

## Group Exercise Class Schedule Winter 2012 January 2-February 26, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 - 9:45am <b>Yoga / Pilates</b> (Room 1 - Karen)</p> <hr/> <p>9:00 - 9:45am <b>Cardio Step</b> (Activity Studio - Pati)</p> <hr/> <p>10:00 - 10:45am <b>Yoga</b> (Room 1 - Karen)</p> <hr/> <p>10:00 - 10:45am <b>cYcle</b> (Activity Studio-Christa)</p> <hr/> <p>*11:00 - 11:45am <b>Chair Yoga</b> (Activity Studio - Karen)</p> <hr/> <p>4:30 - 5:15pm <b>Cardio Step</b> (Activity Studio -Donna)</p> <hr/> <p>5:30 - 6:15pm <b>Sculpt</b> (Activity Studio - Ken)</p> <hr/> <p>6:30 - 7:15pm <b>Cardio Kickboxing</b> (Activity Studio- Teresa)</p> <hr/> <p>7:00 -7:45pm <b>Zumba</b> (Room 1 - Jake)</p> <hr/> <p>7:30 - 8:15pm <b>Yoga</b> (Activity Studio - Chris)</p> <hr/> <p>8:30 - 9:15pm <b>Cycle</b> (Activity Studio -Ken )</p> <hr/> <p>8:00-9:00pm \$ Self Defense (Room 2)</p>	<p>8:00 - 8:45am <b>cYcle</b> (Activity Studio - Diana)</p> <hr/> <p>9:00 - 9:45am <b>Mat Pilates</b> (Room 1 - Pam)</p> <hr/> <p>9:00 - 9:45am <b>Cardio Pump</b> (Activity Studio - Teresa)</p> <hr/> <p>*10:00 - 10:45am <b>Gentle Yoga</b> (Room 1 - Angie)</p> <hr/> <p>*10:15 - 11:00am <b>Active Adults Toning</b> (Activity Studio - Debbie)</p> <hr/> <p>11:00 - 11:45am <b>Dynamic Yoga</b> (Room 1 - Angie)</p> <hr/> <p>*5:30 - 6:15pm <b>Low Impact Cardio</b> (Activity Studio - Diana)</p> <hr/> <p>6:00-7:00pm \$ <b>Y-Weight Challenge</b> (Room 2-Ken)</p> <hr/> <p>6:00 - 6:45pm <b>Mat Pilates</b> (Room 1 - Pam)</p> <hr/> <p>*6:30 - 7:00pm <b>Midsection Meltdown</b> (Activity Studio - Diana)</p> <hr/> <p>7:00-7:45pm <b>Kettlebell Advanced Training</b> (Room 2 -Nicole)</p> <hr/> <p>7:00 - 8:00pm \$ <b>Contact Kickboxing</b> (Room 1 - Andrew)</p> <hr/> <p>7:15 - 8:00pm <b>cYcle</b> (Activity Studio - Christa)</p>	<p>9:00 - 9:45am <b>Zumba</b> (Activity Studio - Andre)</p> <hr/> <p>9:00 - 9:45am <b>Tai Chi</b> (Room 1 - Jim)</p> <hr/> <p>10:00-10:45am <b>Yoga</b> (Room 1 - Karen)</p> <hr/> <p>10:00 - 10:45am <b>Cardio Step</b> (Activity Studio - Pati)</p> <hr/> <p>*11:00 - 11:45am <b>Chair Yoga</b> (Activity Studio - Karen)</p> <hr/> <p>12:00-12:45PM <b>Zumba Gold</b> (Room 2- Magda)</p> <hr/> <p>4:30 - 5:15pm <b>Step &amp; Tone</b> (Activity Studio - Betty)</p> <hr/> <p>5:30 - 6:15pm <b>Raise the Bar</b> (Activity Studio - Betty)</p> <hr/> <p>6:00 - 6:45pm <b>Yoga</b> (Room 1 - Karen)</p> <hr/> <p>6:30 - 7:15pm <b>cYcle</b> (Activity Studio - Diana)</p> <hr/> <p>7:00-8:00pm \$ <b>Flirty Girl</b> (Room 1- Carina)</p> <hr/> <p>7:30 - 8:15pm <b>Midsection and Sculpt</b> (Activity Studio - Diana)</p> <hr/> <p>8:00-9:00pm <b>Aikido</b> (Room 1 Ari)</p>	<p>8:00 - 8:45am <b>cYcle</b> (Activity Studio - Diana)</p> <hr/> <p>9:00 - 9:45am <b>Mat Pilates</b> (Room 1 - Pam)</p> <hr/> <p>9:00 - 9:45am <b>20/20</b> (Activity Studio - Christa)</p> <hr/> <p>10:00 - 10:45am <b>Yoga</b> (Room 1 - Jan)</p> <hr/> <p>10:00 - 10:45am <b>Kettlebell Plus</b> (Activity Studio - Nicole)</p> <hr/> <p>*11:00 - 11:45am <b>Active Adults Feeling Fit</b> (Activity Studio - Betty)</p> <hr/> <p>6:00 - 6:45pm <b>Body Shock</b> (Activity Studio - Nicole)</p> <hr/> <p>6:00 - 6:45pm \$ <b>Youth and Beginner Contact Kickboxing</b> (Room 1 - Andrew)</p> <hr/> <p>7:00 - 8:00pm \$ <b>Contact Kickboxing</b> (Room 1 - Andrew)</p> <hr/> <p>7:00 - 8:00pm \$ <b>Y-Weight Challenge</b> (Room 2 - Ken)</p> <hr/> <p>7:00 - 7:45pm <b>Zumba</b> (Activity Studio - Andre)</p> <hr/> <p>8:00 - 8:45pm <b>Yoga</b> (Activity Studio- Jan)</p>	<p>9:00 - 9:45am <b>Triple Threat</b> (Activity Studio - Pati)</p> <hr/> <p>9:00 - 9:45am <b>Yoga</b> (Room 1 David)</p> <hr/> <p>10:00 - 10:45am <b>cYcle and Sculpt</b> (Activity Studio -(Christa)</p> <hr/> <p>10:00-10:45am <b>Zumba Gold</b> (Room 2- Magda)</p> <hr/> <p>*11:00 - 11:45am <b>Chair Yoga</b> (Activity Studio - Karen)</p> <hr/> <p>5:30pm-6:15pm <b>Progressive Fitness</b> (Activity Studio - Ken)</p> <hr/> <p>7:00 - 7:45pm <b>Zumba/Zumba Toning</b> (Activity Studio - Janet)</p> <hr/> <p style="text-align: center;"><b>Revised 12/8/11</b> Classes subject to change</p> <hr/> <p>\$ Indicates additional fee</p> <hr/> <p>* indicates suitable for beginners</p>	<p>7:30 - 8:15am <b>cYcle</b> (Activity Studio - Bryan)</p> <hr/> <p>8:30 - 9:15am <b>cYcle</b> (Activity Studio - Bryan)</p> <hr/> <p>8:30- 9:30 \$ <b>Contact Kickboxing</b> (Room 1 - Eric)</p> <hr/> <p>9:30 - 9:55am <b>Abs</b> (Activity Studio - Bryan)</p> <hr/> <p>10:00 - 10:45am <b>Yoga / Pilates</b> (Activity Studio- Christa)</p>
					Sunday
					<p>9:00- 9:45am <b>cYcle</b> (Activity Studio - Lisa)</p> <hr/> <p>9:00 - 9:45am <b>Vinyasa Yoga</b> (Room 1 - Jan)</p> <hr/> <p>10:00 - 10:45am <b>Cardio Pump</b> (Activity Studio-Teresa/Jane)</p> <hr/> <p>11:00-11:45am <b>Teen cYcle</b> (Activity Studio- Ken)</p>



## Group Exercise Class Description Winter 2012 January 2-February 26, 2012

### **Abs** (Sat 9:30am)

Fast but powerful, 30 minutes of core training.

### **\*Active Adult Feeling Fit** (Thur 11am)

A low intensity, low impact class for cardiovascular and muscular conditioning. A great way for Active Adults to have fun and keep fit!

### **\*Active Adult Toning** (Tues 10:15am)

Stretching and toning for increased flexibility, range of motion and strength.

### **\$ Aikido** (Wed 8pm)

Learn the dynamic flowing martial art of Aikido where the emphasis is on using your opponents energy to gain control.

### **Body Shock** (Thur 6pm)

Full body class that is constantly changing to increase your fitness potential, featuring calisthenics, interval training, boxing, kickboxing and Plyometrics with the use of minimal equipment.

### **Cardio Kickboxing** (Mon 6:30pm)

A fun and upbeat cardio workout blending kicks, punches, jabs and calisthenics. This class will improve your endurance, balance and your muscle tone.

### **Cardio Step** (Mon 9am, 4:30pm; Wed 10am)

Improve cardiovascular endurance, coordination and balance during Cardio Step classes.

### **Cardio Pump** (Tues 9am; Sun 10am)

A full body workout that combines intervals of cardiovascular conditioning with strength training exercises. Use of weights, tubing, bars, steps and balls are incorporated into this energizing class.

### **\*Chair Yoga** (Mon 11am; Wed 11am Fri 11am)

Yoga modified for those who find getting on and off the floor difficult, this practice uses a chair to assist and support your body through all yoga poses.

**\$ Contact Kickboxing** (Tue 7pm; Thur 7pm; Sat 8:30am) Combines elements of boxing, martial arts, and aerobics in an intense workout to provide overall physical conditioning and toning. You will also learn the proper forms for punches & kicks with the use of professional kick pads.

Great for weight lose and intense conditioning.

### **cYcle** (Mon 10am, 8:30pm; Tues 8am, 7:15pm; Wed 6:30pm; Thur 8am; Sat 7:30am, 8:30am; Sun 9am)

Improve your cardiovascular endurance by cycling to a wide variety of music to create a ride that will keep you motivated and your heart pumping. Class sizes are limited; bikes are first come, first serve, tickets available 30 minutes prior to the start of each class at the Welcome Center.

### **cYcle and Sculpt** (Fri 10am)

A great work out to work your cardiovascular system and gain strength.

### **Dynamic Yoga** (Tues 11am)

Intermediate level yoga class focusing on flowing from one asana to the next. Modifications are included.

### **\$ Flirty Girl** (Wed 7pm)

Unleash Your Inner Diva with **Flirty Girl** Fitness. Easy to learn dance routines provide the perfect combination of cardio and strength training – you will feel like part of a music video rather than in a cardio crazy, core chiseling, toning, arm sculpting workout class.

### **\*Gentle Yoga** (Tues 10am)

Slow gentle stretching using modified yoga poses for all to be able to participate in.

### **Kettlebell Advanced Training** (Tue 7pm)

An intense full body work out using kettle bells to the increase your fitness level. This class is for intermediate and high level fitness levels.

### **Kettlebell Plus** (Thur 10am)

An intense full body work out utilizing a kettle bell to used to perform ballistic exercises that combine cardiovascular, strength and flexibility training.

### **\*Low Impact Cardio** (Tues 5:30pm)

Enjoy a mix of low-impact, high-intensity toning and cardiovascular conditioning exercises for your whole body.

### **Mat Pilates** (Tues 9am, 6pm; Thur 9am)

A mat based class that focuses on strengthening your core muscles through disciplined movements and controlled breathing.

### **\*Midsection Meltdown** (Tues 6:30pm)

Includes abdominal, oblique, upper and lower back strengthening exercises. Increases flexibility, stability and balance. Great for all levels of fitness.

### **\*Midsection and Sculpt** (Wed 7:30pm)

Work your abdominals, oblique's, upper and lower back through core strengthen exercises topped with a full body sculpt. increases flexibility, stability and strength. Great for all levels of fitness.

### **Progressive Fitness** (Fri 5:30pm)

A progressive fitness program that works the body in resistance training, cardio and flexibility. Progressively increase your fitness level.

### **Raise the Bar** (Wed 5:30pm)

Take your fitness to a new level using body bars for a full body workout.

### **Sculpt** (Mon 5:30pm: )

A full body workout using resistance to strengthen your muscles.

### **Step and Tone** (Wed 4:30pm)

A low impact class that incorporates cardio step and resistance training for toning muscles.

### **Teen Cycle** (Sun 11am)

Just for teens a high energy cycle class with great music. Exercise while having fun! Registration required.

### **Tai Chi** (Wed 9am)

Tai Chi is a set of movements completely focused on the development of an intrinsic energy called Chi. Expanding our creativity and awareness, promoting longevity and bettering the quality of our lives, improving our balance, flexibility, and stamina.

### **Triple Threat** (Fri 9am)

Hard core circuit class including sculpting and cardio.

**Vinyasa Yoga** (Sun 9am) A high energy cardio paced Yoga class that moves through a series of Yoga postures

### **20/20** (Thurs 9am)

Mix up your workout, sculpt, cycle, cardio and more.

**\$ Y-Weight Challenge** (Tues 6pm; Thur 7pm) An eight week program that helps you lose weight while working out in a supportive group. Call Alma Dhuyvetter for more information. (973)209-9622 ext 208

### **Yoga** (Mon 10am, 7:30pm; Wed 10am; 6pm, Thur 10am, 8pm; Fri 9am)

A stretching class which includes learning technical Yoga postures, breathing, and complete relaxation at the end of each session. Great for mind, body and soul.

### **\*Yoga / Pilates** (Mon 9am; Sat 10am)

Pilates and Yoga combined to build a strong core with the benefits of flexibility.

### **\$ Youth & Beginner Contact Kickboxing** (Thurs 6pm)

A great way to work up to an advanced level of fitness training. This modified class combines elements of boxing, martial arts, and aerobics for a workout that provides overall physical conditioning. Exercise while having fun!

### **Zumba** (Mon 7pm; Wed 9am; Thur 7pm)

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

### **Zumba Gold** (Wed 12pm, Fri 10am)

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness created just for Active Adults who want to join the party on a softer note.

### **Zumba / Zumba Toning** (Fri 7pm)

The Zumba® Toning fuses hypnotic Latin rhythms with light cardio and easy-to-follow moves utilizing light weight for toning.

All fitness levels can participate in group exercise classes. However, an \* marks classes are recommended for beginner.