

CLASS SCHEDULES | ROBBINSVILLE | OCTOBER | PG. 1

**JERSEY
STRONG**

CLUB HOURS: Mon.-Thurs. 5am-11pm // Fri. 5am-10pm // Sat. 7am-7pm // Sun. 7am-4pm

BABYSITTING HOURS: Mon.-Thurs. 8am-1pm & 4pm-9pm // Fri. 8am-1pm // Sat. 7:30am-12:30pm // Sun. 8am-1:30pm

CLASSES LOCATED IN GROUP ROOM 1

GROUP TRAINING ROOM 1	MON	TUE	WED	THU	FRI	SAT	SUN
	5:15am	5:45am	5:15am	5:15am	5:00am	8:00am	8:00am
	GROUP CORE DIANA	GROUP ACTIVE MICHELLE	GROUP CORE DIANA	GROUP MOVE30 BOLA	GROUP BOOT CAMP MIKE	GROUP BLAST ROSANNE	GROUP BOOT CAMP KELLI
	5:45am	9:00am	5:45am	5:45am	8:30am	9:00am	9:00am
	GROUP POWER MICHELLE	GROUP BOOT CAMP DENISE	GROUP 3D30 BOLA	GROUP POWER BOLA	GROUP CORE ROSANNE	GROUP ACTIVE MICHELLE	GROUP CORE JULIE
	7:30am	10:00am	8:00am	8:30am	9:00am	10:00am	10:00am
	GROUP 3D30 DENISE	GROUP ACTIVE MICHELLE	GROUP ACTIVE JENNIFER	GROUP MOVE30 MINYEE	GROUP BLAST DENISE	GROUP POWER SCOTT/PRISCILLA	GROUP POWER JULIE
	8:00am	5:00pm	9:00am	9:30am	10:00am	11:00am	11:30am
	GROUP POWER DENISE	GROUP CORE BERNADETTE	GROUP POWER JENNIFER	GROUP MOVE30 MINYEE	GROUP ACTIVE JENN D.	GROUP ZUMBA TANYA	GROUP groove TRACY
	9:00am	5:30pm	10:00am	10:00am	5:00pm		
	GROUP BLAST ROSANNE	GROUP fight BERNADETTE	GROUP BLAST ROSANNE	GROUP fight MINYEE	GROUP POWER BERNADETTE		
	10:00am	6:30pm	11:00am	11:00am			
	GROUP fight TRICIA	GROUP 3D30 DENISE	GROUP ZUMBA MARLA	GROUP POWER DENISE			
	4:30pm	7:00pm	4:30pm	4:30pm			
	GROUP ACTIVE BERNADETTE	GROUP POWER BOLA	GROUP POWER JULIE	GROUP MOVE30 MINYEE			
	5:30pm		5:30pm	5:00pm			
	GROUP POWER DIANA/BERNADETTE		GROUP BLAST JULIE	GROUP ACTIVE BERNADETTE			
	6:30pm		6:30pm	6:00pm			
	GROUP BOOT CAMP DENISE		GROUP BOOT CAMP MIKE	GROUP fight BERNADETTE/MINYEE			
	7:30pm		7:30pm	7:00pm			
	GROUP BLAST DENISE		GROUP MOVE30 BOLA	GROUP POWER ROSANNE			
	8:30pm		8:00pm	8:00pm			
	GROUP ZUMBA JODI		GROUP ZUMBA TANYA	GROUP ZUMBA JODI			

*This Boot Camp class will be held on the turf.

ADVANCED REGISTRATION: All classes require advanced registration at either jerseystrong.com/account or through the JERSEY STRONG mobile app which can be downloaded at jerseystrong.com/app.

DROP IN BILLING: Not all memberships include Classes. On or before the 15th of each month you will be billed **\$7 for each Group or XLab Class and \$15 for each Team Training Class** you booked during the preceding month beyond the quantity of Classes included monthly with your membership.

CLASS SCHEDULES | ROBBINSVILLE | OCTOBER | PG. 2

CLUB HOURS: Mon.-Thurs. 5am-11pm // Fri. 5am-10pm // Sat. 7am-7pm // Sun. 7am-4pm

BABYSITTING HOURS: Mon.-Thurs. 8am-1pm & 4pm-9pm // Fri. 8am-1pm // Sat. 7:30am-12:30pm // Sun. 8am-1:30pm

JERSEY STRONG

CLASSES LOCATED IN GROUP ROOM 2

	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP TRAINING ROOM 2	GROUP CENTERGY MICHELLE 9:00am	GROUP CENTERGY BOLA 5:45am	GROUP CENTERGY ROSANNE 9:00am	GROUP CENTERGY MICHELLE 5:45am	GROUP CENTERGY BOLA 5:45am	GROUP CENTERGY ROSANNE 9:00am	8:00am
	Z BARRE MICHELLE 10:00am	Z BARRE MICHELLE 9:00am	Z PILATES MAT EDDY 6:30am	Z BARRE MICHELLE 9:00am	Z BARRE MICHELLE 10:00am	Z BARRE MICHELLE 9:00am	Z YOGA GEORIANN 9:30am
	Z YOGA PATRICIA 5:45pm	Z PILATES MAT EDDY 10:00am	Z YOGA MELISSA 6:00pm	Z YOGA PATRICIA 6:00pm	Z YOGA ROSANNE 7:00pm		
	GROUP CENTERGY BOLA 7:00pm			GROUP CENTERGY ROSANNE 7:00pm			
				Z YOGA GEORIANN			



ONE TRAINING

TRY A FREE PERSONAL TRAINING SESSION

CLICK HERE FOR MORE INFO

DO YOU HAVE THE APP

JERSEY STRONG

Jersey Strong

CLICK HERE TO DOWNLOAD

ADVANCED REGISTRATION: All classes require advanced registration at either jerseystrong.com/account or through the JERSEY STRONG mobile app which can be downloaded at jerseystrong.com/app.

DROP IN BILLING: Not all memberships include Classes. On or before the 15th of each month you will be billed **\$7 for each Group or XLab Class and \$15 for each Team Training Class** you booked during the preceding month beyond the quantity of Classes included monthly with your membership.

CLASS SCHEDULES | ROBBINSVILLE | OCTOBER | PG. 3

CLUB HOURS: Mon.-Thurs. 5am-11pm // Fri. 5am-10pm // Sat. 7am-7pm // Sun. 7am-4pm

BABYSITTING HOURS: Mon.-Thurs. 8am-1pm & 4pm-9pm // Fri. 8am-1pm // Sat. 7:30am-12:30pm // Sun. 8am-1:30pm



CLASSES LOCATED IN WORKOUT ZONES

		MON	TUE	WED	THU	FRI	SAT	SUN
KNOCK OUT KO Zone		8:30am	5:30am	5:30am	5:30am	6:00am	9:00am	
		9:00am	6:00am	9:30am	6:00am	8:30am		
		9:30am	8:30am	6:00pm				
		10:00am	5:00pm					
		5:30pm	5:30pm					
		6:30pm	6:00pm					
TRX TRX Zone		9:00am	10:00am	9:30am				9:00am
				5:00pm				

CLASSES LOCATED IN CYCLE ROOM

CYCLE ROOM	MON	TUE	WED	THU	FRI	SAT	SUN
	5:45am	9:00am	5:45am	5:30pm	5:45am	8:30am	8:00am
	CYCLE RIDE DIANA	CYCLE R30 MINYE	CYCLE RIDE DIANA	CYCLE R30 JACKIE	CYCLE RIDE DIANA	CYCLE R30 JACKIE	CYCLE RIDE JACKIE
	9:00am	9:30am	6:00pm	6:30pm	9:00am	9:30am	8:30am
	CYCLE CLASSIC DANA	CYCLE R30 MINYE	CYCLE R30 BOLA	CYCLE R30 JACKIE	CYCLE R30 JENN	CYCLE R30 JACKIE	CYCLE RIDE JACKIE
	6:00pm		6:30pm		9:30am		8:30am
	CYCLE RIDE BOLA		CYCLE RIDE BOLA		CYCLE RIDE JENN		

CLASSES LOCATED IN TEAM TRAINING ROOM

		MON	TUE	WED	THU	FRI	SAT	SUN
TEAM TRAINING Team Training Room		9:00am	5:00am	5:00am	5:00am	9:00am	8:30am	
		5:00pm	7:30am	10:00am	7:30am	9:30am	9:30am	
		6:00pm	5:00pm	5:00pm	5:30pm			
			5:30pm	5:30pm	6:00pm			

ADVANCED REGISTRATION: All classes require advanced registration at either jerseystrong.com/account or through the JERSEY STRONG mobile app which can be downloaded at jerseystrong.com/app.

DROP IN BILLING: Not all memberships include Classes. On or before the 15th of each month you will be billed **\$7 for each Group or XLab Class and \$15 for each Team Training Class** you booked during the preceding month beyond the quantity of Classes included monthly with your membership.

PROGRAM DESCRIPTIONS



Burn fat while still holding on to muscle with Team Training! This high-intensity interval training workout is run by top personal trainers at Jersey Strong and it will leave you burning fat even after you've left the gym. It's the perfect addition to your 1on1 time with your trainer!



Barre workouts are dance based, and results driven. Like yoga and Pilates, Barre lengthens and tones your body while strengthening your core.



Boot Camp combines functional core and plyometric training solutions to crank up your workout intensity! Boot Camp is guaranteed fun, every class is different and combines team effort to give you the ultimate sweat.



An individually paced, non-competitive cycling class. Utilize different riding positions and terrains to enable you to cycle more effectively. Please bring a towel and water to class!



Group Ride® is a huge calorie burner that builds great-looking legs! It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish!



R30® will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike with inspiring music and motivating coaching.



Knockout is a total body kickboxing workout taught by a professional trainer. Within 30 minutes you will warm-up, circuit train 10 rounds and cool down.



Strengthen, lengthen and tone all core and stabilization areas while increasing flexibility, range of motion and perfecting posture. Perfect for all fitness levels.



TRX Suspension Training develops strength, balance, flexibility and core stability simultaneously. It utilizes gravity and the user's body weight to complete hundreds of exercises. TRX is a great workout option for all ages, shapes and sizes.



Based on an ancient form of movement that promotes balance, strength, flexibility and relaxation through various postures and breathing techniques. Please bring your own yoga mat.



Basic yoga movements fused with core conditioning pilates movements. This combination of mind/body disciplines is ideal for all fitness levels.



Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier.



Group Blast® is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength.



Group Centergy® will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core.



Group Core® trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs!



Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness!



Group Groove® will make you sweat with a smile during this energizing hour of dance fitness. It's a sizzling cardio experience that is a fusion of club, urban, and Latin dance styles set to the hottest current hits.



Group Power® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls.



Lengthen all the major muscle groups of the body utilizing static stretches. Relax your mind as well as your body. Stretch is designed for all fitness levels.



This energetic 30-minute workout integrates strength and cardio training to build muscles, burn calories and improve agility by combining task-oriented movements with resistance training.



Move30 will have you feeling and moving better in only 30 minutes! Build movement health by mastering the fundamental patterns that encompass everything you do in life.



Zumba is a 60 minute class utilizing an interval style of training — combining slower dances with faster upbeat songs and songs dedicated to toning movements (arms, abs, legs).