



201-626-3161

Effective Date: 12/1/2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin** 9:30 - 10:30 AM Veronica		Power Yoga** 7:00- 8:00 AM Lara	PIYO** 7:00- 8:00 AM Mary	Yoga** 7:00- 8:00 AM Lara		Boot Camp** 9:00 - 10:00 AM Veronica
BollyX** 9:30 - 10:30 AM Ishita						Body Conditioning** 10:00 - 11:00 AM Mark
PIYO** 10:30- 11:30 AM Mary						Spin** 10:00 - 11:00 AM Veronica
Yoga** 12:00 -1:00 PM Tomas	Boot Camp** 12:00 - 1:00 PM Federico	BollyX** 12:00 - 1:00 PM Raj	Boot Camp** 12:00 - 1:00 PM Federico	Hatha Yoga** 12:00 - 1:00 PM Lara	Zumba** 12:00 - 1:00 PM Rochelle	Zumba ** 11:00 - 12:00 AM Rowena
						Vinyasa Yoga** 12:00 -1:00 PM Lara
	Core Fusion** 5:30 - 6:30 PM Kevin			HIIT** 5:30 - 6:30 PM Peter	Core Fusion** 5:30 - 6:30 PM Kevin	
	Body Conditioning** 6:30 - 7:30 PM Mark	Pilates** 6:30 - 7:30 PM Rhonda	Pilates** 6:30 - 7:30 PM Rhonda	Zumba** 6:30 - 7:30 PM Raquel	Body Conditioning** 6:30 - 7:30 PM Mark	
	BollyX** 7:30 - 8:30 PM Rajany	Spin** 6:30 - 7:30 PM Veronica	Spin** 6:30 - 7:30 PM Raquel	Spin** 7:00 - 8:00 PM Lorenzo	Spin** 6:30 - 7:30 PM Kevin	
	Spin** 6:30 - 7:30 PM Kevin	Boot Camp** 7:30 - 8:30 PM Mark	Zumba** 7:30 - 8:30 PM Rowena	BollyX** 7:30 - 8:30 PM Henna		
	Boot Camp** 8:30 - 9:30 PM Andre		Yoga** 8:30 -9:30 PM Sarah	Boot Camp** 8:30 - 9:30 PM Andre		
*Sign up for Virtual Classes at <a href="https://www.nflifestylelive.com">https://www.nflifestylelive.com</a>						
25 Participants Max (15 for Spin). Reserve up to 3 days in advance online through the member Portal.						

## **Class Description**

### **ADVANCED BODY CONDITIONING**

*A sport-oriented workout alternating no frills aerobic drills with total body conditioning using weights, body bars and manual resistance to develop sleek legs, tight abs and a strong, toned upper body. The ultimate fat burner! All levels welcome*

### **BOLLYX**

*A Bollywood inspired dance program that combines dynamic choreography with great music and uses interval training techniques. All levels welcome, come ready to sweat!*

### **BOOT CAMP**

*Military-style cardio drills and strength training exercises for a challenging total body workout. Emphasis will be on core strength focusing on proper alignment and posture while performing exercises. Burn calories, develop strong/lean muscles. All levels welcome*

### **CORE FUSION**

*Ab/core workout and stretches, which includes flexibility exercises that strengthens and builds core. Ultimate full body workout using your own body as resistance.*

### **Hatha Yoga**

*Hatha Yoga is a branch of Yoga which uses physical techniques to preserve and channel the vital force or energy.*

### **HIIT**

*High intensity interval training; a form of exercise in which short periods of intense exercise are alternated with less intense recovery periods. All levels welcome.*

### **PILATES**

*These classes combine strength, flexibility and balance. Weights and agility balls will be used in some classes. Pilates workout is based on the work of Joseph Pilates. All levels welcome.*

### **PIYO**

*PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.*

### **POWER YOGA**

*This class is designed to strengthen, lengthen, & tone through specific Yoga poses that will emphasize core conditioning.*

### **VINYASA YOGA**

*Vinyasa yoga, in which movement is synchronized to the breath, is a term that covers a broad range of yoga classes. This style is sometimes also called flow yoga, because of the smooth way that the poses run together and become like a dance.*

### **YOGA**

*Uses physical postures, breathing practices, relaxation and meditation to harmonize body, mind and spirit. All levels welcome*

### **ZUMBA**

*Come join the party! Zumba is the latest fitness sensation. Burn mega calories while dancing to the hottest Latin rhythms. Come ready to sweat & have a blast!*