! (Thurs 6:30 pm)

TRX CARDIO STRENGTH CIRCUIT : Sports inspired workout that incorporates TRX, kettlebells, and body weight exercises for ultimate results. (Mon 8:00 pm, Fri 6:00 am & 9:30 am, Sat 9 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 (Tues 10:30 am & 7:00 pm, Wed 7:00 pm, Thurs 10:30 am & 6 pm, Sat 10 am)

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)

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, camaraderie & visualization. Water bottle & towel required. (Tues 5:45 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**

**the
Club
at
WOODBRIDGE**



Group Fitness Class Schedule



WINTER 2017



Begins January 2

**585 Main Street ~ Woodbridge, NJ
(732) 634-5000
www.theclub.org**

MONDAY

5:45 am Studio A	Body Combat Carolina 1 hr * *
9:00 am Studio C	Gentle Fit & Stretch Susan 3/4 hr +
9:30 am Studio A	Body Step Peggy 1 hr ☺*
9:30 am Studio B	Dance Fit Sarah 3/4 hr ☺*
10:30 am Studio C	Sculpt Peggy 1 hr *
10:30 am Studio A	Body Pump Express Trish 3/4 hr *
11:30 am Pool	Aqua Tone Sarah 1 hr +
5:15 pm Studio A	Body Pump Express Lindsey 3/4 hr *
5:30 pm Spin Studio	RPM Steven 1 hr ◆
5:30 pm Studio C	Chisel Cindy 1 hr *
6:00 pm Studio B	Pilates on the Ball Sarah 1 hr *
6:00 pm Studio A	ZUMBA Jess 1 hr ☺*
6:15 pm Mezzanine	Kettlebell Julian 3/4 hr *
7:00 pm Studio A	Ripped Tara 1 hr. *
7:00 pm Studio C	ALL ABS Sarah 1/2 hr. ☺*
7:00 pm Spin Studio	RPM Celita 1 hr. ◆
7:00 pm Studio B	Yoga Laurie 1 1/2 hr. ☺*
8:00 pm Mezzanine	TRX Cardio Strength Katie 3/4 hr. *

TUESDAY

5:45 am Spin Studio	Spinning Jeff 1 hr. ◆
6:00 am Pool	Aqua Fit Jenn 1 hr. *
6:00 am BB	GRIT Cesar 1/2 hr. \$ ◆
9:00 am Studio A	CX WORX Donna 1/2 hr. ☺ *
9:30 am Studio A	Ripped Peggy 1 hr. *
9:30 am Studio B	Gentle Chair Yoga Chara 1 hr. +
9:30 am Studio C	Senior Conditioning Chris 1 hr. +
9:45 am BB	POUND Donna 3/4 hr. *
10:30 am Studio A	Body Flow Peggy 1 hr. ☺*
10:30 am Studio C	Zumba Amanda 1 hr. *
5:00 pm Studio A	Body Attack/CX WORX COMBO Amanda/Donna 1 hr. *
5:30 pm FC	POUND Trish 1/2 hr. *
5:30 pm BB	GRIT Samantha 1/2 hr. \$ ◆
6:00 pm Studio A	Body Combat Trish/Cesar 1 hr. *
6:00 pm Spin Studio	RPM Andrea 1 hr. ◆
6:00 pm Studio B	Pilates Mat Sarah 1 hr. *
7:00 pm Studio A	Body Pump Cesar 1 hr. *
7:00 pm Studio B	Zumba Sarah 1 hr. *
7:00 pm Studio C	Body Flow Chris 1 hr ☺ *
8:00 pm Pool	Aqua Tone Express Jenn 3/4 hr. *
8:00 pm Studio A	CX WORX 1/2 hr ☺ *

WEDNESDAY

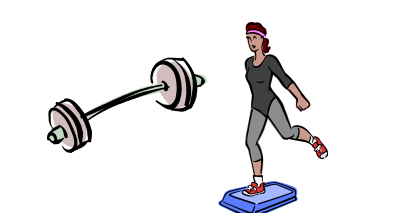
5:45 am Studio A	Sports Circuit Jeff 1 hr *
5:45 am Spin Studio	RPM Tony 1 hr. ◆
8:30 am Spin Studio	RPM Rachael 1 hr. ◆
9:00 am Studio C	Forever Fit Sampler Chara 1 hr. +
9:30 am Studio A	Body Pump Trish 1 hr. *
9:30 am Studio B	Pilates on the Ball Sarah 1 hr. *
10:30 am Studio A	Body Combat Trish 1 hr. ☺ *
11:30 am Pool	Aqua Tone Sarah 1 hr. +
5:00 pm Studio C	All ABS Cindy 1/2 hr. ☺ *
5:15 pm Studio A	Body Step Megan 1 hr. *
5:30 pm Studio C	Chisel Cindy 1 hr. *
6:00 pm Spin Studio	Sprint Cesar 1/2 hr. \$ ◆
6:15 pm Studio A	CX WORX Sara 1/2 hr. ☺ *
6:00 pm Studio B	Pilates Mat/Beyond Basics Sarah 1 hr. ◆
7:00 pm Studio B	Body Flow Sarah 1 hr. ☺ *
7:00 pm mezzanine	Kettlebell Julian 3/4 hr *
7:00 pm Spin Studio	RPM Celita 1 hr ☺ *
7:00 pm Studio A	Body Combat Carolina 1 hr. *
7:00 pm FC	POUND Sara 3/4 hr. *
8:00 pm Studio B	Athletic Yoga Sarah 1 1/2 hrs. ☺ *
8:00 pm Studio A	Zumba Tone Jess 3/4 hr. *

THURSDAY

5:45 am Spin Studio	Spinning Jeff 1 hr. ◆
6:00 am Pool	Aqua Fit Maggie/Jenn 1 hr. *
8:15 am Studio B	Zumba Gold Rachel 3/4 hr. * +
9:30 am Studio A	Fusion Fit Peggy 1 hr. ☺*
9:30 am Studio B	Gentle Chair Yoga Chara 1 hr. *
9:30 am BB	GRIT Trish/Sara 1/2 hr. \$ ◆
9:30 am Studio C	Senior Conditioning Lisa 1 hr. +
10:30 am Studio A	Body Flow Peggy 1 hr. ☺ *
5:00 pm Studio A	Body Combat Sara 1 hr. *
6:00 pm Studio B	Body Flow Chris 1 hr. ☺ *
6:00 pm Studio A	Strong by Zumba Jess & Paola 1 hr. *
6:00 pm Spin Studio	RPM Tony/Andrea 1 hr. ☺ *
6:30 pm FC	TRX Julian 3/4 hr *
6:15 pm BB	POUND Sara 3/4 hr *
7:00 pm Studio A	Body Pump Express Lindsey 3/4 hr *
7:00 pm BB	GRIT Katie 1/2 hr. \$ ◆
7:00 pm Spin Studio	Intro to Spin Andrea 1/2 hr *
7:00 pm Studio B	Yoga Eddison 1 1/2 hr ☺*
7:45 pm Pool	Aqua Tone Jenn 1 hr *
7:45 pm Studio A	CX WORX Katie 1/2 hr ☺*

FRIDAY

5:45 am Spin Studio	Sprint Cesar 1/2 hr. \$ ◆
6:00 am FC	TRX Cardio Strength Sara 3/4 hr. *
9:00 am Spin Studio	RPM Lisa 1 hr. *
9:00 am Studio C	Forever Fit Sampler Chara 1 hr. +
9:30 am Studio B	Pilates Mat Sarah 1 hr. *
9:30 am FC	TRX Cardio Strength Trish 3/4 hr. *
9:30 am Studio A	Sculpt Peggy 1 hr. *
10:30 am Studio A	Body Attack/CX combo Peggy/Donna 1 hr. *
5:00 pm Studio A	Body Pump Sydney 1 hr. *
5:15 pm Studio B	Dance Like the Stars Sarah 1 hr ☺*



LEVELS	
* = All	+ = Senior
● = Beginner	\$ = Additional cost
◆ = Intermediate	☺ = OK for 13 yrs.—15 yrs.
■ = Advanced	Ambassador classes (SEE SHADED AREAS)

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.

SATURDAY

8:00 am Studio A	Body Step Tara 1 hr. *
8:00 am BB	GRIT Trish/Lindsey 1/2 hr. \$ ◆
8:30 am Studio C	CX WORX Sarah 1/2 hr. ☺*
8:30 am Studio B	Yoga Tim 1 1/2 hr. *
9:00 am Studio C	Ripped Sarah 1 hr. *
9:00 am FC	TRX Cardio Strength Trish 3/4 hr. *
9:00 am Studio A	Body Pump Mia/Cesar 1 hr. *
9:00 am Spin Studio	RPM Lisa 1 hr. ☺*
10:15 am Studio A	Body Combat Cesar/Laurie 1 hr. *
10:00 am Studio B	Body Flow Sarah 1 hr. ☺*
11:15 am Studio A	Zumba Jess 1 hr. *

SUNDAY

8:00 am Spin Studio	Sprint Lisa 1/2 hr. \$ ◆
8:00 am Studio A	Body Attack/CX Worx Combo Cesar 1/2 hr. ☺*
9:00 am Studio A	Body Combat Cesar 1 hr. *
9:00 am Studio B	Pilates Mat Basha 1 hr. *
9:00 am mezz	POUND Donna 3/4 hr. *
9:00 am Spin Studio	RPM Steven 1 hr. *
10:00 am Studio A	Body Pump Cesar 1 hr. *
10:00 am Studio B	Yoga Basha 1 1/2 hrs. ☺*
11:15 am Studio A	ZUMBA Sarah/Melissa 1 hr. *