



201-626-3161

5/15/2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Spin**</i> 9:30 - 10:30 AM Veronica		<i>Power Yoga**</i> 7:00- 8:00 AM Lara	<i>PIYO**</i> 7:00- 8:00 AM Mary	<i>Yoga**</i> 7:00- 8:00 AM Lara		<i>Boot Camp**</i> 9:00 - 10:00 AM Veronica
<i>BollyX**</i> 9:30 - 10:30 AM Ishita						<i>Body Conditioning**</i> 10:00 - 11:00 AM Mark
<i>PIYO**</i> 10:30- 11:30 AM Mary						<i>Spin**</i> 10:00 - 11:00 AM Veronica
<i>Yoga**</i> 12:00 -1:00 PM Tomas	<i>Boot Camp**</i> 12:00 - 1:00 PM Federico	<i>BollyX**</i> 12:00 - 1:00 PM Raj	<i>Boot Camp**</i> 12:00 - 1:00 PM Federico	<i>Hatha Yoga**</i> 12:00 - 1:00 PM Lara	<i>Zumba**</i> 12:00 - 1:00 PM Rochelle	<i>Zumba **</i> 11:00 - 12:00 AM Rowena
<i>Zumba**</i> 1:00 -2:00 PM Leslie						<i>Vinyasa Yoga**</i> 12:00 -1:00 PM Lara
	<i>Core Fusion**</i> 5:30 - 6:30 PM Kevin			<i>PIYO**</i> 5:30-6:30 PM Mary	<i>Core Fusion**</i> 5:30 - 6:30 PM Kevin	<i>Dynamic Stretch**</i> 3:00 - 4:00 PM Andre
	<i>Body Conditioning**</i> 6:30 - 7:30 PM Mark	<i>Pilates**</i> 6:30 - 7:30 PM Rhonda	<i>Pilates**</i> 6:30 - 7:30 PM Rhonda	<i>Zumba**</i> 6:30 - 7:30 PM Raquel	<i>Body Conditioning**</i> 6:30 - 7:30 PM Mark	
	<i>BollyX**</i> 7:30 - 8:30 PM Raj	<i>Spin**</i> 6:30 - 7:30 PM Veronica	<i>Spin**</i> 6:30 - 7:30 PM Raquel	<i>Spin**</i> 7:00 - 8:00 PM Lorenzo	<i>Spin**</i> 6:30 - 7:30 PM Kevin	
	<i>Spin**</i> 6:30 - 7:30 PM Kevin	<i>Boot Camp**</i> 7:30 - 8:30 PM Mark	<i>Zumba**</i> 7:30 - 8:30 PM Rowena	<i>BollyX**</i> 7:30 - 8:30 PM Ishita	<i>Dynamic Stretch**</i> 7:30 - 8:30 PM Andre	
	<i>Boot Camp**</i> 8:30 - 9:30 PM Andre	<i>Kickboxing**</i> 8:30 - 9:30 PM Andre	<i>Yoga**</i> 8:30 -9:30 PM Sarah	<i>Boot Camp**</i> 8:30 - 9:30 PM Andre		

25 Participants Max (15 for Spin). Reserve up to 3 days in advance online throught 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/BOLLYX MOVIE CHOREO

*A Bollywood inspired dance program that combines dynamic choreography with great music and uses interval training techniques. **Movie choreo**, learn how to create dance moves. 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.

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!

Class Rules and Regulations.

- Reservations required.
- If you cannot make your reservation, please cancel at least one hour prior.
- You must be 16 years old to participate in Group Ex. Classes. No children under 16
- Please arrive at class 5 minutes prior to the scheduled starting time.
- Once class has started, no admittance after 10 minutes. No exceptions.
- Check online for class capacity limits.
- Personal headphones are not permitted during Group Fitness classes.
- Please silence cell phones and refrain from using your cell phone during class.