



Group Fitness Studio Spring

ENGLEWOOD

Effective April 9, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Cardio/Strength Tammy 1-2-3	Body Sculpt Gail 1-2-3	Battle Stations* Rob 2-3	Circuit Breaker Gail 1-2-3	Cardio Strength Mix Tammy 1-2-3		7:00am Battle Stations* Rob 2-3
7:30am	Dancer Body Workout Tammy 1-2-3	Circuit Breaker Holly 1-2-3	Body Building 101 Carla 1-2-3	Battle Stations* Rob 2-3			7:45am Battle Stations* Rob 2-3
8:30am	Full Body Strength Tammy 1-2-3	BOSU Pump Holly 1-2-3	Pilates/Yoga Fusion Catherine 1-2-3	BOSU Pump Blanca 1-2-3	Cardio Challenge Mina 1-2-3	Kick-Box Mina 1-2-3	Step Interval Strength Mix Maria J. 1-2-3
9:30am	Cardio Dance Mix Omar 1-2-3	Dumbbell Conditioning Allan 2-3	Kick-Box Mix Pam 1-2-3	Cardio Cuts Shira 2-3	Zumba Toning Bianca 1-2-3	Body Sculpt Mary Ellen 1-2-3	Max Interval Nurit 2-3
10:30am	Body Sculpt "Lite" Lisa B. 1-2	Zumba Celia 1-2	Pilates Nurit 1-2-3	Body Sculpt MaryEllen 1-2-3	Full Body Strength Tammy 1-2-3	The Abs Class 30 Minutes MaryEllen 1-2-3	Latin Funk Alberto 1-2-3
	11:45am Line Dancing Michelle 1-2-3		11:30am Zumba Jackie 1-2		11:30am Zumba Hila 1-2-3	11:00am Belly Dancing SaFire 1-2-3	
5:00pm		Butts & Guts 30 Minutes Shira 1-2-3	12:30pm Line Dancing Peter 1-2-3				
5:30pm	Kick-Box Mina 2-3	Cardio Strength Mix Shira 2-3	Cardio/Strength Mina 1-2-3		Pump n' Ride Jenn 1-2-3		
6:30pm	Body Sculpt Mina 1-2-3	Zumba Hila 1-2-3	Zumba Christopher 1-2-3	Body Sculpt Mary Ellen 1-2-3	The Abs Class 30 Minute Jenn 1-2-3		
7:30pm	Latin Funk Omar 1-2	Battle Stations Rob 2-3		Total Body Mina 2-3	7pm Latin Funk Alberto 1-2-3		

The Gym, Englewood

20 Nordhoff Place

Englewood, NJ 07631

(201) 567-9399

www.GetToTheGym.com

Club Hours:

Monday - Thursday 5:00am - 11:00pm

Friday 5:00am - 10:00pm

Saturday 6:00am - 6:00pm

Sunday 7:00am - 5:00pm

Playroom Hours:

Monday - Sunday 8:00am - 1:30pm

Monday - Friday 4:00pm - 8:30pm

Class Levels:

Level 1 = Beginner

Level 2 = Intermediate

Level 3 = Advanced

DESCRIPTIONS

STRENGTH AT THE GYM

The Abs Class: 30 minutes of floor work focusing on the core. Movements ranging from sit-ups, crunches and plank work, using stability balls on or off the floor.

Body Sculpt: Join this class that's designed to move you through an extra hard sculpting workout and exhaust every part of your body to a new level. This experience will not disappoint you!

Body Sculpt 'lite': This class is geared towards beginner levels. Sculpt your body to a 'lite' to moderate pace

Dancer Body Workout: Modern dance based movements in which muscles are toned through stretching, lengthening and strengthening using light weights.

Dumbbell Conditioning: Non-stop CARDIO action using only dumbbells to condition and strengthen your entire body. Move in every direction functionally and traditionally.

Dumbbell Strength: This is a strength class using only dumbbells. It's a heavy duty full-body workout only for the strong.

Full Body Strength: All levels are welcomed to pump it up! This full body weight training class is geared toward toning and strengthening.

Total Body: Strengthen and sculpt your entire body from head to toe with this amazing weight training routine. This class is not for the weak!

Battle Stations: This intense cardio/strength class will keep you moving through a non-stop circuit style workout. Be ready for anything and everything!

Boot Camp: Serious cardio, strength, stamina and coordination building class geared to whip you into shape

BOSU Pump: Now challenge your balance, coordination and stamina on the BOSU. This class is an athletic style cardio strength mix that's fun, different and exciting!

H.I.I.T.: High Intense Interval Training at its best. Perform bursts of intense cardio moves w/ very little recovery and alternate it w/ some challenging strength training exercise to "HIIT" your results.

Step Interval Strength Mix: Basic to intermediate level step class mixed with sculpting and strength combos.

Pump 'n Ride: Unique blend of strength training in the Group Fitness Studio followed by a cardio work-out in the SPIN Studio. Try this class format to get the MOST out of 2 different studios.

CARDIO AT THE GYM

Belly Dancing: Open your mind to this class and prepare your body to have loads of fun. Get your hips and legs shaking and burning in this fun and Middle Eastern dance class.

Cardio Strength Mix: This dynamite combination of cardio and strength is taught either in segments or interval style. The instructor may incorporate anything from multi-impact aerobics and step, to jump ropes, weights, bands, and fitness balls.

Cardio Challenge: Be prepared for anything! This cardiovascular challenge can combine intervals, multi-impacted moves, boxing, jump rope, medicine ball drills and more! Leave it to the instructor to surprise, energize and challenge your cardiovascular endurance.

Circuit Breaker: Get ready to sweat with this heart pumping cardio challenge. This class will include jump rope, multi-impact and sport specific moves circuit style.

Cardio Cuts: advanced level cardio class with moves that are meant to "cut" and define your body

Cardio Dance Mix: Get your cardio and DANCE in this high energy multi-impact cardio dance class that combines Latin, funk, jazz, and hip-hop moves to give you a great fun cardio dance experience.

Kick-Box: This Tae-Bo-styled workout will challenge your upper and lower body and every muscle in between. Cross train your muscle groups and teach your body how to kick and punch in different ways.

Kick-Box Mix: Intense cardio interval class w/ weights and kickboxing. Challenge your muscles and coordination w/ this dynamic combination.

Line Dancing: Choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing the same direction, and executing the steps at the same time.

Max Interval: Interval training at it's best! Maximize your workout with intense cardio moves w/ very little rest and alternate it w/ some fun challenging strength moves to maximize your results.

Latin Funk: Feel like you're on vacation and take a dance class. Sweat and move to Latin beats while your body enjoys this fun cardio workout.

Zumba: A fusion of Latin and international music- dance themes creating a dynamic, exciting and effective fitness system. Aerobic/fitness interval training w/ a combination of fast and slow rhythms that tone and sculpt the body.

(* Indicates that the class is a sign-up class. Participants must sign-up themselves only at the front desk on the day of the class.