







# JUNE, 2014

MONDAY					TUESDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
5:15 - 6:15 INSANITY SCOTT			6:00 - 7:00 CYCLE GINA		5:30 - 6:30 KBOX BOOTCAMP BETSY				
	9:00 - 9:30 A B S ABE			8:00 - 8:45 CARDIO X (LAP) KAREN	6:30 - 7:00 A B S BETSY				
	9:30 - 10:30 BODY COMBAT NAOKO	9:30 - 10:30 BODY FLOW STACEY	9:30 - 10:30 MY RIDE ABE	8:45 - 9:30 SPLASH & STRENGTH (Thera) KAREN		8:30 - 9:00 P H A T CHARITY			
10:30-11:30 BODY PUMP STACEY		10:30 - 11:30 Willpower and Grace COLLEEN			9:00 - 10:00 BOXING BOOTCAMP ANDY	9:00 - 10:00 ZUMBA STEP CHARITY	9:30 - 10:30 VINYASA JESSICA		9:30 - 10:15 AQUA ZUMBA(LAP) KATONYA
11:45 - 12:30 FUN ON THE BALL MARIA TR	11:45 - 12:30 SEATED STRENGTH COLLEEN						10:30 - 11:30 PILATES ON THE BAR CHARITY	10:00 - 11:00 CYCLE ANDY	10:15 - 11:00 AQUA PUMP(Thera) KATONYA
		12:30-1:30 PILATES ON THE BAR MARIA TR		12:45-1:30 AQUA SCULPT (Thera) CERIBET	11:00-12:00 JUST MOVE BARRY		11:30-12:30 VERY GENTLE YOGA CAROL		
					12:00-1:00 ZUMBA GOLD BARRY	1:00-2:00 TAI CHI BARRY		4:30pm FITKIDS SOCCER 2ND FLR	12:45-1:30 POOLATES(Thera) MARIA TR
4:30-5:30 CARDIO N' SCULPT MARY				5:00 - 5:45 AQUA ATHRITIS (Thera) LISA			4:00 - 5:00 MAT PILATES DEBORAH		
5:30 - 6:30 BODY PUMP CARLY	5:15 - 6:00 ZUMBA TONING NINA	5:00 - 6:00 YIN YOGA NICK	6:00 - 7:00 CYCLE ANDY	6:00-6:45 AQUA TABATA(LAP) LISA	5:30 - 6:30 BODY PUMP TONY			5:00 - 6:00 CYCLE MARY	6:00 - 6:45 SPLASH & STRENGTH(LAP) CERIBET
6:30 - 7:30 BODY ATTACK MARYANN	6:30-7:00 CX WORX CARLY				6:30 - 7:30 ZUMBA CLAUDIA	6:30 - 7:30 BODY COMBAT TONY		6:30 - 7:30 MY RIDE ABE	
7:30 - 8:30 S T R I K E MARYANN	7:00 - 8:00 ZUMBA NINA	7:30 - 8:30 HATHA YOGA ALLISON	7:30 - 8:30 CYCLE KAREN		7:30 - 8:30 INSANITY SCOTT	8:00-9:00 BEGINNER'S CAPOEIRA SAPULHA	7:30 - 8:30 HATHA YOGA ALLISON		
WEDNESDAY					THURSDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
			6:00 - 7:00 CYCLE CHAD		5:30 - 6:30 BODYPUMP CARLY				
9:00 - 10:00 BODY COMBAT MAGGIE	9:00 - 10:00 ZUMBA JANET					9:30 - 10:00 CX WORX GINA	9:30 - 10:30 VINYASA YOGA SUSAN	9:00 - 10:00 CYCLE CERIBET	
10:00-11:00 BODY PUMP SOOLIN	10:00 - 10:30 A B S MAGGIE	9:30 - 10:30 HATHA YOGA KERI	9:30 - 10:30 MY RIDE CHERI	9:15 - 10:00 AQUAROBICS (LAP) CHARMAINE	9:00-10:00 STRENGTH N' CARDIO MARIA TH	10:00 - 11:00 BODY COMBAT GINA	10:30 - 11:30 PILATES ON THE BAR MAGGIE		11:15 - 12:00 POOLATES (Thera) CERIBET
		10:30 - 11:30 PILATES ON THE BAR CHERI		10:00-10:45 AQUA PUMP (Thera) CHARMAINE			12:30-1:30 SEATED YOGA CAROL		12:30-1:15 AQUA AI CHI (Thera) BARRY
	11:30 - 12:30 BALANCE & MOVEMENT BASICS CHERI	11:30 - 12:30 CORE N' STRETCH KATONYA			1:30-2:30 TAI CHI BARRY				
						4:30-5:30 CARDIO N' SCULPT ABE	4:30 - 5:30 PILATES ON THE BAR CHARITY	3:30pm FITKIDS SOCCER 2ND FLR	
5:00 - 6:00 ZUMBA ALVARO		5:00 - 6:00 BODY FLOW MELISSA		5:00 - 5:45 AQUA TABATA (LAP) LISA	5:00 - 6:00 BODY PUMP TONY				5:45 - 6:30 AQUA DANCE (LAP) CHARITY
6:00 - 7:00 PURE STRENGTH ABE	5:30 - 6:30 CARDIO KICK ABS MARIA	6:00 - 7:00 PILATES ON THE BAR MAGGIE	6:30-7:30 MY RIDE RIA	6:00 - 6:45 AQUA SCULPT (Thera) LISA	6:00 - 7:00 BODY ATTACK MARYANN		6:00 - 7:00 BODY FLOW MELISSA	6:30-7:30 MY RIDE ABE	
7:00 - 7:50 BOXING ABE	6:30 - 7:30 STEP INTERVAL CERIBET				7:00 - 7:30 CX WORX MARYANN	6:30-7:30 BOOTCAMP BETSY	7:00 - 8:00 PILATES ON THE BAR CHARITY		
8:00 - 9:00 BODY PUMP MAGGIE		7:00 - 8:00 HATHA YOGA LORRIE			8:00 - 9:00 ZUMBA ALVARO	8:00-9:00 BEGINNER'S CAPOEIRA SAPULHA			
FRIDAY					SATURDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
			6:00 - 7:00 MY RIDE CHAD		8:00 - 9:00 BODY COMBAT TONY			8:00 - 9:00 PILATES ON THE BAR CHERI	8:00 - 8:45 CARDIO CROSS (LAP) MAGGIE
9:30 - 10:30 CARDIO KICKBOX ROBIN	9:00 - 9:30 P H A T ABE	9:30-10:30 PILATES ON THE BAR MAGGIE	9:30 - 10:30 MY RIDE ABE		9:00 - 10:00 BODY PUMP MAGGIE	9:00 - 10:00 ZUMBA STEP CHARITY		9:00 - 10:00 CYCLE GINA	
10:30 - 11:30 BODY PUMP STACEY	10:30 - 11:30 ZUMBA ROBIN/YVONNE			10:45 - 11:30 AQUA FIT(Thera) MAGGIE	10:30 - 11:15 SH'BAM NAOKO	10:00 - 10:30 BODY ATTACK EXPRESS MARIA/MARYANN	9:30 - 10:30 BODY FLOW DONNA	10:00 - 11:00 MY RIDE ROSEMARY	10:15 - 11:00 SPLASH & STRENGTH(Thera) MAGGIE
	11:30 - 12:30 SEATED STRENGTH CHERI	11:30 - 12:30 GENTLE YOGA NICK				10:30 - 11:00 A B S MARIA/MARYANN	11:00 - 12:00 PILATES RING MAGGIE		
			12:30-1:30 MY RIDE CHERI	12:45-1:30 AQUA SCULPT (Thera) CERIBET				10&11am FITKIDS 2ND FLR	
		REQUIRES PRE REGISTRATION							
		2:00 - 2:30 MEDITATION NICK		4:00-4:45 H2O TONE(Lap) GERI	8:45 - 9:00 BOXING RUBEN	9:00 - 10:00 ZUMBA STEP FRED	9:00-10:00 GENTLE YOGA MELISSA	7:30-8:30 MY RIDE CHERI	9:30 - 10:15 AQUA PLUNGE(LAP)
5:00 - 6:00 BALLROOM DANCING OSCAR					10:00 - 11:00 BODY PUMP GILA	10:00 - 11:00 S E C's RUBEN	10:00 - 11:00 HATHA YOGA MELISSA	9:30 - 10:30 MY RIDE ABE	10:15-11 AQUA ZUMBA(LAP) FRED
6:00 - 7:00 BODY PUMP MAGGIE		1&3PM FITKIDS CYCLING & ZUMBA			11:00 - 12:00 ZUMBA FRED	11:00 - 12:00 CARDIO KICK ABS RUBEN			11:00-11:45 H2O TONE(Thera) GERI
	7:15 - 8:15 ZUMBA STEP FRED							10&11am FITKIDS 2ND FLR	

## Hackensack UMC Fitness & Wellness Powered by the GIANTS

**Hours:** Monday - Friday, 5am - 11pm/ Saturday and Sunday 7am - 7pm

**Childcare Hours:** Weekdays 8:30am-2pm/ 2:30pm-9:00pm / Saturday 8am-3pm/ Sunday 9am - 1pm

\* Please do not enter a class that has been in session for 10 minutes.

\* Please let the first class leave before entering the studio.

\* Classes and instructors are subject to change.

\* Please pick up a cycle ticket at the front desk up to one hour before class.

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

Group Fitness Manager: Maria Thornhill, mariat@fitnessandwellness.org

## AQUA

**AQUA AI CHI:** Relaxing water exercises using the concepts of Tai-Chi.

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

**AQUA BOOTCAMP:** Plyometric, strength, cardio intervals in the lap pool.

**AQUA FIT:** A little of everything in this H2O exercise.

**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.

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

**AQUATABATA: Timed Intervals of cardio & Strength**

**AQUA ZUMBA/DANCE:** Take your pool.  
**H2O TONE:** Strength training in the therapy pool.

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

**SPLASH N' STRENGTH:** Lite cardio and strength training in the therapy pool.

## CARDIO

**BOOT CAMP:** Strength and high energy drills all in one. Each week brings new challenges.

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

**CARDIO N' STRENGTH:** Intervals of Cardio followed by pure strength.

**CARDIO KICKBOXING:** A heart pumping, fun workout that combines aspects of boxing and kickboxing.

**INSANITY:** A revolutionary cardio class based on MAX interval training. This class is not for beginners.

**K BOX BOOTCAMP:** Kick, punch and jab in this kickboxing and Boot Camp combo. No bags used in this class.

**Step Interval/Tone:** Intermediate level step aerobics with weights.

**STRIKE:** A high-intensity, heart pumping combo of aerobics and kickboxing. Boxing gloves and wraps required. Gloves provided.

**SE C's:** Strength & Endurance Circuits

## 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..

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

## DANCE

**BALLROOM DANCING - NO PARTNER NEEDED** - Learn the basics of Waltz, Salsa, Tango, etc.

**SH'BAM:** The ultimate fun and sociable way to exercise. 45-min class of vibrant mix of the hottest music

**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:** The lighter side of Zumba!

**ZUMBA STEP:** Zumba and Step all in one fun.

**ZUMBA TONING:** Zumba with weights

## 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 wellbeing through this ancient form of movement that promotes balance, flexibility, strength and relaxation

**MEDITATION:** Experience the benefits of meditation by including reducing stress, better concentration & inner peace.

**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.

**YIN YOGA:** A gentle yoga that works deeply into the muscles through holds of postures.

## MARTIAL ARTS

**BEG. 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 Pilate's mat class utilizing the Pilates ring.

**Willpower and Grace:** A functional movement class done barefoot. Works balance, flexibility, strength and cardio.

## 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.

**CORE N' STRETCH:** Improve your flexibility and strengthen your core. All levels.

**FUN ON THE BALL:** Have fun using the stability ball. A cardio, strength and core class all in one!

**JUST MOVE:** A blend of cardio, strength, core & flexibility for all levels. This class promises to get your body moving.

**P H A T:** Pump, hold and tuck!

**PURE STRENGTH:** Focus on strength training using a variety of equipment including weights, bands and bars.

## 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** – 30mins.  
BODYCOMBAT.

**CXWORX:** Get a tight and toned core with dynamic training that zeros in on your abs, gluteus, back and oblique. 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.



87 Route 17 North  
Maywood, NJ 07607  
(p) 201.843.4422

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](http://www.HackensackUMCfitnessNYG.com)

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