

## 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)

**BARRE:** A combination of ballet inspired postures & other disciplines like Yoga & Pilates to work & sculpt the entire body (Mon. 9:30 am, Tues 8:30 am & 6 pm, Sat 9 am)

**BODY COMBAT:** The workout with a punch! High-energy cardio-vascular training with martial arts disciplines. (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 & 7 pm, 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)

**FUSION FIT:** This ever changing workout is a huge calorie burner consisting of strength, cardio & core work (Thurs. 9:30 am)

**SPORTS 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. (Mon 9:30 am, 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. (Weds 6:15 pm, Thurs 6 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:** The sports inspired cardio workout for building strength & stamina (Mon 5:45 am)

**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 9:30 am & 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)

**BODY PUMP EXPRESS:** Body pump barbell class in 45 minute format (Mon 10:30 am & 5:15 pm, Thurs 7:00 pm, 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)

**CX WORX:** An intensely challenging 30 minute core workout that gets you results where it counts the most. (Tues 8:00 pm, Weds 6:30 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 6:15 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 (Mon 8:30 am, Thurs 8:30 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 7:15 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 (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 (Tues 7 pm)

**RPM:** Another great class from Les Mills. A pre-choreographed, instructor- led class. (Mon 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)

**SPRINT—High Intensity Interval Training** workout using an indoor bike achieve fast results. (Mon 9:30 am & 6:15 pm, Wed 6:00 pm, Fri 5:45 am, Sun 8:00 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  
WOODBIDGE**



# Group Fitness Class Schedule



# WINTER 2018



**Begins January 2**

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

# MONDAY

5:45 am TBD	<b>Body Attack</b> Sydnee 1 hr. *
8:30 am Studio A	<b>Zumba Gold</b> Rachel 3/4 hr *
9:00 am Studio C	<b>Gentle Fit &amp; Stretch</b> Susan 3/4 hr +
9:30 am Studio A	<b>Body Step</b> Peggy 1 hr ☺*
9:30 am Studio B	<b>Barre</b> Sarah 3/4hr ☺*
9:30 am Spin Studio	<b>Sprint</b> Lisa 1/2 hr \$◆
10:30 am Studio C	<b>Sculpt</b> Peggy 1 hr *
<b>10:30 am Studio A</b>	<b>Body Pump Express</b> Trish 3/4 hr *
11:30 am Pool	<b>Aqua Tone</b> Sarah 1 hr +
5:15 pm Studio A	<b>Body Pump Express</b> Lindsey 3/4 hr *
5:30 pm Studio C	<b>Chisel</b> Cindy 1 hr *
6:00 pm Studio B	<b>Pilates on the Ball</b> Sarah 1 hr *
6:00 pm Studio A	<b>ZUMBA</b> Jess 1 hr ☺*
6:15 pm Mezzanine	<b>Kettlebell</b> Samantha 3/4 hr *
6:15 pm Spin Studio	<b>SPRINT</b> Dan 1/2 hr \$◆
7:00 pm Studio A	<b>Body Step</b> Tara 1 hr. *
7:00 pm Studio C	<b>ALL ABS</b> Sarah 1/2 hr. ☺*
7:00 pm Spin Studio	<b>RPM</b> Celita 1 hr. ◆
7:00 pm Studio B	<b>Yoga</b> Laurie 1 1/2 hr. ☺*
7:15 pm Mezzanine	<b>TRX Cardio Strength</b> Katie 3/4 hr. *

# TUESDAY

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

# WEDNESDAY

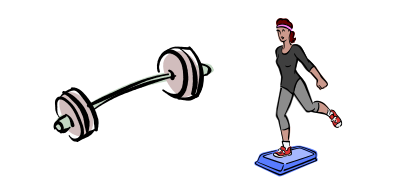
5:45 am Studio A	<b>Sports Circuit</b> Jeff 1 hr ◆
5:45 am Spin Studio	<b>RPM</b> Tony 1 hr. ◆
8:30 am Spin Studio	<b>RPM</b> Rachael 1 hr. ◆
9:00 am Studio C	<b>Forever Fit Sampler</b> Chara 1 hr. +
<b>9:30 am Studio A</b>	<b>Body Pump</b> Trish/Sydnee 1 hr. *
9:30 am Studio B	<b>Pilates on the Ball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

# THURSDAY

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

# FRIDAY

5:45 am Spin Studio	<b>Sprint</b> Cesar 1/2 hr. \$◆
6:00 am FC	<b>TRX Cardio Strength</b> Sara 3/4 hr. *
9:00 am Spin Studio	<b>RPM</b> Lisa 1 hr. *
9:00 am Studio C	<b>Forever Fit Sampler</b> Chara 1 hr. +
9:30 am Studio B	<b>Pilates Mat</b> Sarah 1 hr. *
9:30 am FC	<b>TRX Cardio Strength</b> Trish 3/4 hr. *
9:30 am Studio A	<b>Sculpt</b> Peggy 1 hr. *
10:30 am Studio A	<b>Body Attack/CX combo</b> Peggy 1 hr. *
5:00 pm Studio A	<b>Body Pump</b> Sydnee 1 hr. *
5:15 pm Studio B	<b>Dance Like the Stars</b> 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	<b>Body Step</b> Tara 1 hr. *
8:00 am BB	<b>GRIT</b> Trish/Lindsey 1/2 hr. \$◆
8:30 am Studio C	<b>CX WORX</b> Sarah 1/2 hr. ☺*
<b>8:30 am Studio B</b>	<b>Yoga</b> Tim 1 1/2 hr. *
9:00 am Studio C	<b>Barre</b> Sarah 3/4 hr. ☺*
9:00 am FC	<b>TRX Cardio Strength</b> Trish 3/4 hr. *
9:00 am Studio A	<b>Body Pump</b> Cesar 1 hr. *
9:00 am Spin Studio	<b>RPM</b> Lisa 1 hr. ☺*
10:15 am Studio A	<b>Body Combat</b> Cesar/Lula 1 hr. *
10:00 am Studio B	<b>Body Flow</b> Sarah 1 hr. ☺*
11:15 am Studio A	<b>Zumba</b> Jess 1 hr. *

# SUNDAY

8:00 am Spin Studio	<b>Sprint</b> Lisa 1/2 hr. \$◆
8:00 am Studio A	<b>Body Attack/CX Worx Combo</b> Cesar/Sydnee 1/2 hr. ☺*
9:00 am Studio A	<b>Body Combat</b> Cesar/Sydnee 1 hr. *
9:00 am Studio B	<b>Pilates Mat</b> Basha 1 hr. *
9:00 am Spin Studio	<b>RPM</b> Lisa 1 hr. *
10:00 am Studio A	<b>Body Pump Express</b> Cesar/Sydnee 1 hr. *
10:00 am Studio B	<b>Yoga</b> Basha 1 1/2 hrs. ☺*
11:15 am Studio A	<b>ZUMBA</b> Sarah/Melissa 1 hr. *