



Group Exercise Class Schedule

Powerhouse
10 Schalks Crossing Rd.
Plainsboro, NJ 08536
609-799-2800

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 Pilates Doreen	5:45 Wake Up 'N Work It! Doreen		5:45 Wake Up 'N Work It! Doreen	5:45 Boot Camp Rose	8:00 Pilates Doreen	8:00 Zumba Lisa
	8:45 Zumba	8:45 Pilates Doreen	8:30 Yoga Del	8:45 Will Power and Grace Eileen	8:30 Spin Linda	9:00 Spin Doreen
9:30 Spin Doreen		9:45 Will Power and Grace Eileen	8:45 Spin Sharmila	9:30 Spin Stephanie	9:00 Cardio Sculpt Ellen	9:00 Vinyasa Flow Del
9:30 Zumba Lisa	9:30 Mixer Lisa		9:30 Total Body Lisa	9:30 Cardio Kick Lisa	10:00 Turbo Kick Maria	10:00 Pump It! Ellen
10:30 Vinyasa Flow Del			10:30 Intro-Kettle Bell Maggie (1/2 Hour Class)			
		12:15PM Spin/Doreen (1/2 Hour Class)				
5:15 Yoga Fit Stephanie						
6:00 Butts 'N Guts Ellen	5:30 Zumba Gloria	5:30 Basic Training Ellen	5:30 Pilates Stephanie	5:30 Zumba Gloria		
6:30 Spin Mike	6:30 Spin Linda	6:30 Spin Laurie	6:30 Spin Doreen			
6:30 Turbo Kick Maria	6:30 Cardio Sculpt Ellen	6:30 Allison Yoga	6:30 Boxing 101 Rose			
			7:30 Yoga Flow Doreen			Denotes New Class, New Time, or New Instructor

Butts N' Guts - 30 minutes of concentration on glutes and abs.

Basic Training - A 45 minute intense cardio workout involving basic exercise movements challenging your muscle strength ,endurance and flexibility. This class burn off those extra calories and is a great compliment for those involved with sports. All levels of fitness are welcomed!

Cardio Sculpt - Get personal training style attention in this 60 minute core building, metabolism charging, class.

Vinyasa Flow Yoga A marvelous means of exercising, stretching and freeing the body so it can be healthy, long lived, and a vital instrument of the mind and soul. Vinyasa is a term that covers a broad range of yoga classes. The word Vinyasa means “breath-synchronized movement”

Pump It! - A Weight training workout geared toward building strength , endurance and flexibility.

Hatha Yoga - A marvelous means of exercising, stretching and freeing the body so it can be a healthy, long lived, and vital instrument of the mind and soul.

Kettlebell—A cardio and strength session combined, Kettlebell is a unique exercise program that uses swings and power moves to sculpt your entire body.

Boxing 101– Learn basic boxing combinations in a high energy, fat burning workout using focus mitts, heavy bags and circuit training. Gloves/wraps required.

Mixer - A unique blend of aerobic, strength and flexibility exercises for an overall body workout.

Pilates - A total body conditioning exercise method combining strength and flexibility to improve balance and posture, and focus on the abdomen, low back, glutes. All levels welcomed.

Power Yoga Power yoga is a general term used in the West to describe a vigorous fitness-based approach to Vinyasa style yoga. Most power yoga is closely modeled on the Ashtanga style of practice.

Spin - These 45 minute classes incorporate aerobic, interval and endurance schedules to bring you an exciting indoor cycling program!

Total Body - Get sleek definition by strengthening and toning your body. This class uses a mixture of floor exercises, weights, stability balls, bands and aerobic movements for a total body workout.

Turbo Kick - A challenging cardiovascular workout disguised as a PARTY!

Wake Up 'N Work It - Get out of bed, work hard and be done for the day! This 5:45 am class is a great combination of weights, plyometrics, and Pilates style movement in a quick, efficient and always different format!

Will Power and Grace - A Sweaty Dynamic Fusion of popular & effective group exercise programs, such as Yoga, dance and martial arts.

YogaFit - Gain strength, balance, power and grace in this stress reducing Yoga hour.

Zumba - An intense dance-aerobics workout with pulsating Latin music.