

**N J
GYM****FITNESS****Z O N E**

Group Exercise Class Schedule

Jan. 4th, '10—Mar. 28th, '10
 Fitness Zone
 440 US Highway #130
 East Windsor, NJ 08520
 609-426-0700

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 Spin Doreen	5:45 Wake Up 'N Work It! Doreen	5:45 Spin Linda	5:45 Wake Up 'N Work It! Doreen	5:45 Spin Linda	8:00 Pilates Doreen	
		9:00 Pilates Plus Val B.	8:45 Step 'N Glide Helen		8:30 Spin Marian	9:00 Spin Arline
9:30 Spin Doreen	9:30 Spin Daryl	9:30 Spin Daryl	9:30 Spin Daryl	9:30 Spin Stephanie	9:00 Cardio Pump Ellen	9:00 Vinyasa Flow Del
9:30 Zumba Lisa	9:30 Mixer Lisa	9:30 Cardio Fusion Val B.	9:30 Total Body Lisa	9:30 Cardio Kick Lisa	10:00 TurboKick Ryan	10:00 Fat Burning Sunday Helen
10:30 Total Body Stephanie	10:30 Pilates Stephanie	10:30 Kettlebell Maggie	10:30 Will Power and Grace Marianne	10:30 Pilates Props Stephanie		
			- PM -			
5:00 YogaFit Doreen/Stephanie						
6:00 Butts 'N Guts Ellen	5:30 Zumba Lisa	5:30 Zumba Kathleen	5:30 Pilates Stephanie			
6:30 Spin Mike	6:15 Spin Arline	6:30 Spin Arline	6:30 Spin Marian			
6:30 Turbo Kick Ryan	6:30 Cardio Sculpt Ellen	6:30 PiYo Ryan	6:30 Kickboxing Daryl	7:00 Pilates Doreen		
	7:30 Boxing Pat		7:30 Yoga Flow Senthil			Denotes New Class, New Time, or New Instructor!

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

Cardio Fusion - A high intensity cardio training class integrating boxing drills and power exercises.

Cardio Kick - Classic kickboxing moves taught in a cardiovascular aerobic format.

Cardio Pump - Combination of aerobic movements, plyometric and calisthenics combined with strength training exercises.

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

Dance Fusion— An eclectic mix of dance styles worked into a fun hour of fitness. A great cardio and fat burning workout! (No previous dance experience necessary) For all levels.

Vinvasa Flow - Flow yoga stems from Ashtanga Yoga, which means 'eight-limbed'. This is a series of flowing postures linked by the breath to detoxify

Fat Burning Sunday - A hi-low interval class with boot camp style drills fused with high intensity training using various equipment.

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..

Kickboxing - Combining resistance-based exercise & Muay Thai boxing, an energizing, fat burning workout using heavy bags and focus mitts. 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.

Pilates Plus & Pilates Props - These innovative Pilates classes utilize rings, bands, rollers, and the like to put a new twist on a traditional workout.

PiYo combines Yoga, Pilates, strength conditioning, flexibility and dynamic balance. PiYo is an up-tempo, ideal format for beginners to the advanced, builds lean muscle and burns calories. Get that incredible 'strong and stretched' feeling at the end of every class!

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

Step 'N Glide - Gliding is a great way to slim, tone and sculpt long lean muscles. This workout takes you to a new level integrating gliding moves with a challenging step routine.

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!

Women On Weights - Feeling intimidated in the weight room? Come learn proper lifting technique using barbells and dumbbells in this fun new class and get your weight workout in the group exercise room!

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

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

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