

CLASS SCHEDULES | EAST BRUNSWICK | OCTOBER | PG. 1

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

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

JERSEY STRONG

CLASSES LOCATED IN GROUP ROOM 1

	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP TRAINING ROOM 1							
	5:45am GROUP fight DANA	8:30am GROUP ACTIVE CHRIS	8:00am GROUP BOOT CAMP BIANCA	8:30am GROUP ACTIVE JENNIFER	9:30am GROUP POWER ANGIE	9:00am GROUP POWER NANETTE/SANDRA	8:30am GROUP 3D30 SAMMI
	8:00am GROUP BOOT CAMP BIANCA	9:30am GROUP BOOT CAMP TAMMY	9:00am GROUP fight DANA/MINYE	9:30am GROUP BOOT CAMP STACEY	10:30am GROUP MOVE30 ASHLEY	10:00am GROUP CORE TAMMY/NANETTE	
	9:00am GROUP CORE TAMMY	10:30am GROUP BLAST ASHLEY E.	10:00am GROUP 3D30 ASHLEY E.	10:30am GROUP BLAST ASHLEY	11:00am GROUP fight ASHLEY	10:30am GROUP fight TAMMY	10:00am GROUP BLAST JAMIE
	9:30am GROUP fight TAMMY	4:30pm GROUP POWER SANDRA	10:30am GROUP POWER ASHLEY	5:00pm GROUP fight JAMIE	12:00pm GROUP ZUMBA DANIT	11:30am GROUP ZUMBA AUDI	11:00am GROUP ZUMBA SARAH
	10:30am GROUP POWER CHRISTINE	5:30pm GROUP 3D30 DONNA	4:30pm GROUP ACTIVE JENN	6:00pm GROUP CORE JAMIE	5:00pm GROUP POWER NANETTE		
	5:30pm GROUP BLAST SAMMI	6:00pm GROUP groove DONNA	5:30pm GROUP BLAST ASHLEY E.	6:30pm GROUP groove LISA			
	6:30pm GROUP BOOT CAMP TAMMY	7:00pm GROUP fight JAMIE G.	6:30pm GROUP BOOT CAMP STACEY	7:30pm GROUP POWER ASHLEY/LISA			
	7:30pm GROUP POWER JAMIE/NANETTE	8:00pm GROUP ZUMBA ROCIO	7:30pm GROUP ZUMBA SARAH				



ONE TRAINING

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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 | EAST BRUNSWICK | OCTOBER | PG. 2**CLUB HOURS:** Mon.-Thurs. 5am-11pm // Fri. 5am-10pm // Sat. 7am-7pm // Sun. 7am-4pm**BABYSITTING HOURS:** Mon.-Thurs. 8am-12:30pm & 4pm-9pm // Fri. 8am-12:30pm // Sat. & Sun. 8am-1pm**JERSEY
STRONG****CLASSES LOCATED IN GROUP ROOM 2**

GROUP TRAINING ROOM 2	MON	TUE	WED	THU	FRI	SAT	SUN
	8:30am	9:30am	9:30am	8:15am	8:30am	10:30am	8:15am
	Z YOGA COLLEEN	GROUP CENTERGY CHRISY	Z YOGALATES LISA	Z YOGA COLLEEN	Z PILATES MAT EDDY	GROUP CENTERGY SANDRA/MICHELLE	Z YOGA PREETHA
	6:00pm	6:30pm	10:30am	9:30am	9:30am		9:30am
	Z YOGA NAMI	GROUP CENTERGY SANDRA	Z BARRE JOYCE	GROUP CENTERGY MICHELLE/SANDRA*	Z PILATES MAT EDDY		Z BARRE JOYCE
	7:00pm			6:30pm			
	GROUP CENTERGY SANDRA			GROUP CENTERGY MICHELLE/SANDRA			

***Starting 10/17.**



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CLASS SCHEDULES | EAST BRUNSWICK | OCTOBER | PG. 3

**JERSEY
STRONG**

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

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

CLASSES LOCATED IN WORKOUT ZONES

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

CLASSES LOCATED IN CYCLE ROOM

	MON	TUE	WED	THU	FRI	SAT	SUN
CYCLE ROOM	9:30am  CYCLE CLASSIC CHRISTINE	9:30am  CYCLE RIDE MICHELE/JESS	5:45am  CYCLE RIDE CHRISTINE	9:30am  CYCLE RIDE TAMMY	5:45am  CYCLE CLASSIC CHRISTINE	8:00am  CYCLE RIDE NANETTE/KIM	8:00am  CYCLE CLASSIC CHRISTINE/JESS
	5:00pm  CYCLE RIDE JACKIE	5:30pm  CYCLE R30 CHRISTINE	9:30am  CYCLE CLASSIC CHRISTINE	6:00pm  CYCLE CLASSIC KIM			9:15am  CYCLE R30 CHRISTINE/NANETTE
		6:30pm  CYCLE RIDE CHRISTINE	6:00pm  CYCLE RIDE JACKIE				

CLASSES LOCATED IN TEAM TRAINING ROOM

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

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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).