

CLASS SCHEDULES | MARLBORO | OCTOBER | PG. 1

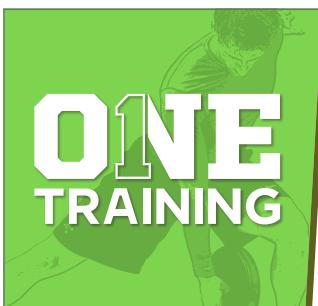
CLUB HOURS: Mon.-Thurs. 5am-11pm // Fri. 5am-10pm // Sat. 7am-7pm // Sun. 7am-4pm

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

JERSEY STRONG

CLASSES LOCATED IN GROUP ROOM 1

	MON	TUE	WED	THU	FRI	SAT	SUN
	8:30am GROUP BLAST ASHLEY	8:30am GROUP fight DANA	8:30am GROUP POWER TRICIA	8:00am GROUP 3D30 TRICIA	8:30am GROUP ACTIVE SHARI	9:00am GROUP fight CATHY	8:00am GROUP ACTIVE TRICIA
	9:30am GROUP POWER ASHLEY	9:30am GROUP MOVE30 STACEY	9:30am GROUP CORE ADRIENNE	8:30am GROUP BLAST TRICIA	9:30am GROUP groove BECKY	10:00am GROUP POWER CATHY/JESS	9:00am GROUP POWER JAMIE/TRICIA
	10:30am GROUP CORE DONNA	10:00am GROUP POWER STACEY	10:00am GROUP fight ADRIENNE	9:30am GROUP BOOT CAMP TRICIA	10:30am GROUP PILATES MAT FRAN	11:00am GROUP ZUMBA DONNA/REBECCA	10:00am GROUP BLAST JAMIE/BRIAN
	11:00am GROUP groove TRICIA	11:00am GROUP ZUMBA MARLA	11:00am GROUP groove TRICIA	10:30am GROUP ZUMBA NICOLE			
	5:00pm GROUP ACTIVE SANDRA	4:45pm GROUP 3D30 LISA	4:00pm GROUP POWER ANGIE	5:00pm GROUP fight HEIDI			
	6:00pm GROUP BOOT CAMP JAMES	5:15pm GROUP BLAST COLLEEN/ASHLEY	5:00pm GROUP fight TAMMY	6:00pm GROUP CORE JAMIE			
	7:00pm GROUP POWER HEIDI	6:15pm GROUP POWER JAMIE	6:00pm GROUP BOOT CAMP TAMMY	6:30pm GROUP POWER JAMIE			
		7:15pm GROUP ZUMBA KIM	7:00pm GROUP 3D30 DONNA				
			7:30pm GROUP ZUMBA DONNA				



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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.

CLASS SCHEDULES | MARLBORO | OCTOBER | PG. 2

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

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

JERSEY STRONG

CLASSES LOCATED IN GROUP ROOM 2

	MON	TUE	WED	THU	FRI	SAT	SUN
	8:30am Z BARRE JOYCE	9:00am Z YOGILATES LISA J.	8:00am Z BARRE JOYCE	9:00am Z YOGA CHRISTINA	8:30am Z BARRE LISA J.	8:00am GROUP STRETCH MICHELLE W.	10:00am GROUP CENTERGY JANICE
GROUP TRAINING ROOM 2	9:30am GROUP CENTERGY DONNA	10:00am Z BARRE NICOLE	9:00am Z PILATES MAT JOYCE	10:00am Z BARRE FRANCESCA	9:30am Z YOGILATES LISA J.	9:00am Z YOGA MICHELLE W.	11:00am Z BARRE JOYCE
	10:30am Z PILATES MAT STEPHANIE	7:00pm Z YOGA CHRIS	10:00am Z BARRE LISA	6:15pm Z YOGA LISA	7:15pm Z BARRE CHRISTINA		
	5:30pm Z BARRE JOYCE		5:00pm Z BARRE LISA				
	7:00pm Z YOGA CHRISTINA		6:00pm Z YOGILATES LISA J.				



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CLASS SCHEDULES | MARLBORO | OCTOBER | PG. 3

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

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



CLASSES LOCATED IN WORKOUT ZONES

		MON	TUE	WED	THU	FRI	SAT	SUN
	KO Zone	8:00am		9:45am	10:00am	8:00am	8:30am	10:30am
		10:00am		10:15am	10:30am	8:30am	9:00am	
		6:30pm		6:00pm	4:30pm	10:00am		
				7:00pm	5:00pm	10:30am		
	TRX Zone	7:00pm			10:30am			

CLASSES LOCATED IN CYCLE ROOM

CYCLE ROOM	MON	TUE	WED	THU	FRI	SAT	SUN
	5:30am	5:30am	5:30am	5:30am	9:30am	8:15am	8:00am
	TONI	STEPHANIE	SUE	MIKE	PATTY	CRAIG	KELLEY
	9:00am	8:30am	9:00am	9:00pm	5:00pm	9:00am	9:30am
	DONNA R.	DEBI	AMY	AMY	LAUREN	CRAIG	LAUREN
	5:00am	9:45am	6:30pm	6:00pm		10:15am	
	CATHARINE	DANA	KELLEY	CRAIG		TONI	
	5:30pm	5:30pm					
	TONI	LISA M.					
	6:15pm	6:00pm					
	TONI	CHRISTINE					

CLASSES LOCATED IN TEAM TRAINING ROOM

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

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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).