

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The Ride 5:30am - 6:30am Cycling Room Karen F.	BodyPump 6:00am - 7:00am Main GX Room Allison	RPM 5:30am - 6:30am Cycling Room Bobbie	BodyPump 6:00am - 7:00am Main GX Room Karen F.	BodyAttack 5:45am - 6:45am Main GX Room Kathy	BodyCombat 8:00am - 9:00am Main GX Room Eric	BodyAttack 8:30am - 9:30am Main GX Room Kathy
BodyPump 8:30am - 9:30am Main GX Room Marina	CXWORX 9:00am - 9:30am Main GX Room Jenny	SWEAT 6:15am - 7:00am Main GX room Eric	BodyPump 8:30am - 9:30am Main GX Room Jenny	BodyAttack 8:30am - 9:30am Main GX Room Isis	Power Yoga 9:00am - 10:00am Mind/Body Room Johanna	BodyFlow 9:30am - 10:30am Mind/Body Room Ruth
Aqua Power 9:30am - 10:30am Swimming Pool Suzie	Zumba 9:30am - 10:30am Main GX Room Jenny	Zumba 8:30am - 9:30am Main GX Room Vin	BodyCombat 9:30am - 10:30am Main GX Room Lisa L.	Aqua Power 9:30am - 10:30am Swimming Pool Dawn	RPM 9:00am - 10:00am Cycling Room Karen F.	CXWORX 9:30am - 10:00am Main GX Room Suzie
Barre Fit 9:30am - 10:30am Mind/Body Room Carol	The Ride 9:30am - 10:30am Cycling Room Lisa D.	Aqua Power 9:30am - 10:30am Swimming Pool Danielle	The Ride 9:30am - 10:30am Cycling Room Jenny	BodyPump 9:30am - 10:30am Main GX Room Penny	BodyPump 9:05am - 10:05am Main GX Room Bobbie	BodyStep 10:00am - 11:00am Main GX Room Suzie
BodyAttack 9:30am - 10:30am Main GX Room Jenny	Yin Yoga 9:30am - 10:30am Mind/Body Room Ruth	BodyPump 9:30am - 10:30am Main GX Room Jenny	Vinyasa Yoga 9:30am - 10:30am Mind/Body Room Elizabeth	RPM 9:30am - 10:30am Cycling Room Jenny	Barre Fit 10:15am - 11:15am Mind/Body Room Kristin/Penny	The Ride 10:00am - 11:00am Cycling Room Sharmila
RPM 9:30am - 10:30am Cycling Room Karen F.	STRONG by Zumba 10:30am - 11:30am Main GX Room Audrey	Barre Fit 9:30am - 10:30am Mind/Body Room Dawn	Pilates with Props 10:30am - 11:30am Mind/Body Room Karen T.	BodyFlow 9:30am - 10:30am Mind/Body Room Karen W.	Zumba/Bollywood 10:15am - 11:15am Main GX Room Daniella/Uma	Vinyasa Yoga 10:35am - 11:45am Mind/Body Room Alexis
Mat Pilates 10:30am - 11:30am Mind/Body Room Karen T.		BodyStep Express 10:30am - 11:15am Main GX Room Suzie		Crunchtime 10:30am - 11:00am Main GX Room Penny		BodyPump 11:15am - 12:15pm Main GX Room Alanna
BodyPump 12:00pm - 1:00pm Main GX Room Penny	BodyCombat 12:00pm - 1:00pm Main GX Room Daniela O.		Express Ride 12:15pm - 1:00pm Cycling Room Dawn	BodyPump 12:00pm - 1:00pm Main GX Room Isis	<p align="center">LES MILLS DAY Thursday, July 13th. New Releases & Open house. Come celebrate the latest in Group Fitness.</p> <p align="center">Les Mills RPM Instructor Training July 8 – 9th. Contact Jenny - jstover@njac.com to register RPM Master Class Sat. July 8th, 9:00am. Space is limited. First-come basis.</p> <p align="center">Nutrition at NJAC! Nutrition now at NJAC! Nutrition Consultations and 30 Day Boost program available to compliment your daily exercise and fitness activities. Contact Penny Bardfeld at pbardfeld@njac.com.</p> <p align="center">Also Offering Pilates Reformer and Flirtease Fitness.</p> <p align="center">Ask about our Family Membership and Kid's Fitness Programs.</p> <p align="center">For all Group Exercise Questions contact Jenny Stover at jstover@njac.com</p>	
BodyCombat 5:00pm - 6:00pm Main GX Room Staff	BodyPump 5:00pm - 6:00pm Main GX Room Karen F.	Zumba 5:30pm - 6:30pm Main GX Room Audrey	STRONG by Zumba 5:00pm - 6:00pm Main GX Room Bridgette	BodyStep 6:00pm - 7:00pm Main GX Room Cristina/Suzie		
CXWORX 5:30pm - 6:00pm Mind/Body Room Peter	CXWORX 6:00pm - 6:30pm Main GX Room Karen F.	Barre Fit 6:00pm - 7:00pm Mind/Body Room Dawn	Barrelates 6:00pm - 7:00pm Mind/Body Room Carol			
The Ride 6:00pm - 7:00pm Cycling Room Carolyn	Hatha Yoga 6:00pm - 7:00pm Mind/Body Room Elizabeth	The Ride 6:00pm - 7:00pm Cycling Room Richard	Crunchtime 6:00pm - 6:30pm Main GX Room Penny			
Power Yoga 6:30pm - 7:30pm Mind/Body Room Johanna	RPM 6:30pm - 7:30pm Cycling Room Bobbie	BodyCombat 6:30pm - 7:30pm Main GX Room Eric	BodyPump 6:30pm - 7:30pm Main GX Room Penny			
BodyStep Athletic 6:00pm - 7:00pm Main GX Room Peter	BodyAttack 6:30pm - 7:30pm Main GX Room Richard	Gentle Vinyasa Yoga 7:30pm - 8:30pm Mind/Body Room Elizabeth S.	RPM 6:30pm - 7:30pm Cycling Room Daniela/Richard			
Zumba 7:00pm - 8:00pm Main GX Room Cindy	Zumba 7:30pm - 8:30pm Main GX Room Daniella	CXWORX 7:30pm - 8:00pm Main GX Room Bobbie	BodyFlow Flexibility 7:30pm-8:00pm Mind/Body Room Usha			
BodyPump 8:00pm - 9:00pm Main GX Room Bobbie		BodyPump 8:00pm - 9:00pm Main GX Room Bobbie	Bollywood 7:30pm - 8:30pm Main GX Room Uma			

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.**

SWEAT

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

STRONG by Zumba

Strong by Zumba combines high intensity interval training with the science of synced music motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. **1 hr.**

Zumba

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

STRENGTH/RESISTANCE

Barre Fit*

Step up to the Barre with a fitness class that combines the use of bodyweight exercises, hand weights, small fitness ball and barre to condition, strengthen and tone your muscles. **1 hr.**

Barrelates*

The perfect combination of Pilates and Barre Fit. This dynamic duo will tone your body, improve posture and increase strength and flexibility. **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*

Step up to the Barre with a fitness class that combines the use of bodyweight exercises, hand weights, small fitness ball and barre to condition, strengthen and tone your muscles. **1 hr.**

Barrelates*

The perfect combination of Pilates and Barre Fit. This dynamic duo will tone your body, improve posture and increase strength and flexibility. **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.**

BODYFLOW Flexibility™*

A 30-minute express version of BODYFLOW focusing on flexibility. A carefully structured series of stretches, moves and poses to music creates a holistic workout that brings your body into a state of harmony and balance, improves flexibility, increases mobility in hips, and lower back while strengthening key muscle groups. Perfect alone or for after a strength or cardio workout. **30 min.**

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.**