

CLASS SCHEDULES | TINTON FALLS | OCTOBER | PG. 1

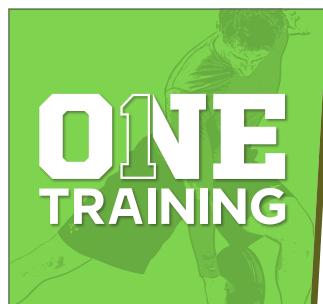
CLUB HOURS: Mon-Thu 5am-11pm // Fri 5am-10pm // Sat 7am-7pm // Sun 7am-4pm

BABYSITTING HOURS: Mon-Thu 8am-12pm & 3:45pm-8:15pm // Fri 8am-12pm // Sat & Sun 7:45am-12:30pm

JERSEY STRONG

CLASSES LOCATED IN GROUP ROOM 1

	MON	TUE	WED	THU	FRI	SAT	SUN
GROUP TRAINING ROOM 1							
	8:00am GROUP MOVE30 LORI	5:30am GROUP POWER JEN	8:30am GROUP BOOT CAMP THOMAS	5:30am GROUP POWER MARYBETH	5:30am GROUP fight JEN	7:30am GROUP 3D30 TRICIA/BECKY	8:00am GROUP BOOT CAMP LISA
	8:30am GROUP POWER LORI	8:00am GROUP CORE DONNA	9:30am GROUP 3D30 TRICIA	8:30am GROUP POWER KIESHA	6:30am GROUP CORE JEN	8:00am GROUP BLAST TRISH/MARYBETH	9:00am GROUP POWER LISA
	9:30am GROUP BOOT CAMP SEAN	8:30am GROUP BLAST JANNETIE	10:30am GROUP MOVE30 MICHELLE	9:30am GROUP BLAST BECKY	8:30am GROUP fight CHERE	9:00am GROUP POWER JEN/CLEVISON	10:00am GROUP CORE LISA
	10:30am GROUP fight BECKY	9:30am GROUP POWER JANNETIE	11:00am GROUP ACTIVE MICHELLE	10:30am GROUP MOVE30 BECKY	9:30am GROUP POWER RACHEL	10:00am GROUP fight JEN/CLEVISON	10:30am GROUP groove NAOMI/LILLY
	11:30am GROUP ACTIVE RACHEL	10:30am GROUP ZUMBA MICHELLE S.	4:00pm GROUP POWER LAUREN	11:00am GROUP fight BECKY	10:30am GROUP ACTIVE RACHEL/MICHELLE	11:00am GROUP BOOT CAMP STEVE	
	12:30pm GROUP POWER RACHEL	4:00pm GROUP BLAST TRICIA	5:00pm GROUP ACTIVE LAUREN	6:00pm GROUP BOOT CAMP SEAN	11:30am GROUP ZUMBA MICHELLE S.		
	4:00pm GROUP POWER LAUREN	5:00pm GROUP 3D30 TRICIA	6:00pm GROUP BLAST MARYBETH	7:00pm GROUP POWER RACHELL.	5:00pm GROUP CORE LORI		
	5:00pm GROUP fight LAUREN	5:30pm GROUP groove TRICIA	7:00pm GROUP groove LILY		5:30pm GROUP BLAST LORI		
	6:00pm GROUP POWER GINA	6:30pm GROUP BOOT CAMP STEVE					
	7:30pm GROUP ZUMBA DEEDEE	7:30pm GROUP POWER MARYBETH					



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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.

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CLASSES LOCATED IN GROUP ROOM 2

	MON	TUE	WED	THU	FRI	SAT	SUN
	8:30am Z YOGA ALANA	8:30am Z BARRE LISA	8:30am Z PILATES MAT CHRISSEY	9:30am GROUP CENTERGY KIESHA	8:30am GROUP CENTERGY LORI	8:00am Z PILATES MAT MIKE	9:00am GROUP CENTERGY MARYBETH/CHERE
GROUP TRAINING ROOM 2	9:30am GROUP CENTERGY CHRISSEY	9:30am GROUP CENTERGY DONNA	9:30am Z BARRE JANNETIE	10:30am Z BARRE TRICIA	9:30am Z YOGA LUKE	9:00am GROUP STRETCH MIKE	10:00am Z YOGA LUKE
	10:30am Z BARRE LORI	10:30am Z YOGA CATHY	10:30am Z YOGA JANNETIE	5:00pm Z YOGA LUKE	6:00pm Z YOGA CATHY/MIKE	10:00am Z YOGA LUKE	
	5:00pm GROUP STRETCH SOSSY	6:00pm GROUP CENTERGY RACHEL	6:00pm Z YOGA CATHY	6:30pm Z YOGA LUKE			
			7:00pm Z BARRE CATHY				



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CLASS SCHEDULES | TINTON FALLS | OCTOBER | PG. 3

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

BABYSITTING HOURS: Mon-Thu 8am-12pm & 3:45pm-8:15pm // Fri 8am-12pm // Sat & Sun 7:45am-12:30pm



CLASSES LOCATED IN WORKOUT ZONES

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

CLASSES LOCATED IN CYCLE ROOM

CYCLE ROOM	MON	TUE	WED	THU	FRI	SAT	SUN
	5:30am	5:30am	6:00am	5:30am	5:30am	8:00am	8:00am
	CYCLE CLASSIC MERYL	CYCLE RIDE WENDY	CYCLE R30 WENDY	CYCLE CLASSIC WENDY	CYCLE CLASSIC JOY	CYCLE CLASSIC MERYL	CYCLE CLASSIC RACHEL
	9:30am	8:30am	9:30am	9:00am	8:30am	9:00am	9:00am
	CYCLE RIDE KRISTEN	CYCLE R30 DONNA	CYCLE CLASSIC ROBIN	CYCLE RIDE ROBIN	CYCLE CLASSIC RACHEL	CYCLE RIDE MERYL	CYCLE RIDE JEN/MERYL
	6:00pm	5:00pm	4:00pm	9:30am	9:30am		
	CYCLE RIDE WENDY	CYCLE CLASSIC KYLEIGH	CYCLE RIDE WENDY	CYCLE RIDE ROBIN	CYCLE CLASSIC PIPER		
	7:00pm		6:00pm	6:00pm	4:00pm		
	CYCLE CLASSIC REBECCA		CYCLE CLASSIC MERYL	CYCLE RIDE RACHEL L.			
			7:00pm				
		CYCLE RIDE MERYL					

CLASSES LOCATED IN TEAM TRAINING ROOM

		MON	TUE	WED	THU	FRI	SAT	SUN
TEAM TRAINING Team Training Room		5:30am	5:30am	7:30am	5:30am	6:00am	8:00am	9:00am
		6:30am	6:00am	8:00am	7:00am	6:30am	8:30am	10:00am
		8:00am	6:30am	9:30am	8:30am	8:30am	10:00am	
		8:30am	9:00am	10:30am	10:30am	9:00am	10:30am	
		12:15pm	10:30am	12:15pm	5:00pm	9:30am		
		5:30pm	5:00pm	6:30pm	6:30pm	10:30am		
		6:00pm	5:30pm					
			6:00pm					

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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).