

CLUB HOURS: Mon.-Thurs. 5am-11pm // Fri. 5am-10pm // Sat. 7am-9:30pm // Sun. 7am-7pm

BABYSITTING HOURS: Mon.-Thurs. 8:45am-12:15pm & 4:15pm-9pm // Fri. 8am-12:15pm // Sat. & Sun. 8am-12:30pm

CLASSES LOCATED IN GROUP ROOM 1

	MON	TUE	WED	THU	FRI	SAT	SUN
	9:00am GROUP POWER ADRIENNE	8:00am GROUP ACTIVE JENNIFER	8:30am GROUP POWER SANDRA	5:30am GROUP BOOT CAMP STACEY	8:00am GROUP fight ADRIENNE	7:00am GROUP BOOT CAMP ADRIENNE	7:30am GROUP fight NATALIE
	10:00am GROUP CORE ADRIENNE	9:00am GROUP BOOT CAMP ASHLEY	9:30am GROUP MOVE30 ASHLEY	9:00am GROUP BOOT CAMP ASHLEY	9:00am GROUP POWER JENNIFER/ADRIENNE	8:00am GROUP CORE GREG	8:30am GROUP POWER JENN
	11:00am GROUP ACTIVE CHERYL	10:00am GROUP BLAST ASHLEY	10:00am GROUP fight ASHLEY	10:00am GROUP BLAST ADRIENNE	10:00am GROUP ZUMBA ELVIRA	9:30am GROUP BLAST ASHLEY/JANAY	9:30am GROUP ZUMBA NATALY
	4:30pm GROUP BLAST COLLEEN	11:00am GROUP ZUMBA ELVIRA	11:00am GROUP ACTIVE SANDRA	5:00pm GROUP POWER JANAY	11:00am GROUP ACTIVE TARA	10:30am GROUP POWER JANAY/JAMIE	10:30am GROUP ACTIVE TARA
	5:30pm GROUP POWER SCOTT	4:30pm GROUP POWER JENN D.	5:00pm GROUP CORE GREG	6:00pm GROUP ACTIVE JANAY	6:00pm GROUP POWER SANDRA	11:30am GROUP ZUMBA GLENDA	
	6:30pm GROUP BOOT CAMP LISA	5:30pm GROUP ACTIVE JENN D.	5:30pm GROUP BLAST JANAY	7:00pm GROUP ZUMBA KIM	7:00pm GROUP ZUMBA NATALIE		
	7:30pm GROUP groove LISA	6:30pm GROUP fight LISA	6:30pm GROUP BOOT CAMP ADRIENNE				
		7:30pm GROUP POWER JANAY	7:30pm GROUP fight SCOTT				



TRY A FREE
PERSONAL TRAINING
SESSION

CLICK HERE
FOR MORE INFO

DO YOU HAVE
THE APP

CLICK HERE TO DOWNLOAD



Jersey Strong

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.

CLUB HOURS: Mon.-Thurs. 5am-11pm // Fri. 5am-10pm // Sat. 7am-9:30pm // Sun. 7am-7pm

BABYSITTING HOURS: Mon.-Thurs. 8:45am-12:15pm & 4:15pm-9pm // Fri. 8am-12:15pm // Sat. & Sun. 8am-12:30pm

CLASSES LOCATED IN GROUP ROOM 2

GROUP TRAINING ROOM 2	MON	TUE	WED	THU	FRI	SAT	SUN
	9:00am	10:00am	10:00am	10:00am	9:00am	8:30am	9:00am
	Z BARRE TARA	Z PILATES MAT TARA	GROUP CENTERGY SANDRA	GROUP CENTERGY SANDRA	Z BARRE TARA	GROUP CENTERGY GREG	GROUP STRETCH TARA
	10:00am	11:00am	7:00pm	6:00pm	10:00am	10:00am	9:30am
	GROUP CENTERGY TARA	Z BARRE TARA	Z YOGA SANDY	GROUP CENTERGY GREG	Z PILATES MAT TARA		Z PILATES MAT TARA
	6:00pm	6:00pm		7:00pm			
	GROUP CENTERGY GREG	Z YOGA LONNA		Z YOGA SANDY			
	7:00pm	Z YOGA LONNA					
	Z YOGA DEB						



**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 | MENLO PARK MALL | OCTOBER | PG. 3

**JERSEY
STRONG**

CLUB HOURS: Mon.-Thurs. 5am-11pm // Fri. 5am-10pm // Sat. 7am-9:30pm // Sun. 7am-7pm

BABYSITTING HOURS: Mon.-Thurs. 8:45am-12:15pm & 4:15pm-9pm // Fri. 8am-12:15pm // Sat. & Sun. 8am-12:30pm

CLASSES LOCATED IN WORKOUT ZONES

		MON	TUE	WED	THU	FRI	SAT	SUN
 KNOCK OUT KO Zone		5:15am	9:30am	5:45am	6:30am	5:15am	8:30am	
		8:30am	6:30pm	9:00am	9:30am	9:30am	9:00am	
		5:30pm		6:00pm	5:30pm			
		6:00pm		7:00pm	6:00pm			
			8:00am		8:00am		10:30am	
				6:00pm				

CLASSES LOCATED IN CYCLE ROOM

	MON	TUE	WED	THU	FRI	SAT	SUN
CYCLE ROOM	10:00am  JENN	9:00am  CHERYL	9:30am  SANDRA	9:00am  CHRISTINE	10:00am  SANDRA	9:30am  GREG	9:30am  JENN
	5:00pm  GREG	5:30pm  JACKIE	6:00pm  JENN C.	5:00pm  GREG			
	6:30pm  SCOTT	6:00pm  JACKIE					

CLASSES LOCATED IN TEAM TRAINING ROOM

		MON	TUE	WED	THU	FRI	SAT	SUN
TEAM TRAINING Team Training Room		5:45am	10:00am	5:15am	10:00am	5:45am	8:00am	
		9:30am	5:00pm	9:30am	6:00pm	10:00am	10:00am	
		6:00pm	5:30pm	10:00am	7:00pm	6:00pm		
		6:30pm	7:00pm	5:30pm		6:30pm		
				6:30pm				

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).