

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>The Ride</b> 5:30am - 6:30am Cycling Room Karen F.	<b>BodyPump</b> 6:00am - 7:00am Main GX Room Allison	<b>RPM</b> 6:15am - 6:30am Cycling Room Bobbie	<b>BodyPump</b> 6:00am - 7:00am Main GX Room Karen F.	<b>BodyAttack</b> 5:45am - 6:45am Main GX Room Kathy	<b>Express Ride</b> 8:00am - 8:45am Cycling Room Debbie	<b>BodyAttack</b> 8:30am - 9:30am Main GX Room Kathy
<b>BodyPump</b> 8:30am - 9:30am Main GX Room Marina	<b>CXWORX</b> 9:00am - 9:30am Main GX Room Jenny	<b>SWEAT</b> 6:15am - 7:00am Main GX room Eric	<b>BodyPump</b> 8:30am - 9:30am Main GX Room Jenny	<b>BodyAttack</b> 8:30am - 9:30am Main GX Room Staff	<b>BodyCombat</b> 8:00am - 9:00am Main GX Room Eric	<b>BodyFlow</b> 9:30am - 10:30am Mind/Body Room Ruth
<b>Aqua Power</b> 9:30am - 10:30am Swimming Pool Suzie	<b>Zumba</b> 9:30am - 10:30am Main GX Room Jenny	<b>Zumba</b> 8:30am - 9:30am Main GX Room Vin	<b>BodyCombat</b> 9:30am - 10:30am Main GX Room Lisa L.	<b>Aqua Power</b> 9:30am - 10:30am Swimming Pool Dawn	<b>Power Yoga</b> 9:00am - 10:00am Mind/Body Room Johanna	<b>CXWORX</b> 9:30am - 10:00am Main GX Room Suzie
<b>Barre Fit</b> 9:30am - 10:30am Mind/Body Room Carol	<b>The Ride</b> 9:30am - 10:30am Cycling Room Lisa D.	<b>Aqua Power</b> 9:30am - 10:30am Swimming Pool Danielle	<b>The Ride</b> 9:30am - 10:30am Cycling Room Jenny	<b>BodyPump</b> 9:30am - 10:30am Main GX Room Penny	<b>RPM</b> 9:00am - 10:00am Cycling Room Karen F.	<b>BodyStep</b> 10:00am - 11:00am Main GX Room Suzie
<b>BodyAttack</b> 9:30am - 10:30am Main GX Room Jenny	<b>Yin Yoga</b> 9:30am - 10:30am Mind/Body Room Ruth	<b>BodyPump</b> 9:30am - 10:30am Main GX Room Jenny	<b>Vinyasa Yoga</b> 9:30am - 10:30am Mind/Body Room Johanna	<b>RPM</b> 9:30am - 10:30am Cycling Room Jenny	<b>BodyPump</b> 9:05am - 10:05am Main GX Room Bobbie	<b>The Ride</b> 10:00am - 11:00am Cycling Room Sharmila
<b>RPM</b> 9:30am - 10:30am Cycling Room Karen F.		<b>Barre Fit</b> 9:30am - 10:30am Mind/Body Room Karen F.	<b>Pilates with Props</b> 10:30am - 11:30am Mind/Body Room Karen T.	<b>BodyFlow</b> 9:30am - 10:30am Mind/Body Room Karen W.	<b>Barre Fit</b> 10:15am - 11:15am Mind/Body Room Dawn	<b>Vinyasa Yoga</b> 10:35am - 11:45am Mind/Body Room Alexis
<b>Mat Pilates</b> 10:30am - 11:30am Mind/Body Room Karen T.		<b>BodyStep Express</b> 10:30am - 11:15am Main GX Room Suzie		<b>Crunchtime</b> 10:30am - 11:00am Main GX Room Penny	<b>Zumba/Bollywood</b> 10:15am - 11:15am Main GX Room Daniella/Uma	<b>BodyPump</b> 11:15am - 12:15pm Main GX Room Penny
<b>BodyPump</b> 12:00pm - 1:00pm Main GX Room Penny	<b>BodyCombat</b> 12:00pm - 1:00pm Main GX Room Daniela O.	<b>Express Ride</b> 12:15pm - 1:00pm Cycling Room Dawn		<b>BodyPump</b> 12:00pm - 1:00pm Main GX Room Staff		
<b>BodyCombat</b> 5:00pm - 6:00pm Main GX Room Staff	<b>BodyPump</b> 5:00pm - 6:00pm Main GX Room Karen F.	<b>Zumba</b> 5:30pm - 6:30pm Main GX Room Audrey	<b>STRONG by Zumba</b> 5:00pm - 6:00pm Main GX Room Bridgette	<b>BodyStep</b> 6:00pm - 7:00pm Main GX Room Cristina/Suzie		
<b>CXWORX</b> 5:30pm - 6:00pm Mind/Body Room Peter	<b>CXWORX</b> 6:00pm - 6:30pm Main GX Room Karen F.	<b>Barre Fit</b> 6:00pm - 7:00pm Mind/Body Room Dawn	<b>Barrelates</b> 6:00pm - 7:00pm Mind/Body Room Carol			
<b>The Ride</b> 6:00pm - 7:00pm Cycling Room Betsey/Errol	<b>Hatha Yoga</b> 6:00pm - 7:00pm Mind/Body Room Staff	<b>The Ride</b> 6:00pm - 7:00pm Cycling Room Richard	<b>Crunchtime</b> 6:00pm - 6:30pm Main GX Room Penny			
<b>Power Yoga</b> 6:00pm - 7:00pm Mind/Body Room Johanna	<b>RPM</b> 6:30pm - 7:30pm Cycling Room Bobbie	<b>BodyCombat</b> 6:30pm - 7:30pm Main GX Room Eric	<b>BodyPump</b> 6:30pm - 7:30pm Main GX Room Penny			
<b>BodyStep Athletic</b> 6:00pm - 7:00pm Main GX Room Peter	<b>BodyAttack</b> 6:30pm - 7:30pm Main GX Room Richard	<b>Gentle Vinyasa Yoga</b> 7:30pm - 8:30pm Mind/Body Room Elizabeth S.	<b>RPM</b> 6:30pm - 7:30pm Cycling Room Daniela/Richard			
<b>Zumba</b> 7:00pm - 8:00pm Main GX Room Cindy	<b>Zumba</b> 7:30pm - 8:30pm Main GX Room Daniella	<b>CXWORX</b> 7:30pm - 8:00pm Main GX Room Bobbie	<b>BodyFlow Flexibility</b> 7:30pm-8:00pm Mind/Body Room Christina			
<b>BodyPump</b> 8:00pm - 9:00pm Main GX Room Bobbie		<b>BodyPump</b> 8:00pm - 9:00pm Main GX Room Bobbie	<b>Bollywood</b> 7:30pm - 8:30pm Main GX Room Uma			

**Group Exercise Events**  
Sept 16 - 17th.  
Les Mills BodyFlow  
Instructor Training.  
Contact Jenny Stover  
to register [jstover@njac.com](mailto:jstover@njac.com)

Sept 16th.  
9:00am  
BodyFlow Master Class.  
See flyer for details.

Sunday, Oct 22nd.  
Les Mills New Release & Open House.

Saturday, Nov 4th.  
Zumba Master Class &  
Womenspace Fundraiser.

**Nutrition at NJAC!**  
Nutrition Consultations and 30-Day  
Boost, Weightloss Warriors and Family  
Meal Planning Programs are offered.  
Contact Penny Bardfeld at  
[pbardfeld@njac.com](mailto:pbardfeld@njac.com).

Also Offering Pilates Reformer  
and Flirtease Fitness.

Ask about our Family Membership  
and Kid's Fitness Programs.

For all Group Exercise Questions  
contact Jenny Stover at  
[jstover@njac.com](mailto:jstover@njac.com)

## 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.**