

AQUA

Aqua Arthritis: Designed by the Arthritis Foundation gentle exercises will increase flexibility, mobility and reduce stress on joints.

Aqua Boot Camp: Plyometric, strength, cardio intervals in the lap pool.

Aquarobics: A heart pumping, water workout for all levels of fitness.

Aqua Plunge: Take a plunge and rev up your heart rate in the lap pool.

Aqua Pump: Strength and toning in the therapy pool.

Aqua Sculpt: Use noodles, weights, boards and the water's resistance to build your body in the therapy pool.

Aqua Tabata: Timed Intervals of cardio & Strength

Aqua Zumba: Take your Zumba moves to the pool!

Cardio Cross: Cardio intervals in the lap pool.

Poolates: Enjoy the benefits of Pilates while immersed in the soothing warm therapy pool.

Splash & Strength: Lite cardio and strength training in the therapy pool.

CARDIO

Body Burn: Prepare to work hard and sweat plenty in this full body burner.

Bootcamp: Strength and high energy drills

Boxing: Go around with the heavy bag in this workout using jump ropes and focus mitts. Hand wraps and gloves required. Gloves provided.

Cardio Cross Train: A powerful cardio blast combined with resistance training

Cardio Kickboxing: A heart pumping, fun workout that combines aspects of boxing and kickboxing.

Kickboxing Bootcamp: Kick, punch and jab in this kickboxing and bootcamp combo.

Step Hi/ Lo: Low impact, intervals of step and toning.

Step & Tone: Intermediate level step aerobics.

CYCLE

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.

Individually paced training session is ideal for beginners.

MY RIDE: Travel through worldwide cycling routes that are not only motivating but inspiring in this virtual cycling class.

DANCE

Just Dance: Dance your heart out with this exhilarating class that blends all styles of dance.

Zumba: This class is a mixture of Latin and international music incorporating body sculpting movements and easy to follow dance steps.

Zumba Gold/Low-Impact Zumba: The lighter side of Zumba!

MIND-BODY

Gentle Yoga: A simple Hatha style. Enjoy the poses taught in a slower and more relaxed manner.

Hatha Yoga: Come away with a sense of well being through this ancient form of movement that promotes balance, flexibility, strength and relaxation

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.

Vinyasa Yoga: A flowing style of yoga that connects breath with body movement.

MARTIAL ARTS

Capoeira: An Afro-Brazilian art form that dates back hundreds of years. Capoeira integrates elements of self defense, acrobatics, rhythm & music.

Tai-Chi: Discover complete harmony of the mind and body while performing gracefully fluid and well balanced martial arts movements.

PILATES

Pilates: Improve your posture while creating long, lean muscles.

Pilates on The Bar: Tone and shape your body with this powerful fusion of Pilates, stretching and dance.

Pilates Ring: A traditional Pilates mat class utilizing the Pilates ring.

Ballet Bar BootCamp: Sculpt and shape your body with this ballet-inspired toning class.

Barefoot Toning: A smart & safe barefoot total body toning.

BALANCE, STRENGTH, RESISTANCE

ABS: Core conditioning with a focus on abdominals, back and spine.

Balance & Movement Basics: Develop balance and strength to improve functional performance.

BYOB: Build Your Own Body!

PHAT: Pump, hold and tuck!

Pump It: Tone and build muscles with this pure TBC class.

Pure Strength: Focus on strength training using a variety of equipment including weights, bands and bars.

T B C C : Total Body Cardio Conditioning. A heart pumping cardio and strength challenge!

Sculpt Express: A Total body conditioning all in just 30-mins.

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.

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.

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.

BODYCOMBAT EXPRESS – 30 mins BODYCOMBAT.

CXWORX: Get a tight and toned core with dynamic training that zeros in on your abs, glutes, back and obliques. This 30 minute class will leave you looking good and feeling strong to the core.

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 bring water bottle & towel to cycle classes.



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Hours of operation:

Monday ☐ Friday 5:00am ☐ 11:00pm
Saturday & Sunday 7:00am ☐ 7:00pm

Please visit our website for more
Scheduling and facility details
www.HackensackUMCfitnessNYG.com

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