

CLASS DESCRIPTIONS

**low impact classes*

CARDIOVASCULAR

BodyAttack

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. **1 hr.**

BODYCOMBAT

Combines moves and stances of karate, boxing and taekwondo into an energetic routine. Music and pre-choreography create a fierce, energetic experience which raises fitness levels and reduces fat and cholesterol. **1 hr.**

BODYSTEP

The energizing step workout that pushes fat-burning systems into high gear. This class is ideal for members who love to get their groove on and have a little fun as they work out. **1 hr.**

BODYSTEP Athletic

Strong functional step training that unleashes power and athleticism. This class is ideal for members seeking a challenging results-focused step workout without any complex step choreography. It is particularly appealing to males. **1 hr.**

Bollywood

An Indian-inspired cardio dance workout that has choreography directly influenced by the music and dance moves of Bollywood styles. **1 hr.**

Insanity Live

You may have seen the infomercials, now experience Insanity live at NJAC. This thrilling workout provides the support and group motivation to challenge you to work toward your highest potential and unleash your inner athlete, no matter where you're starting from. Using high intensity interval training you will master athletic-training drills, cardio conditioning, and strength training to reach your personal best! **30 min & 1 hr.**

Zumba

Merengue your way to fitness with a high energy Latin and international cardio dance class. **1 hr.**

Zumba Step

Zumba's newest program. All of the step toning and strengthening for your legs and glutes with all the Zumba fun you love. **1 hr.**

STRENGTH/RESISTANCE

Barre Fit*

It's here! Ballet barre workout meets Group Fitness. Use the ballet barre, small weights and small fitness ball to sculpt long, lean muscles, burn fat, improve balance and get that dancer's body. And yes...tutu's are optional. **1 hr.**

BODYPUMP*

The most successful group fitness program in history, BODYPUMP is a 45-60 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. **1 hr.**

Crunchtime*

Who works their abs for more than just a few sets? You will in this half-hour class to whittle away your waistline. **30 min.**

CXWORX™*

CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. *Les Mills does not recommend taking this class prior to BodyPump as injury may occur when adding weights to an already fatigued core. **30 min.**

SWEAT

Be prepared to sweat in this high energy, high intensity class that combines tabata style cardio drills with strength building exercise. **45 min.**

CYCLING

The Ride*

Ride with us in this class which improves cardiovascular endurance and lower body strength. Black lights, a darkened room and awesome audio add to an extraordinary experience. **1 hr.**

Express Ride*

Maximize your time with a 45 min. cycling class that puts the pedal to the metal. **45 min.**

RPM*

It's been called a "rock concert on wheels." This class incorporates the best of biking choreography and great music to help improve endurance and increase lower body strength. **45-60 min.**

MIND/BODY

Barre Fit*

It's here! Ballet barre workout meets Group Fitness. Use the ballet barre, small weights and small fitness ball to sculpt long, lean muscles, burn fat, improve balance and get that dancer's body. And yes...tutu's are optional. **1 hr.**

BODYFLOW™*

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. **1 hr.**

Gentle Vinyasa Yoga*

Appropriate for those who want a softer, restorative, and relaxing practice. Postures may be approached in gradual steps, with plenty of time to focus on breathing and repetition so that the practice is simple to do and easy to follow. Benefits all, great class for beginners. **1 hr.**

Hatha Yoga*

A multi-level Iyengar-style hatha yoga, with an emphasis on safety, alignment, and accessibility of movement. Breathwork, hands-on adjustments, and mind-body work are a part of this physical/mental workout. **1 hr.**

Mat Pilates*

Pilates mat classes focus on integrating the entire body, rather than exercising each body part separately. It is excellent for improving posture, strength and flexibility and aligning the body correctly. Pilates also teaches coordination, concentration and control of the body. **1 hr.**

Pilates w/ Props*

Spice up your Pilates Mat work with props giving you a complete body workout. You will use the magic circle, small balls, small weights and resistance bands which will leave you feeling energized, strong and stretched. **1 hr.**

Power Yoga*

An intense flowing style of yoga that is more vigorous and fitness-based. In this class be prepared to work hard and work up a sweat.

Vinyasa Yoga*

An active yoga class that helps increase flexibility, strength, and focus. Students should be ready to work and sweat. **1 hr.**

Yin Yoga*

Find the perfect balance in your yoga practice with Yin Yoga. In Yin Yoga postures are held for longer periods of time to increase circulation in the joints and improve flexibility. **60 min.**

AQUATIC EXERCISE

Aqua Power*

A bootcamp-inspired class that increases your cardio, stamina and strength. **1 hr.**

***Ability to swim not required for Group Aquatic Classes.**

GUIDELINES

NJAC reserves the right to cancel classes if class attendance averages less than 10 participants. Class schedules are subject to change.

GX classes are for all levels of fitness. Instructors will provide modifications and alternatives during classes to meet all members' needs.

Class Policies

Please abide by the following GX policies to ensure a safe, effective and fun workout.

1. For Aquatic Exercise, BodyPump, The Ride and RPM, and Yoga, admittance is on a first-come, first served basis.
2. Do not enter a class in progress. If you are late, we'd love to have you in the next class.
3. Please do not do your own routine.
4. Notify instructor prior to class if you intend to leave early.
5. Keep conversations to a minimum. Turn cell phones off or on vibrate.
6. Bring water bottles and towels, especially for cycling.
7. Do not mark or alter equipment, particularly the bicycles. Index cards are available to record settings.
8. Please keep personal belongings in lockers
9. Our GX Rooms are spacious so avoid crowding members.
10. Have fun!

Late Policy – *There is no admittance after class begins. NJAC strictly adheres to this late policy in respect of those who arrive early and on time and for the safety and experience of the larger club population. Please arrive early or on time to get the full benefit and experience of the programming.*

***GX schedule subject to change during Les Mills New Release Weekends, Special Events, or instructor continuing education.**