

CLASS SCHEDULES | MIDDLETOWN | 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-9pm // 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							
	8:00am GROUP CORE COLEEN	5:15am GROUP POWER MEREDITH	5:15am GROUP CORE MEREDITH	9:00am GROUP 3D30 COLEEN	8:00am GROUP CORE COLEEN	7:30am GROUP POWER MEREDITH/COLEEN	8:30am GROUP fight ADRIENNE/JEN
	8:30am GROUP BLAST COLEEN	9:00am GROUP CORE COLEEN	8:30am GROUP POWER RACHEL	9:30am GROUP fight CHERE	8:30am GROUP BLAST COLEEN	8:30am GROUP BLAST COLEEN/BECKY	9:30am GROUP POWER RACHEL/JEN
	9:30am GROUP POWER MICHELLE	9:30am GROUP fight BECKY	9:30am GROUP BOOT CAMP DANIELLA	10:30am GROUP STRETCH COLEEN	10:30am GROUP POWER COLEEN	9:30am GROUP CORE COLEEN/MEREDITH	10:30am GROUP ACTIVE RACHEL D.
	10:30am GROUP MOVE30 MICHELLE/COLEEN	10:30am GROUP STRETCH MICHELLE	10:30am GROUP groove BECKY	11:00am GROUP ACTIVE COLEEN	11:00am GROUP ACTIVE COLEEN	10:30am GROUP CENTERGY CHRIS	
	11:00am GROUP ACTIVE KRISTEN	11:00am GROUP ACTIVE MICHELLE	4:00pm GROUP ACTIVE COLEEN	4:30pm GROUP fight MEREDITH	4:30pm GROUP fight MEREDITH	10:00am GROUP BOOT CAMP DANIELLA	
	5:00pm GROUP 3D30 MEREDITH	4:30pm GROUP POWER COLEEN	5:00pm GROUP BLAST COLEEN	5:30pm GROUP MOVE30 COLEEN	5:15pm GROUP POWER JOE	12:00pm GROUP ZUMBA LAURA	
	5:30pm GROUP MOVE30 MEREDITH	5:30pm GROUP groove LILY	6:00pm GROUP POWER CAROL	6:30pm GROUP ACTIVE COLEEN			
	6:00pm GROUP CORE MEREDITH	6:00pm GROUP BOOT CAMP ASHLEY	7:00pm GROUP ZUMBA MARLA/SANDRA	7:00pm GROUP ACTIVE COLEEN			
	6:30pm GROUP fight NATALIE	7:00pm GROUP 3D30 MEREDITH/COLEEN					
	7:30pm GROUP POWER COLEEN	7:30pm GROUP CORE MEREDITH					

*This Boot Camp class will be held on the turf.



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DO YOU HAVE THE APP

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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

GROUP TRAINING ROOM 2	MON	TUE	WED	THU	FRI	SAT	SUN
	8:15am	8:00am	8:30am	8:30am	9:30am	8:30am	9:30am
	PILATES MAT DONNA	YOGA CATHY	BARRE LISA	BARRE LISA	PILATES MAT CHRISSTY	PILATES MAT DONNA	CENTERGY RACHEL D.*
	9:30am	9:30am	9:30am	9:30am	6:15pm	9:30am	
	BARRE TRICIA	GROUP CENTERGY RACHEL	GROUP CENTERGY KRISTEN	YOGA CATHY	YOGA DANIELLA	BARRE DONNA	
	10:30am	6:00pm		10:30am			
	YOGA MIKE	YOGA JON	YOGA ALANA	PILATES MAT SOSSY			
	5:00pm	7:15pm		6:15pm			
	GROUP CENTERGY RACHEL	YOGA JON					

*Sunday 9:30am Group Centergy will be offered every other Sunday. Please check the Jersey Strong App for the dates in which it will be offered.



**ONE
TRAINING**

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CLASS SCHEDULES | MIDDLETOWN | OCTOBER | PG. 3

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

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**JERSEY
STRONG**

CLASSES LOCATED IN WORKOUT ZONES

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

CLASSES LOCATED IN CYCLE ROOM

CYCLE ROOM	MON	TUE	WED	THU	FRI	SAT	SUN
	5:30am	8:30am	5:45am	8:30am	5:15am	8:30am	7:30am
 CYCLE RIDE CAROL	 CYCLE RIDE RACHEL	 CYCLE R30 MEREDITH	 CYCLE CLASSIC MIKE	 CYCLE RIDE KELLY	 CYCLE RIDE MEREDITH/KELLY	 CYCLE CLASSIC MERYL	
 CYCLE CLASSIC MATT/ROBIN		 CYCLE CLASSIC RACHEL	 CYCLE R30 MEREDITH	 CYCLE R30 KRISTEN/ROBIN	 CYCLE R30 KRISTINE	 CYCLE R30 CAROL	
 CYCLE RIDE MEREDITH		 CYCLE RIDE CAROL		 CYCLE R30 KRISTEN/ROBIN			

CLASSES LOCATED IN TEAM TRAINING ROOM

		MON	TUE	WED	THU	FRI	SAT	SUN
 TEAM TRAINING Team Training Room		9:00am	5:15am	6:30am	5:15am	9:00am	9:30am	10:00am
		5:00pm	5:45am	8:30am	5:45am	9:30am		
		6:30pm	9:00am	9:30am	6:30am			
			9:30am		9:30am			
			5:30pm		5:30pm			
				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).