

**CLASSES LOCATED IN GROUP ROOM 1**

GROUP TRAINING ROOM 1	MON	TUE	WED	THU	FRI	SAT	SUN
	8:15am GROUP <b>POWER</b> SHARI	9:00am GROUP <b>3D30</b> TRICIA	9:00am GROUP <b>BOOT CAMP</b> JAMES	8:30am GROUP <b>ACTIVE</b> SHARI	8:00am GROUP <b>POWER</b> JANICE	7:15am GROUP <b>BOOT CAMP</b> JAMES	8:00am GROUP <b>POWER</b> MIKE
	9:15am GROUP <b>BOOT CAMP</b> JAMES	9:30am GROUP <b>fight</b> TRICIA	10:00am GROUP <b>POWER</b> STACEY	9:30am GROUP <b>fight</b> CLEVERSON	9:00am GROUP <b>BLAST</b> LISA M.	8:30am GROUP <b>BLAST</b> DENISE	9:00am GROUP <b>fight</b> DANA
	10:15am GROUP <b>ZUMBA</b> DEBBIE	10:30am GROUP <b>CORE</b> JENN	11:00am GROUP <b>MOVE30</b> STACEY	10:30am GROUP <b>POWER</b> JEN	10:00am GROUP <b>BOOT CAMP</b> JAMES	9:30am GROUP <b>CORE</b> DENISE	10:00am GROUP <b>groove</b> DONNA
	4:30pm GROUP <b>BLAST</b> TRICIA	11:00am GROUP <b>POWER</b> JENN	11:30am GROUP <b>3D30</b> STACEY	4:30pm GROUP <b>POWER</b> SHARI	11:00am GROUP <b>ZUMBA</b> MARLA	10:00am GROUP <b>POWER</b> JOE/COLLEEN	11:00am GROUP <b>BOOT CAMP</b> JAMES
	5:30pm GROUP <b>POWER</b> CATHY	4:30pm GROUP <b>ACTIVE</b> NICOLE/SHARI	5:30pm GROUP <b>BLAST</b> COLLEEN	5:30pm GROUP <b>ZUMBA</b> DEBBIE/MARLA			
	6:30pm GROUP <b>ZUMBA</b> MARLA	6:30pm GROUP <b>BOOT CAMP</b> JAMES	6:30pm GROUP <b>POWER</b> CATHY	6:30pm GROUP <b>BOOT CAMP</b> JAMES			
			7:30pm GROUP <b>ZUMBA</b> DEBBIE				



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**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.

**CLASSES LOCATED IN GROUP ROOM 2**

GROUP TRAINING ROOM 2	MON	TUE	WED	THU	FRI	SAT	SUN
	9:15am <b>YOGILATES</b> LISA J.	8:30am <b>PILATES MAT</b> JOYCE	8:00am <b>YOGA</b> KELSEY	8:30am <b>PILATES MAT</b> JOYCE	10:00am GROUP <b>CENTERGY</b> DONNA		
	10:15am <b>BARRE</b> JOYCE	9:30am GROUP <b>CENTERGY</b> JENN	9:00am <b>BARRE</b> CHRISTINA	8:30am <b>BARRE</b> JEN			
		10:30am <b>BARRE</b> JOYCE	4:30pm GROUP <b>STRETCH</b> AMY				
		7:30pm <b>YOGA</b> MIKE					



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**CLASSES LOCATED IN WORKOUT ZONES**

		MON	TUE	WED	THU	FRI		SAT	SUN
		10:00am	9:30am		6:00pm	9:00am		9:00am	
		10:30am	10:00am		6:30pm	9:30am		9:30am	
			6:00pm						
			6:30pm						
									
		5:30pm	10:30am	8:00am	7:30am	4:30pm			

**CLASSES LOCATED IN CYCLE ROOM**

	MON	TUE	WED	THU	FRI		SAT	SUN
CYCLE ROOM	9:30am	5:30am	9:30am	10:00am	9:30am		8:00am	9:00am
	 AMY	 SUSAN	 SHARI	 SHARI	 DONNA		 KELLEY	 MIKE
	6:30pm	6:00pm	6:00pm				9:15am	
	 CRAIG	 MIKE	 KELLEY B.				 MIKE	

**CLASSES LOCATED IN TEAM TRAINING ROOM**

	MON	TUE	WED	THU	FRI		SAT	SUN
	6:15am	5:45am	6:15am	9:00am	9:00am		10:00am	
	9:30am	9:00am	9:00am	5:30pm	5:30pm			
	5:30pm	6:00pm	5:00pm					
	6:00pm		5:30pm					

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## PROGRAM DESCRIPTIONS

### TEAM TRAINING

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

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

### BOOT CAMP

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.

### CYCLE CLASSIC

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!

### CYCLE RIDE

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!

### CYCLE R30

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.

### KNOCK OUT

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.

### PILATES MAT

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

### TRX

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.

### YOGA

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.

### YOGILATES

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

### GROUP ACTIVE

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

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

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

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

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

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

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.

### GROUP STRETCH

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.

### GROUP 3D30

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.

### GROUP MOVE30

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.

### GROUP ZUMBA

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).

All classes and instructors are subject to change without notice. Questions may be directed to Michelle Ronnie, Group Training Manager at [mronnie@jerseystrong.com](mailto:mronnie@jerseystrong.com) or Sandra Conti, Group Training Director at [sconti@jerseystrong.com](mailto:sconti@jerseystrong.com)