

MAY 2015

MONDAY					TUESDAY					
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	
5:30am - 6:30am H.L.I.T. TRAINING HAROLD			6:00am - 7:00am CYCLE GINA		6:00am - 7:00am KBOX BOOTCAMP BETSY		NEW TIME			
9:00am - 9:30am A B S ABE		9:30am - 10:30am VINYASA YOGA MARY		8:00am - 8:45am SPLASH & STRENGTH (Lap) SUSAN	9:15am - 10:00am CIRCUIT TRAINING GINA			9:00am - 10:00am CYCLE ANDY		
	9:30am - 10:30am 20/20/20 CHARITY	10:30am - 11:30am PILATES ON THE BAR CHARITY	9:30am - 10:30am MY RIDE ABE	8:45am - 9:30am CARDIO INTERVALS (Thera) SUSAN	10:15am - 11:00am BOXING ANDY	9:30am - 10:30am CORE BAR CHARITY			9:30am - 10:30am AQUA PUMP(Thera) KATONYA	
10:30am-11:30am BODY PUMP STACEY			10:30am - 11:00am SENIOR CYCLE ABE			10:30am - 11:30am VINYASA YOGA THERAPY KERI	10:30am - 11:30am PILATES ON THE BAR CHARITY			
11:30am-12:30pm SALSA AEROBICS DANIEL	11:00am-11:45am LITE CARDIO & STRENGTH TOMMY	5/18 IS SENIOR FITNESS DAY	<div style="border: 1px solid black; padding: 5px; font-size: 0.8em;">For the safety of all our members we ask that you arrive on time to each class. All members must wait until a class is finished and the room is cleared of equipment before entering the studio.</div>	12:00pm-12:45pm AQUA SCULPT (Thera) CERIBET	11:00am-12:00pm JUST MOVE BARRY		11:30am-12:30pm VERY GENTLE YOGA CAROL		11:45am-12:45pm AQUA YOGA (Thera) KERI	
4:30pm-5:30pm ZUMBA ROBIN		4:00pm - 5:00pm PILATES ON THE BAR MARIA TR				12:00pm-1:00pm ZUMBA GOLD BARRY	1:00pm-2:00pm TAI CHI		SPECIAL CLASS FOR MAY 5/16 - SATURDAY 9:30AM PILOXING with Becky. A Cardio Fusion of standing Pilates, boxing & dance.	
6:00pm - 7:00pm BODY PUMP CARLY	5:30pm - 6:00pm CX WORK CARLY	5:00pm - 6:00pm YIN YOGA NICK				4:00pm-5:00pm SALSA CHOREOGRAPHY DONAY	4:30pm-5:30pm STEP INTERVALS GERI			
7:00pm - 8:00pm ZUMBA ALVARO	6:00pm - 7:00pm CARDIO KICKBOX MARK	6:30pm - 7:30pm PIYO STRENGTH JULIA			6:00pm-6:45pm AQUAROBICS (LAP) YVONNE	5:30pm-6:30pm BODY PUMP TONY	5:30pm-6:30pm BEGINNER'S CAPOEIRA SAPULHA	5:30pm - 6:00pm CORE ABE		
8:00pm - 9:00pm BOXING JONATHAN		7:30pm - 8:30pm HATHA YOGA DIANE			6:30pm - 7:30pm ZUMBA CLAUDIA	6:30pm - 7:30pm BODY COMBAT TONY	6:00pm - 7:00pm BODY FLOW MELISSA	6:30pm - 6:30pm CYCLE DINA	6:00pm - 6:45pm SPLASH & STRENGTH(LAP) CERIBET	
					7:30pm-8:30pm BODY PUMP EXP / CX WORX SANDRA	7:30pm - 8:30pm PALANGO EDDIE	7:00pm - 8:00pm KUNDALINI YOGA KATHRYN	7:00pm - 8:00pm MY RIDE ABE		
WEDNESDAY					THURSDAY					
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	
6:00am - 7:00am BOOTCAMP HAROLD			6:00am - 7:00pm CYCLE CHAD		5:30am - 6:30am BODYPUMP CARLY					
9:00am - 9:30am ATTACK EXPRESS NAOKO		9:30am - 10:30 am YIN YOGA NICK	9:30am - 10:30am MY RIDE CHERI	9:30am - 10:30am PARENT & ME (Thera) Registration required	9:30am - 10:00am CX WORK GINA			9:30am - 10:30am CYCLE ANDY	10:15am - 11:00am SPLASH & STRENGTH(Lap) CERIBET	
9:30am - 10:30am BODY PUMP NAOKO	10:30am - 11:00am PiYo Strength Stephanie	10:30am - 11:30am PILATES ON THE BAR CHERI		10:00am - 11:00am AQUA INTERVALS(Thera) MAGGIE	9:30am - 10:30am BOOTCAMP JONATHAN	10:00am-10:30am COMBAT EXPRESS GINA	10:30am - 11:30am PILATES ON THE BAR MAGGIE		11:15am - 12:00pm POOLATES(Thera) CERIBET	
11:30am - 12:30pm BALANCE & MOVEMENT BASICS CHERI	12:30pm-1:30pm SALSA AEROBICS DANIEL	11:30am - 12:30pm CORE N' STRETCH KATONYA		11:00am - 12:00pm PARENT & ME (Thera) Registration required		10:30am-11:00am CIRCUIT EXPRESS GINA	11:30am - 12:30pm CORE N' STRETCH KATONYA			
4:00pm - 5:00pm BODY PUMP STEPHANIE					1:30pm-2:30pm TAI CHI BARRY		12:30pm-1:30pm SEATED YOGA CAROL			
5:30pm-6:30pm CORE BAR KIM		5:00pm - 6:00pm BODY FLOW MELISSA	5:30pm - 6:00pm CYCLE EXPRESS ABE	5:30pm - 6:15pm AQUA TABATA (LAP) SOSHANA		4:30pm - 5:30pm STEP KATHY				
6:30pm - 7:15pm PURE STRENGTH ABE	6:00pm - 7:00pm ZUMBA STEP MARK	6:00pm - 7:00pm PILATES ON THE BAR MAGGIE		6:30pm - 7:15pm AQUA SCULPT (Thera) SOSHANA	6:00pm - 7:00pm PALANGO CLAUDIA	5:30pm-6:30pm ABS & SCULPT MARIA				
7:15pm-8:00pm BOXING ABE	7:00pm - 8:00pm BALLROOM DANCE OSCAR	7:00pm - 8:00pm HATHA YOGA LORRIE	7:00pm-8:00pm CYCLE MARIA P		7:00pm - 8:00pm BODY PUMP MARYANN	6:30pm - 7:30pm BODY COMBAT MIKE	5:30pm-6:30pm POWER YOGA MARY	6:30pm-7:30pm MY RIDE ABE		
8:00pm - 9:00pm BODY PUMP SANDRA		8:00pm - 9:00pm BREATHING & MEDITATION NICK			8:00pm - 9:00pm ZUMBA ALVARO					
FRIDAY					SATURDAY					
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	
9:00am - 9:30am A B S ABE	5:30am-6:30am BOOTCAMP ATARA		6:00am - 7:00am MY RIDE CHAD		8:00am - 9:00am BODY COMBAT TONY		8:00am - 9:00am PILATES ON THE BAR MARIA TR	8:30am - 9:30am CYCLE MARIA P	8:00am - 8:45am SPLASH N STRENGTH (Lap) ALVARO	
9:30am - 10:30am CARDIO KICKBOX ROBIN	9:30am - 10:30am LEGS SCULPT MARK	9:30am-10:30am PILATES ON THE BAR MAGGIE	9:30am - 10:30am MY RIDE ABE	9:30am - 10:30am PARENT & ME (Thera) Registration required	9:00am - 10:00am BODY PUMP MAGGIE	9:30am - 10:30am CORE BAR MARIAMARYANN	9:00am - 10:00am BODY FLOW DONNA		8:45am - 9:30am H2O BLAST (LAP) ALVARO	
10:30am - 11:30am BODY PUMP STACEY	10:30am - 11:30am ZUMBA MARK			10:45am - 11:30am AQUA FIT(Thera) MAGGIE	10:00am - 11:15am STRETCH & SHBAM NAOKO			10:00am - 11:00am MY RIDE ABE	10:15am - 11:00am CARDIO CROSS (LAP) MAGGIE	
12:00pm - 12:30pm STRETCH CHERI		10:30am - 11:30am GENTLE YOGA NICK	11:30am-12:00pm MY RIDE EXPRESS CHERI		11:15am - 12:15pm ZUMBA NINA		11:00am - 12:00pm PILATES RING MAGGIE			
12:30pm - 1:30pm SEATED STRENGTH CHERI				12:00pm-1:00pm AQUA SCULPT (Thera) CERIBET	1:00pm-2:00pm MUAY THAI OWEN	12:15pm-1:15pm SALSA CHOREOGRAPHY DONAY			8:30/9:30 & 10:30am PARENT & ME (Thera) Registration required	
		1:00pm - 1:30pm MEDITATION NICK		4:30pm - 5:15pm H2O TONE(Lap) GERI						
	4:30pm - 5:00pm SCULPT EXPRESS CERIBET		4:00pm - 4:30pm CYCLE EXPRESS CERIBET							
6:00pm - 7:00pm BODY PUMP MAGGIE		6:00pm - 7:00pm ANUSARA YOGA LORRIE								
HACKENSACK UMC FITNESS & WELLNESS POWERED BY THE GIANTS					SUNDAY					
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	
9:00am - 10:00am BODY PUMP GILA					9:00am - 10:00am BODY PUMP GILA		9:00am-10:00am GENTLE YOGA MELISSA	7:30am-8:30am MY RIDE CHERI	9:30am - 10:15am AQUA PLUNGE(LAP) GERI	
10:00am - 11:00am BODY ATTACK TONY					10:00am - 11:00am BODY ATTACK TONY		10:00am - 11:00am HATHA YOGA MELISSA		10:15am-11:00am AQUA ZUMBA(Thera) FRED	
11:00am - 12:00pm BODY COMBAT WIBAGS MARYANN		6:00pm - 7:00pm ANUSARA YOGA LORRIE			11:00am - 12:00pm ZUMBA FRED	11:00am - 12:00pm PIYO STRENGTH JULIA		9:30am - 10:30am CYCLING ABE	11:00am - 11:45am H2O TONE(Thera) GERI	
12:00pm - 1:00pm PALANGO EDDIE					12:00pm - 1:00pm X - TREME FITNESS MAX					

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 - 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 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 YOGA: A gentle water class utilizing the basics of yoga..

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

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

AQUA PLUNGE/H2O Blast: 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 dance moves in the pool.

CARDIO X: Cardio Aerobics in H2O

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/INTERVALS: Lite cardio and strength training in the therapy pool.

CARDIO

20/20/20: 20 mins Cardio/20mins Strength & 20 mins Core

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 optional and gloves required. Gloves provided. .

CARDIO KICKBOX: No bags. Just pure cardio and pure sweat! A heart pumping, fun workout that combines aspects of boxing and kickboxing.

BODY COMBAT W/BAGS: Boxing with intervals of Body Combat

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

STEP: An aerobics class using the steps.

T B C C – Total Body Cardio Conditioning

H.I.I.T. TRAINING – High Intensity Interval Training

X – TREME FITNESS: Sky is the limit. Go extremely hard for this challenging class. Not for beginners.

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 DANCE - NO PARTNER NEEDED - Learn the basics of Waltz, Salsa, Tango, etc.

PALANGO: A Latin inspired fusion of kboxing, aerobics, plyometrics & Latin dance.

SALSA/LATIN DANCE CHOREOGRAPHY/AEROBICS: Choreographed dance routines incorporating salsa steps and 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 & Step Aerobics all in one.

MIND-BODY

ANUSARA YOGA: A form of Hatha that focuses on form, attitude & alignment.

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

KUNDALINI: Yoga of awareness using breathing techniques, active asana & mantra.

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

PiYo Strength: A challenging Pilates & Yoga fusion. Burn calories, work balance & get a stretch.

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.

POWER YOGA: A more vigorous and fitness based than traditional yoga.

MARTIAL ARTS

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

MUAY THAI: A Thailand Combat Sport that uses stand-up striking along with various clinching techniques.

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.

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.

BALANCE, STRENGTH, RESISTANCE

P H A T: Pump, Hold and Tuck

BALANCE & MOVEMENT BASICS: Develop balance and strength to improve functional performance.

CIRCUIT TRAINING/EXPRESS: Full body conditioning utilizing cardio & weight activities circuit style.

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

CORE BAR: Cardio, resistance & core all in one using a weighted bent bar.

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.

LEGS & SCULPT : Tone & sculpt your legs & total body.

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.

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.

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

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.



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 details:
www.HackensackUMCfitnessNYG.com

Maria Thornhill
Group Fitness Manager
mariat@fitnessandwellness.org