

## CLASS SCHEDULES | OCEAN | OCTOBER | PG. 1

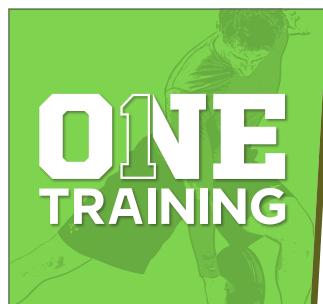
**CLUB HOURS:** Mon.-Thurs. 5am-11pm // Fri. 5am-10pm // Sat. 7am-7pm // Sun. 7am-4pm

**BABYSITTING HOURS:** Mon.-Thurs. 8am-12pm & 3:45pm-8:15pm // Fri. 8am-12pm // Sat. & Sun. 8am-12pm

# JERSEY STRONG

### CLASSES LOCATED IN GROUP ROOM 1

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>GROUP fight</b> CHERE	8:00am	GROUP <b>POWER</b> CARLEY	7:00am	GROUP <b>fight</b> CARLEY	5:30am	GROUP <b>POWER</b> LORI	7:30am
<b>BOOT CAMP</b> TOM	9:00am	GROUP <b>BLAST</b> LORI	8:00am	GROUP <b>BLAST</b> JANNETIE	6:30am	GROUP <b>POWER</b> GINA	9:00am
<b>GROUP POWER</b> AMANDA	10:00am	GROUP <b>POWER</b> LORI	9:00am	GROUP <b>CORE</b> JANNETIE	8:00am	GROUP <b>POWER</b> GINA	10:00am
<b>GROUP ZUMBA</b> MARLA	11:00am	GROUP <b>MOVE30</b> LORI	10:00am	GROUP <b>POWER</b> SANDY	9:30am	GROUP <b>POWER</b> KIESHA	11:00am
<b>BOOT CAMP</b> PIPER	4:00pm	GROUP <b>ACTIVE</b> BECKY	5:00pm	GROUP <b>ZUMBA</b> MICHELLE S.	10:30am	GROUP <b>BLAST</b> KIESHA	11:30am
<b>GROUP BLAST</b> LORI	5:00pm	GROUP <b>MOVE30</b> BECKY/CHRIS	6:00pm	GROUP <b>fight</b> GINA	4:30pm	GROUP <b>ZUMBA</b> TARA	
<b>GROUP POWER</b> MIKE	6:00pm	GROUP <b>ZUMBA</b> TARA	7:00pm	GROUP <b>ACTIVE</b> LAUREN	5:30pm	<b>BOOT CAMP</b> RACHEL	
<b>GROUP ZUMBA</b> LIZABETH	7:00pm			<b>GROUP 3D30</b> LORI	6:00pm	<b>POWER</b> BECKY	
<b>GROUP TRAINING ROOM 1</b>				<b>BOOT CAMP</b> CODY			



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**ADVANCED REGISTRATION:** All classes require advanced registration at either [jerseystrong.com/account](http://jerseystrong.com/account) or through the JERSEY STRONG mobile app which can be downloaded at [jerseystrong.com/app](http://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 | OCEAN | OCTOBER | PG. 2**

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

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**CLASSES LOCATED IN GROUP ROOM 2**

MON	TUE	WED	THU	FRI	SAT	SUN
9:30am <b>Z BARRE</b> CATHY	9:00am <b>Z YOGA</b> MARIA	8:45am <b>Z YOGA</b> LAUREN B.	8:30am <b>Z BARRE</b> DONNA	8:30am <b>Z BARRE</b> CATHY	8:00am <b>Z BARRE</b> LORI	9:00am <b>Z YOGA</b> BECKY
10:30am <b>GROUP CENTERGY</b> BECKY	10:00am <b>Z PILATES MAT</b> MARIA	10:00am <b>GROUP CENTERGY</b> SANDRA	9:30am <b>Z PILATES MAT</b> JANNETJE	9:30am <b>Z YOGA</b> MARIA	9:30am <b>GROUP CENTERGY</b> BECKY	10:00am <b>GROUP CENTERGY</b> BECKY/KARL
6:00pm <b>Z BARRE</b> LORI	5:30pm <b>Z YOGA</b> BECKY	11:00am <b>Z STRETCH</b> SANDRA	10:30am <b>Z STRETCH</b> SANDY	4:30pm <b>Z BARRE</b> LORI	5:30pm <b>Z PILATES MAT</b> CHRISSEY	6:30pm <b>GROUP CENTERGY</b> BECKY/CHERE
7:00pm <b>Z YOGA</b> PIPER		6:30pm <b>GROUP CENTERGY</b> BECKY/DONNA				



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## CLASS SCHEDULES | OCEAN | OCTOBER | PG. 3

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### CLASSES LOCATED IN WORKOUT ZONES

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

### CLASSES LOCATED IN CYCLE ROOM

CYCLE ROOM	MON	TUE	WED	THU	FRI	SAT	SUN
	5:30am	9:30am	5:30am	8:30am	5:30am	8:00am	7:30am
	 MIKE G.	 AMANDA	 JEN	 PIPER	 MIKE G.	 CHRIS	 TIM
	8:30am		9:00am	9:30am	7:00am	9:00am	8:30am
	 TIM/MIKE S.		 PIPER	 DONNA	 PIPER	 KELLY	 KELLY
	4:30pm		5:30pm	5:30pm		9:30am	9:00am
	 TIM	 TIM	 KELLY	 AMANDA	 AMANDA		 TIM
	5:30pm				9:30am		
	 ERIKA						

### CLASSES LOCATED IN TEAM TRAINING ROOM

	MON	TUE	WED	THU	FRI	SAT	SUN
 Team Training Room	6:00am	6:00am	7:00am	6:00am	5:30am	8:00am	8:30am
	8:30am	7:00am	7:30am	7:00am	7:00am	9:00am	9:30am
	9:00am	8:00am	8:00am	8:00am	7:30am	9:30am	
	12:00pm	9:00am	8:30am	5:30pm	9:00am		
	12:30pm	4:30pm	5:00pm	6:30pm	12:00pm		
	4:30pm	5:30pm	6:00pm	7:00pm			
	6:00pm	6:30pm	6:30pm				
	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).