

CARDIO CONDITIONING

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. (Mon 5:45 am; Tues 6:00 pm, Weds 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 & 7:00 pm, Wed 5:15 pm, Fri 10:30 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)

SPORT CIRCUIT: This class consists of resistance, cardio & sports specific drills. (Wed 5:45 am)

SPRINT—High Intensity Interval Training

workout using an indoor bike achieve fast results. (Mon 9:30 am & 6:15 pm, Tues 6:00 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 5:30 pm, Thursday 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 & 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 10:30 am & 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 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 — 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)

YOGA SCULPT: This yoga practice is a fusion of yoga, dance & plyometrics to improve cardio, strength & flexibility. (Mon 7:30 pm, Wed 10 am)

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)

SPRINT—High Intensity Interval Training

workout using an indoor bike achieve fast results. (Mon 9:30 am & 6:15 pm, Tues 6:00 am, Wed 6:00 pm,



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.

the
Club at
WOODBRIDGE



Group Fitness Class Schedule



WINTER 2019



Begins January 2

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

Any questions call

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

MONDAY	
5:45 am Studio A	Body Combat Katie 1 hr. *
8:30 am Studio A	Zumba Gold Rachel 3/4 hr *
9:00 am Studio C	Gentle Fit & Stretch Julie 3/4 hr +
9:30 am Studio A	Body Step Peggy 1 hr ☺*
9:30 am Studio B	Barre Sarah 3/4hr ☺*
9:30 am Spin Studio	Sprint Lisa 1/2 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 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 Samantha 3/4 hr *
6:15 pm Spin Studio	SPRINT Dan 1/2 hr \$◆
7:00 pm Studio A	Body Step Amanda 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. ☺*
7:15 pm Fitness Ctr.	TRX Cardio Strength Elisa 3/4 hr. *
7:30 pm Studio C	YOGA SCULPT Jenn 1 hr. ☺ *

TUESDAY	
6:00 am Spin Studio	Sprint Dan 1/2 hr. \$◆
8:30 am Studio A	Barre Chara 3/4 hr. ☺*
9:30 am Studio A	Body Attack/CX WORX Peggy 1 hr. *
9:30 am Studio B	Gentle Chair Yoga Chara 1 hr. +
9:30 am Studio C	Senior Conditioning Chris 1 hr. +
10:30 am Studio A	Body Flow Peggy 1 hr. ☺*
5:00 pm Studio A	Body Attack/CX WORX COMBO Amanda/Jessica P. hr. *
5:30 pm BB	GRIT Samantha 1/2 hr. \$◆
6:00 pm Studio A	Body Combat Cesar 1 hr. *
6:00 pm Spin Studio	RPM Andrea 1 hr. ◆
6:00 pm Studio B	Barre Sarah 3/4 hr. *
7:00 pm Spin Studio	Intro to Spin Andrea 1/2 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 1hr ☺ *
8:00 pm Pool	Aqua Tone Express Elena 3/4 hr. *
8:00 pm Studio A	CX WORX 1/2 hr Sarah ☺ *

WEDNESDAY	
5:45 am Studio A	Sports Circuit Sara 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 Lisa 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	All ABS Trish 1/2 hr. ☺ *
10:00 am Studio C	Yoga Sculpt Jenn 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 Meghana/Amanda 1 hr. *
5:30 pm Studio C	Chisel Cindy 1 hr. *
6:00 pm Studio B	Pilates Mat/Beyond Basics Sarah 1 hr. ◆
6:00 pm Spin Studio	Sprint Cesar 1/2 hr. \$◆
6:15 pm mezzanine	Kettlebell Danielle 3/4 hr *
6:15 pm Studio A	Strong by Zumba Jess 3/4 hr. *
6:30 pm Studio C	CX WORX Katie 1/2 hr. ☺*
7:00 pm Studio B	Body Flow Sarah 1 hr. ☺ *
7:00 pm Spin Studio	RPM Celita 1 hr ☺ *
7:00 pm Studio A	Body Combat Katie 1 hr. *
8:00 pm Studio B	Athletic Yoga Sarah 1 1/2 hrs. ☺ *

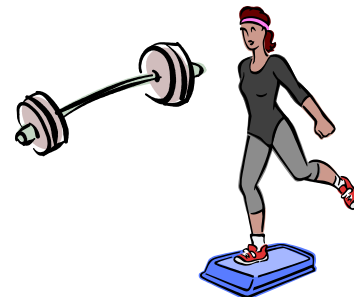
THURSDAY	
5:45 am Spin Studio	RPM Elisa 1 hr. ◆
8:30 am Studio A	Zumba Gold Rachel S. 3/4 hr. *✱
9:30 am Studio A	Fusion Fit Peggy 1 hr. ☺ *
9:30 am Studio B	Gentle Chair Yoga Chara 1 hr. *
9:30 am Studio C	Senior Conditioning Lisa 1 hr. +
10:30 am Studio A	Body Flow Peggy 1 hr. ☺ *
5:00 pm Studio A	Body Combat Monica 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 Dan 3/4 hr *
7:00 pm Studio A	Body Pump Express Trish 3/4 hr *
7:00 pm BB	GRIT Lindsey 1/2 hr. \$◆
7:00 pm Studio B	Yoga Eddison 1 1/2 hr ☺*
7:45 pm Pool	Aqua Tone Elena 1 hr *
7:45 pm Studio A	CX WORX Jessica P 1/2 hr ☺*

FRIDAY	
5:45 am Spin Studio	Sprint Cesar 1/2 hr. \$◆
6:00 am FC	TRX Cardio Strength Katie 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 Step Peggy 1 hr. *
5:00 pm Studio A	Body Pump Tara 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)

SATURDAY	
8:00 am Studio A	Body Step Tara 1 hr. *
8:00 am BB	GRIT 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	Barre Sarah 3/4 hr. ☺*
9:00 am FC	TRX Cardio Strength Trish 3/4 hr. *
9:00 am Studio A	Body Pump Cesar 1 hr. *
9:00 am Spin Studio	RPM Lisa 1 hr. ☺*
10:15 am Studio A	Body Combat Cesar 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 hr. ☺*
9:00 am Studio A	Body Combat Cesar 1 hr. *
9:00 am Studio B	Pilates Mat Basha 1 hr. *
9:00 am Spin Studio	RPM Lisa 1 hr. *
10:00 am Studio A	Body Pump Express Cesar 45 min. *
10:00 am Studio B	Yoga Basha 1 1/2 hrs. ☺*
11:15 am Studio A	ZUMBA Sarah/Melissa 1 hr. *



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.