



Group Fitness Studio Summer

MONTVALE

Effective July 5, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Boot Camp Michael 2-3	Body Sculpting Jackie 2-3	Boot Camp Michael 2-3	Cardio Strength Mix Jackie 1-2-3	Boot Camp Jess 2-3		
8:00am	Basic Strength Holly 1-2	The Core Mazz 1-2-3	Basic Strength Denise 1-2	The Core Mazz 1-2-3			
8:30am	Cardio/Strength 'Circuit Style' Holly 2-3	Lift Leap & Lunge* Mazz 2-3	Kick box* Denise 2-3	All Cardio* 'Circuit Style' Mazz 2-3	Battle Stations* Mazz 3	Cardio Challenge* Lisa B. 2-3	Step Interval Strength mix Jackie 1-2
9:30am	Dance Fusion* Holly 1-2-3	Sculpt Fusion* Nurit 1-2-3	All Ball Class* Jeanne 1-2-3	Sculpt Fusion* Nurit 1-2-3	Cardio Strength Mix* Nurit 2-3	Cardio Strength Mix* Linda 1-2-3	Cardio Moves* Linda 2-3
10:30am	Kick box* Denise 2-3	Latin Cardio Mix Omar 1-2	Broadway Dance Rob 1-2	Zumba* Erica 1-2	Dumbbell Conditioning Allan 2-3	Kick box* Gail 1-2-3	Strength and Stability* Linda 1-2-3
12:15pm	Cardio/Strength 'Circuit Style' Denise 2-3	Strength and Stability Christine 1-2-3	Lower Body Meltdown Mazz 2-3	Strength and Stability Eve 1-2-3	11:30&12:30pm X-Fit Ray 3 fee based	11:30am Contact Boxing Gail 3	

5:00pm	The Core Mazz 1-2-3			The Core Linda 1-2-3
5:30pm	Lift Leap & Lunge Mazz 2-3	Boot Camp Michael 2-3	Total Body Strength Christine 1-2-3	Cardio Strength Mix Linda 2-3
6:30pm	Total Body Strength Gail 1-2-3	Upper-Cuts Mike 1-2-3	Contact Boxing Gail 2-3	Belly Dance Sarah 1-2-3
7:30pm	The Hip-Hop Session Allan 2-3	Broadway Dance Rob 1-2-3	Sport Jump Gail 2-3	

The Gym, Montvale

2 Chestnut Ridge Road
Montvale, NJ 07645

(201) 802-9399

www.GetToTheGym.com

Club Hours:

Monday - Thursday 5:00am - 10:00pm

Friday 5:00am - 9:00pm

Saturday 6:00am - 4:00pm

Sunday 7:00am - 3:00pm

Playroom Hours:

Monday - Sunday 8:00am - 1:30pm

Monday - Thursday 4:00pm - 8:30pm

Class Levels:

Level 1 = Beginner

Level 2 = Intermediate

Level 3 = Advanced

* Prior registration required

THE CLASS DESCRIPTIONS

STRENGTH AT THE GYM

Dumbbell Conditioning: Non-stop action using dumbbells to condition and strengthen your entire body. Move in every direction functionally and traditionally.

Strength and Stability: This strength-based class uses resistance balls, medicine balls, bands, barbells and dumbbells to challenge the participant's stability, balance, flexibility and strength.

Upper-Cuts: This is a 55 minute all upper-body and core workout will guarantee to give your top half the cuts and strength you want.

Battle Stations: This intense cardio/strength class will keep you moving through a non-stop circuit style workout. Be ready for anything and everything!

The Core: Go way beyond just working your abs. Condition your entire core musculature. See and feel the results with this 30 minute class.

Basic Strength: A 30 minute strength training class emphasizing proper posture, position, form, and technique using light resistance. This is a great class for those new to group fitness! (warm-up prior to class participation is strongly recommended)

Total Body Strength: Get stronger and build yourself up by using body bars, dumbbells and weights. The reps in this class are guaranteed to totally burn your body out! All levels welcome.

Lift, Leap and Lunge: Lift weights until you feel like you can't. Leap across the floor using plyometric techniques. Perform lunges in every direction you can think of. Be prepared to be pushed to the limit!

Lower-Body Meltdown: 55 minutes of legs and a core workout guaranteed to melt you down!

Sculpt Fusion: Modeled after the Lotte Berk Method this class fuses core conditioning with disciplines of Pilates and yoga to produce lean and flexible muscles using 2-3 lb dumbbells.

NEW:

All Ball Class: Cardio Interval training utilizing all balls. Utilize a 4 lb. medicine ball in an aerobic format or for power moves. Also, use a Stability ball for balance and core work to strengthen and challenge your mid-section.

Belly Dancing: Open your mind to this class and prepare your body to have loads of fun. Get your hips and legs shaking and burning in this fun and Middle Eastern dance class.

DANCE AT THE GYM

Dance Fusion: A blend of salsa, jazz, funk and hip-hop dance for a heart pumping cardiovascular workout.

Latin Cardio Mix: Feel like you're on vacation and take a dance class. Sweat and move to Latin beats while your body enjoys this fun cardio workout.

Zumba: Fusion of Latin & international music-dance themes that create a dynamic, exciting and effective fitness system.

Broadway Dance: For all you dance lovers, this Broadway style dance class teaches choreographed dance moves to Broadway show tunes. This is a fun way to get your aerobic workout.

The Hip-Hop Session: If you enjoy hip-hop flavor and dance moves from the latest hip-hop videos, you will love this aerobic combination. This class includes energy mixes from your favorite hip-hop and R&B songs.

CARDIO AT THE GYM

Kick Box: This Tae-Bo-styled workout will challenge your upper and lower body and every muscle in between. Cross train your muscle groups and teach your body how to move in new and different ways.

Cardio-Strength Mix: This dynamite combination of cardio and strength is taught either in segments or interval style. The instructor may incorporate anything from multi-impact aerobics and step, to jump ropes, weights, bands, and fitness balls.

Cardio Challenge: Be prepared for anything! This cardiovascular challenge can combine intervals, multi-impacted moves, boxing, jump rope, medicine ball drills and more! Leave it to the instructor to surprise, energize and challenge your cardiovascular endurance.

Interval/Circuit Class: This athletic style cardio and strength class will be taught circuit style. The instructor will use strength, aerobic and plyometric movements in order to build strength and stamina.

Sport Jump: Athletic drills, agility movements, boxing, jump rope, cardio, dumbbells, resistance bands and medicine balls are all in this class. Good luck!

Contact Boxing: Knock-out cardio workout! Make contact with the heavy bag and focus-mitts while working on your cardio endurance with some foot speed drills and agility work. Boxing gloves requested.

X-Fit: strength and conditioning program for individuals who want and need a push towards the next level of fitness. The program is, by design, broad, general, and inclusive. Our specialty is not specializing. The CrossFit program is designed for universal scalability and any committed individual regardless of experience.