

| MONDAY   |  |   |                                     |  |
|--|--|---|-------------------------------------|--|
| STUDIO 1   | STUDIO 2   | STUDIO 3                                    | CYCLE                               | AQUA   |
| <b>LES MILLS BODYPUMP</b><br>5:30am-6:00am<br>KEVIN          |  |   | 6:00am - 7:00am<br>CYCLE<br>GINA    |  |
| <b>LES MILLS BODYATTACK</b><br>6:00am-6:30am<br>KEVIN        |  |   |                                     |  |
|  |  |   |                                     | 8:00am - 8:45am<br>AQUA PLUNGE (Lap)<br>SUSAN    |
| 9:30am - 10:25am<br>P90X Live<br>ANDY                        |  | 9:30am - 10:30am<br>YOGA VINYASA<br>ALLISON | 9:30am - 10:30am<br>MY RIDE<br>TBD  | 8:45am - 9:45am<br>H2O INTERVAL (Thera)<br>SUSAN |
| <b>LES MILLS BODYPUMP</b><br>10:00am-11:00am<br>STACEY       | 10:00am - 11:00am<br>TOTAL BODY CONDITIONING<br>CERIBET            |   |                                     |  |
|  | 11:00am-12:00pm<br>SEATED STRENGTH<br>ROB                          |   |                                     |  |
| 11:30am - 12:30pm<br>SALSA AEROBICS<br>DANIEL                |  |   |                                     | 12:00pm-1:00pm<br>AQUA SCULPT (Thera)<br>CERIBET |
|  | <b>LES MILLS BODYCOMBAT</b><br>4:30pm - 5:30pm<br>LAURA (Studio 1) |   | 4:30pm - 5:30pm<br>CYCLE<br>CHERI   |  |
| <b>LES MILLS BODYPUMP</b><br>5:30pm - 6:30pm<br>MARYANN      | 5:30pm - 6:30pm<br>CARDIO KICK<br>MARIA                            |   |                                     |  |
| <b>LES MILLS BODYSTEP</b><br>6:30pm - 7:25pm<br>JULIA / MIKE | 6:30pm - 7:30pm<br>P90X Live<br>MARIA                              | 6:00pm - 6:55pm<br>POWER PILATES<br>LUCIA   | 6:00pm - 7:00pm<br>CYCLE<br>ANDREA  |  |
| 7:30pm - 8:30pm<br>BOXING<br>JAMIE                           |  | 7:00pm - 8:00pm<br>HATHA YOGA<br>KIRSTEN    | 7:30pm - 8:00pm<br>SPRINT<br>SANDRA |  |

| WEDNESDAY  |  |   |                                      |  |
|--|--|---|--------------------------------------|--|
| STUDIO 1   | STUDIO 2   | STUDIO 3  | CYCLE                                | AQUA   |
| <b>LES MILLS BODYCOMBAT</b><br>5:30am-6:00am<br>MIKE |  |   | 6:00am - 7:00am<br>CYCLE<br>DEVIN    |  |
| <b>LES MILLS BODYSTEP</b><br>6:00am-6:30am<br>MIKE   |  |   |                                      |  |
|  |  | 8:00am - 9:00am<br>POWER FLOW<br>JOSHUA           |                                      |  |
| 9:00am - 10:00am<br>P90X Live<br>ANDY                |  |   | 9:30am - 10:30am<br>MY RIDE<br>CHERI | 10:00am - 11:00am<br>AQUA SCULPT (Thera)<br>MAGGIE |
|  | 10:15am - 11:15am<br>GENTLE YOGA<br>NICK         | 10:30am - 11:25am<br>PILATES ON THE BAR<br>CHERI  |                                      |  |
|  | 11:30am - 12:30pm<br>BALANCE & MOVEMENT<br>CHERI | 11:30am - 12:30pm<br>STRETCH N' MORE<br>KATONYA   |                                      | 12:00pm-1:00pm<br>AQUA SCULPT (Thera)<br>CERIBET   |
| 12:30pm-1:30pm<br>SALSA AEROBICS<br>DANIEL           | 1:00pm-2:00pm<br>TAI CHI<br>JAMES                |   |                                      |  |
| <b>LES MILLS BODYPUMP</b><br>4:30pm-5:30pm<br>LAURA  |  |   | 4:45pm - 5:45pm<br>POWER FLOW<br>PIA |  |
| 5:30pm-6:30pm<br>H.I.I.T.<br>JAMIE                   | 5:30pm - 6:30pm<br>AFRO STEP<br>DEBRA            | 6:00pm - 7:00pm<br>Stretch-AB-ility<br>DONAY      | 6:00pm - 7:00pm<br>CYCLING<br>TBD    |  |
| 6:30pm - 7:25pm<br>ZUMBA<br>ANNA K                   | 6:30pm - 7:30pm<br>PiYo Live<br>JULIA            |   |                                      |  |
|  |  | 8:00pm - 9:00pm<br>BREATHING & MEDITATION<br>NICK | 7:30pm - 8:00pm<br>SPRINT<br>SANDRA  | <b>FREE FOR MEMBERS MASTER SWIM 7:30PM-8:30PM</b>  |

| FRIDAY  |   |  |  |   |
|---|---|--|--|---|
| STUDIO 1  | STUDIO 2                                  | STUDIO 3                                       | CYCLE                                    | AQUA  |
| <b>LES MILLS BODYPUMP</b><br>5:30am-6:00am<br>CASEY   |   |  |  | 9:30am and 10:00am<br><b>PARENT &amp; ME</b> (pre-registraion required) |
| <b>LES MILLS BODYATTACK</b><br>6:00am-6:30am<br>CASEY |   |  | 6:00am - 7:00am<br>MY RIDE<br>GINA       | 10:00am - 10:45am<br>AQUA PLUNGE (Lap)<br>SUSAN                         |
| 9:00am - 9:55am<br>BUILD YOUR BODY<br>JAMIE           |   | 8:30am - 9:25am<br>HATHA YOGA<br>PIA           |  | 10:45am - 11:45am<br>H2O INTERVALS (Thera)<br>SUSAN                     |
| 10:00am - 10:55am<br>ZUMBA<br>ANNA Z                  | 10:00am - 11:00am<br>P90X Live<br>BRENDA  | 9:30am-10:25am<br>PILATES ON THE BAR<br>MAGGIE | 9:30am - 10:30am<br>MY RIDE<br>STACEY O. |   |
|   | 11:00am-12:00pm<br>SEATED STRENGTH<br>ROB |  |  | 12:00pm - 1:00pm<br>CARDIO INTERVALS (Thera)<br>CERIBET                 |

| SATURDAY  |  |   |                                     |  |
|---|--|---|-------------------------------------|--|
| STUDIO 1  | STUDIO 2                                     | STUDIO 3                                    | CYCLE                               | AQUA   |
| <b>LES MILLS BODYCOMBAT</b><br>8:00am-8:55am<br>TONY  |  | 8:00am - 8:55am<br>VINYASA FLOW<br>KELLY    |                                     | 8:00am - 8:45am<br>SPLASH N' STRENGTH (Lap)<br>HELEN         |
| <b>LES MILLS BODYPUMP</b><br>9:00am-9:55am<br>MAGGIE  | 9:00am - 10:00am<br>CARDIO DANCE<br>HELEN    | 9:00am - 9:55am<br>POWER VINYASA<br>JOSHUA  | 9:00am - 10:00am<br>CYCLING<br>ANDY |  |
| 10:00am-10:30am<br>H.I.I.T.<br>TONY                   | 10:00pm-11:00pm<br>SALSA LINE DANCE<br>DONAY | 10:00am - 11:00am<br>PILATES RING<br>MAGGIE |                                     |  |
| <b>LES MILLS BODYSTEP</b><br>10:35am-11:35am<br>JULIA | 11:00pm-12:00pm<br>STRETCH-ability<br>DONAY  |   |                                     | 9:30am & 10:00am<br>10:30am & 11am<br><b>PARENT &amp; ME</b> |
|   |  |   |                                     | <b>FREE FOR MEMBERS MASTER SWIM 11:00AM-12:00PM</b>          |

| SUNDAY  |  |          |                                   |      |
|---|--|----------|-----------------------------------|------|
| STUDIO 1  | STUDIO 2                               | STUDIO 3 | CYCLE                             | AQUA |
| <b>LES MILLS BODYPUMP</b><br>6:00pm-7:00pm<br>MARYANN | 4:30pm - 5:30pm<br>DRUMS ALIVE<br>GERI |          | 5:30pm - 6:00pm<br>SPRINT<br>TONY |      |
|   |  |          |                                   |      |
|   |  |          |                                   |      |

| TUESDAY   |  |  |                                     |   |
|---|--|--|-------------------------------------|---|
| STUDIO 1  | STUDIO 2   | STUDIO 3                                     | CYCLE                               | AQUA  |
| 6:00am - 7:00am<br>KBOX BOOTCAMP<br>BETSY               |  |  | 5:30am - 6:00am<br>SPRINT<br>JULIA  |   |
|   |  |  |                                     |   |
| 9:00am-9:55am<br>BOOTCAMP<br>JAMIE                      | 10:00am - 10:30am<br>FOAM ROLL STRETCH<br>JAMIE        | 9:00am - 9:55am<br>MAT PILATES<br>MAGGIE     | 9:00am - 10:00am<br>CYCLE<br>ANDY   | 9:30am - 10:30am<br>AQUA PUMP(Thera)<br>KATONYA       |
| <b>LES MILLS BODYPUMP</b><br>10:00am-11:00 am<br>MAGGIE |  | 10:00am - 11:00am<br>HATHA YOGA<br>KERI      |                                     | 10:30am and 11:00am<br><b>PARENT &amp; ME</b>         |
| 11:30am-12:15pm<br>JUST MOVE<br>BARRY                   | 12:15pm-1:00pm<br>ZUMBA GOLD<br>BARRY                  | 11:30am-12:30pm<br>VERY GENTLE YOGA<br>CAROL |                                     | <b>PRE-REGISTRATION REQUIRED</b>                      |
|   | 1:00pm-2:00pm<br>TAI CHI<br>BARRY                      |  |                                     | 11:15pm-12:15pm<br>AQUA YOGA(Thera)<br>KERI           |
|   |  |  |                                     |   |
| 4:30pm - 5:30pm<br>P90X Live<br>MARIA                   |  |  |                                     |   |
| <b>LES MILLS BODYPUMP</b><br>5:30pm-6:30pm<br>TONY      |  |  | 5:15pm - 5:45pm<br>CYCLE<br>CERIBET |   |
| 6:30pm - 7:25pm<br>ZUMBA<br>CLAUDIA                     |  | 5:15pm - 6:15pm<br>YOGA VINYASA<br>KELLY     |                                     | 6:00pm - 7:00pm<br>SPLASH & STRENGTH (LAP)<br>CERIBET |
| 7:30pm-8:00pm<br>H.I.I.T.<br>SANDRA                     | <b>LES MILLS BODYCOMBAT</b><br>6:30pm - 7:30pm<br>TONY | 6:30pm-7:30pm<br>BLISS YOGA<br>KELLY         | 7:00pm - 8:00pm<br>MY RIDE<br>TBD   |   |
| <b>LES MILLS BODYATTACK</b><br>8:00pm-8:30pm<br>SANDRA  |  |  |                                     |   |

| THURSDAY   |  |   |                                   |  |
|--|--|---|-----------------------------------|--|
| STUDIO 1   | STUDIO 2   | STUDIO 3  | CYCLE                             | AQUA   |
| <b>LES MILLS BODYPUMP</b><br>5:30am-6:30am<br>ANNMARIE |  | 6:00am - 7:00am<br>POWER FLOW<br>JOSHUA         |                                   |  |
|  |  | 9:00am - 10:00am<br>BOLLYWOOD<br>SHWETA         |                                   | 9:00am-10:00am<br>POOLATES(Thera)<br>CERIBET |
| 9:00am - 9:55am<br>BOOTCAMP<br>JONATHAN                | <b>LES MILLS BODYCOMBAT</b><br>10:00am-11:00am<br>MAGGIE | 9:30am-10:30am<br>PILATES BAR FUSION<br>CHARITY | 9:30am - 10:30am<br>CYCLE<br>ANDY |  |
|  | 11:30am - 12:30pm<br>BALANCE & MOVEMENT<br>KATONYA       | 10:30am - 11:30am<br>HATHA YOGA<br>COOPER       |                                   |  |
|  | 1:30pm-2:30pm<br>TAI CHI<br>BARRY                        | 12:30pm-1:30pm<br>SEATED YOGA<br>KIRSTEN        |                                   |  |
|  |  |   |                                   | <b>POOL CLOSING 8/28 - 9/3</b>               |
| 4:30pm - 5:30pm<br>BALL/FOAM ROLL STRETCH<br>GERI      |  |   |                                   |  |
| <b>LES MILLS BODYSTEP</b><br>6:00pm-6:30pm<br>MIKE     |  |   |                                   |  |
| <b>LES MILLS BODYCOMBAT</b><br>6:30pm-7:30pm<br>MIKE   |  | 6:00pm - 7:00pm<br>VINYASA YOGA<br>CATHY        |                                   |  |
| 6:30pm - 7:25pm<br>ZUMBA<br>CLAUDIA                    | 7:30pm - 8:00pm<br>FOAM ROLL STRETCH<br>JAMIE            | 7:30pm-8:30pm<br>TAI CHI<br>BARRY               | 6:30pm-7:30pm<br>MY RIDE<br>TBD   |  |
| <b>LES MILLS BODYPUMP</b><br>7:30pm-8:30pm<br>JULIA    | 8:00pm - 9:00pm<br>BOOTCAMP<br>JAMIE                     |   |                                   |  |

| FRIDAY   |          |          |       |      |
|--|----------|----------|-------|------|
| STUDIO 1   | STUDIO 2 | STUDIO 3 | CYCLE | AQUA |
| <b>LES MILLS BODYPUMP</b><br>9:00am-9:55am<br>MAGGIE |          |          |       |      |
|  |          |          |       |      |
|  |          |          |       |      |

| SATURDAY   |  |   |                                      |   |
|--|--|---|--------------------------------------|---|
| STUDIO 1   | STUDIO 2                                   | STUDIO 3                                | CYCLE                                | AQUA  |
| <b>LES MILLS BODYPUMP</b><br>9:00am-9:55am<br>GILA           | 9:00am-10:00am<br>GENTLE YOGA<br>MELISSA   |   |                                      | 9:15am - 10:15pm<br>H2O TONE (Lap)<br>GERI        |
| <b>LES MILLS BODYATTACK</b><br>10:00am-11:00am<br>TONY/JULIA | 10:00am - 10:55am<br>HATHA YOGA<br>MELISSA |   | 9:00am - 10:00am<br>MY RIDE<br>CHERI | 10:15am-11:00am<br>AQUA ZUMBA(Lap)<br>FRED        |
| 11:30am -12:30pm<br>KBOX BOOTCAMP<br>JAMIE                   | 11:00am - 12:00pm<br>ZUMBA<br>FRED         | 11:00am - 12:00pm<br>PiYo Live<br>JULIA |                                      | 11:00am - 11:45pm<br>AQUA FRISBEE (Thera)<br>GERI |

## AQUA CLASSES

- AQUA FRISBEE** Use the Frisbees for a fun and challenging class
- AQUA/ X - CARDIO INTERVALS** A little of everything in this H2O exercise.
- H2O TONE** Strength training in the therapy pool
- AQUA YOGA** A gentle water class utilizing the basics of yoga.
- AQUA ZUMBA** The fun of Zumba in H2O.
- AQUA PLUNGE** Take a plunge and rev up your heart rate in the lap pool. Intensity with no-impact workout.
- AQUA PUMP** Strength and toning in the therapy pool.
- AQUASCULPT** Use noodles, weights, boards and the water's resistance to build your body in the therapy pool.
- POOLATES** A total body workout with core focus class in therapy pool
- SPLASH N' STRENGTH** Lite cardio and strength training in the therapy pool.

## CARDIO/AEROBIC

- 20/20/20** 20 mins Cardio/20mins Strength & 20 mins Core
- AFRO CARIBB STEP** A Step (dance) class with African, Latin & Caribbean choreography. Live percussion is used as background music.
- BOOT CAMP** Strength and high energy drills all in one. Each week brings new challenges.
- BOXING** Go around with the heavy bag in this workout using jump ropes and focus mitts. Hand wraps optional and gloves required. Gloves provided
- CARDIO KICK** No bags. Just pure cardio and pure sweat! A heart pumping, fun workout that combines aspects of boxing and kickboxing.
- DRUMS ALIVE** Using a ball and drumstick, get your feet stomping & body moving with this fun class.
- K BOX BOOTCAMP** Kick, punch and jab in this kickboxing and Boot Camp combo. No bags used in this class.
- STEP & SCULPT (on break)** Aerobics & sculpt using the steps.
- P90X Live/ Xpress** Beachbody's full body x-training class (Cardio/Strength/Core) Xpress is its 30-min format.

## CYCLE

- SPRINT**– A Les Mills pre-choreographed 30-min H.I.I.T. training on the bike. Quick and hard that delivers rapid results.
- CYCLE:** Join Johnny G-certified trainers for a simulated bike ride using high-energy music, visualization and motivational strategies to meet your training goals while monitoring heart rate throughout the 5 energy zones. All Levels.
- MY RIDE:** Travel through worldwide cycling routes that are not only motivating but inspiring in this virtual cycling class.

## DANCE

- BOLLYWOOD** – Dance to the music of popular Indian filmmakers. If you like Zumba you will like this class.
- CARDIO DANCE** - A fusion of cardio dance moves set to Motivating music
- SALSA AEROBICS /LINE DANCE** Choreographed Dance routines incorporating salsa steps & music.
- ZUMBA** This class is a mixture of Latin and international music incorporating body sculpting movements and easy to follow dance steps.
- ZUMBA GOLD** The lighter side of Zumba!

## YOGA/BALANCE/STRETCH/ MARTIAL ARTS\*

- BLISS YOGA** A mix of Restorative, Yin Nidra & Reiki Healing. This practice of deliberate stillness enables the body to be fully supported, mind to clear, breath deepen & relax the body. This is when healing begins.
- BREATHING & MEDITATION** Experience the benefits of meditation by including reducing stress, better concentration & inner peace.
- GENTLE/BEGINNER'S YOGA** A simple Hatha style. Enjoy the poses taught in a slower and more relaxed manner.
- HATHA YOGA** Come away with a sense of wellbeing through this ancient form of movement that promotes balance, flexibility, strength and relaxation
- POWER FLOW** A form of Yoga that focuses on core & strength. A great way to start your morning.
- POWER YOGA** A more vigorous and fitness based than traditional yoga.
- SEATED YOGA** Enjoy the poses and practices of Yoga taught from a chair.
- SEATED STRENGTH** A light resistance workout done in chair. Perfect for beginners.
- STRETCH-AB-ILITY** A stretch class w/ core focus
- VINYASA YOGA/FLOW** A flowing style of yoga that connects breathe with body movement.
- TAI CHI\*** Discover complete harmony of the mind and body while performing gracefully fluid and

well balanced martial arts movements

## PILATES

- MAT/PILATES** Improve your posture while creating long, lean muscles.
- POWER PILATES** A classical Pilate's class with core focus. Strengthens & lengthen your muscles.
- PILATES ON THE BAR** Tone and shape your body with this powerful fusion of Pilates, stretching and dance.
- PILATES RING:** A traditional Pilate's mat class utilizing the Pilates ring.
- PiYo Live** A challenging Pilates & Yoga fusion. Burn calories, work balance & get a stretch.
- PiYolates** PiYo with more Pilates/core focus

## RESISTANCE/TONING/ CORE

- ABS** Abdominals/Back & Spine
- BALL/FOAM ROLL STRETCH:** Use stability balls for toning and foam roll to stretch.
- BALANCE & MOVEMENT BASICS** Develop balance and strength to improve functional performance...
- BYB (Build your body)** – Bootcamp using mostly your own body instead of lots of equipment.
- STRETCH N' MORE** Improve your flexibility and strengthen your core. All levels.
- JUST MOVE** A blend of cardio, strength, core & flexibility for all levels. This class promises to get your body moving.
- PURE STRENGTH** Focus on strength training using a variety of equipment including weights, bands and bars.
- TOTAL BODY CONDITIONING:** Low Impact body sculpting with a core bonus workout.

## LES MILLS CLASSES

- BODYPUMP™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.
- BODYATTACK™** is 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.
- BODYSTEP** A full body cardio workout using the step to really tone your butt and thighs.
- BODYCOMBAT** This energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and Muay Thai.

## GROUP FITNESS ETIQUETTE:

Please introduce yourself to the instructor if you are new to group exercise.

In order to prevent injury, please do not enter a class already in session, or leave before stretching or properly cooling down. Please turn off cell phones or put on vibrate mode. If you need to take a call, please do so in the hallway.

- Please place all personal belongings in lockers.
- Please pickup a ticket at the front desk for cycling classes.
- Please let the first class leave before entering the studios.



Hours of operation:

**Monday – Friday 5:00am – 11:00pm**  
**Saturday & Sunday 7:00am–7:00pm**  
 Please visit our website for details:  
[www.HackensackUMCfitnessNYG.com](http://www.HackensackUMCfitnessNYG.com)

**Maria Thornhill**

**Group Fitness Manager**

[mariat@fitnessandwellness.org](mailto:mariat@fitnessandwellness.org)

**Childcare Hours: Weekdays 8:30am-2pm/  
 2:30pm-9:00pm / Saturday 8am-3pm/  
 Sunday 9am - 3pm**

\* Please do not enter a class that has been in session for 5 minutes.

\* Please let the first class leave before entering the studio. Min. of 3 required for class to take place.

\* Classes and instructors are subject to change. Hourly Classes are 50-55 mins. long.

\* Please refrain from using your mobile devices in fitness studios.