

CLASS SCHEDULES | WALL | OCTOBER | PG. 1

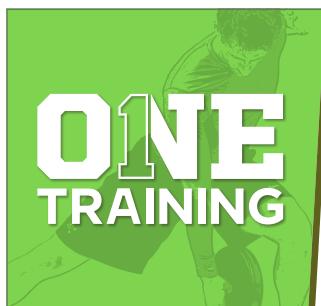
CLUB HOURS: Mon.-Thurs. 5am-11pm // Fri. 5am-10pm // Sat. 7am-7pm // Sun. 7am-4pm

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
GROUP TRAINING ROOM 1	8:30am GROUP ZUMBA MICHELLE	5:30am GROUP CORE JESSICA/KELLY	5:30am GROUP POWER MIKE	8:00am GROUP ACTIVE ERIKA	8:00am GROUP fight CLEVERSON/LORI	7:00am GROUP BOOT CAMP KELLY	7:00am GROUP BOOT CAMP JORDAN/KELLY
	9:30am GROUP POWER MYRA	8:00am GROUP BLAST COLLEEN	8:30am GROUP CORE KELLY	9:00am GROUP BOOT CAMP KELLY	9:00am GROUP CORE BECKY	8:00am GROUP 3D30 KELLY	8:00am GROUP ACTIVE MYRA
	10:30am GROUP fight CLEVERSON	9:00am GROUP BOOT CAMP KELLY	9:00am GROUP 3D30 KELLY	10:00am GROUP BLAST LORI	10:30am GROUP POWER MYRA	8:30am GROUP BLAST KIESHA	9:00am GROUP CORE MYRA/MICHELLE
	11:30am GROUP MOVE30 CHRISSEY	10:00am GROUP CORE MYRA	9:30am GROUP POWER CLEVERSON	4:00pm GROUP POWER KELLY	6:00pm GROUP POWER MIKE	9:30am GROUP POWER KIESHA	9:30am GROUP fight LAUREN/MICHELLE
	4:30pm GROUP MOVE30 CHRISSEY	10:30am GROUP ACTIVE MYRA	10:30am GROUP ZUMBA MICHELLE	5:00pm GROUP ZUMBA KIM		10:30am GROUP fight ERIKA	10:30am GROUP POWER LAUREN/MICHELLE
	5:00pm GROUP fight CHERE	4:00pm GROUP POWER MYRA	4:30pm GROUP fight ERICA/LORI G.	6:00pm GROUP fight LAUREN/LORI		11:30am GROUP ZUMBA KIM	
	6:00pm GROUP BOOT CAMP ANDREA	5:00pm GROUP ACTIVE ERIKA	5:30pm GROUP 3D30 TRISHA	6:00pm GROUP BLAST TRISHA			
	7:00pm GROUP POWER BECKY	6:00pm GROUP fight LAUREN	6:00pm GROUP 3D30 TRISHA	7:00pm GROUP BLAST TRISHA			
	8:00pm GROUP ZUMBA JENNA/JULIETTE	7:00pm GROUP groove NAOMI	7:00pm GROUP POWER NAOMI	8:00pm GROUP ZUMBA KIM			



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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 | WALL | OCTOBER | PG. 2

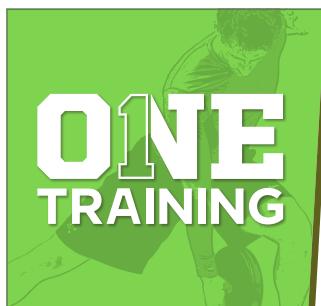
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JERSEY STRONG

CLASSES LOCATED IN GROUP ROOM 2

	MON	TUE	WED	THU	FRI	SAT	SUN
	5:30am PILATES MAT CAROLAN	5:30am GROUP CENTERGY LORI	7:30am YOGA MARY	8:00am PILATES MAT CHRIS	8:30am BARRE COLLEEN	8:00am GROUP STRETCH CATHY	8:00am YOGA PIPER
	9:00am YOGA PIPER	8:00am PILATES MAT PIPER	8:30am BARRE DONNA	9:00am YOGA CHRIS	9:30am GROUP CENTERGY BECKY	9:00am BARRE COLLEEN	9:00am YOGA NICOLE
	10:00am GROUP CENTERGY SANDRA	9:00am GROUP CENTERGY SANDRA	9:30am GROUP CENTERGY DONNA	10:00am GROUP CENTERGY SANDRA	10:30am GROUP STRETCH BECKY	10:00am BARRE CATHY	10:00am GROUP CENTERGY CHRIS
	11:00am GROUP STRETCH SANDRA	10:00am GROUP STRETCH SANDRA	10:30am YOGA BECKY	11:00am GROUP STRETCH SANDRA	4:00pm YOGA PIPER		
	5:00pm GROUP CENTERGY CHRIS	4:00pm BARRE JODIE	5:00pm BARRE LORI	4:00pm YOGA CATHY	5:30pm BARRE JACKIE		
	6:00pm YOGA CATHY	6:00pm YOGA PIPER	6:00pm GROUP CENTERGY LORI	6:30pm YOGA CATHY			
	7:00pm BARRE NICOLE	7:00pm GROUP CENTERGY KARL					



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**JERSEY
STRONG**

CLASSES LOCATED IN WORKOUT ZONES

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

CLASSES LOCATED IN CYCLE ROOM

	MON	TUE	WED	THU	FRI	SAT	SUN
CYCLE ROOM	5:30am  CYCLE CLASSIC ANDREA	6:00am  CYCLE R30 JESSICA/KELLY	8:30am  CYCLE CLASSIC TIM	5:30am  CYCLE CLASSIC JESSICA	5:30am  CYCLE RIDE JESSICA	7:30am  CYCLE RIDE LAUREN	8:00am  CYCLE CLASSIC MIKE G.
	8:30am  CYCLE R30 KELLY	8:30am  CYCLE R30 KELLY	5:30pm  CYCLE CLASSIC ERIKA/TRACY	8:30am  CYCLE R30 KELLY	8:30am  CYCLE CLASSIC TIM	8:30am  CYCLE R30 TRACY	9:00am  CYCLE CLASSIC LAUREN
	9:00am  CYCLE RIDE KELLY	9:00am  CYCLE CLASSIC PIPER		9:00am  CYCLE RIDE AMANDA	5:30pm  CYCLE R30 MIKE		
	6:00pm  CYCLE CLASSIC MIKE G.	6:00pm  CYCLE CLASSIC KARL		6:00pm  CYCLE R30 MIKE		 CYCLE CLASSIC TRACY	

CLASSES LOCATED IN TEAM TRAINING ROOM

	MON	TUE	WED	THU	FRI	SAT	SUN
TEAM TRAINING Team Training Room	6:00am	9:00am	5:30am	6:00am	6:00am	10:00am	9:30am
	9:00am	9:30am	6:00am	6:30am	9:00am	10:30am	10:00am
	9:30am	5:00pm	6:30am	9:30am	9:30am		
	5:00pm	5:30pm	9:30am	5:00pm	5:30pm		
	5:30pm		5:00pm	5:30pm	6:00pm		
	6:00pm		5:30pm				
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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).