

MONDAY					TUESDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
<b>LES MILLS BODYPUMP</b> 5:30am-6:00am KEVIN			6:00am - 7:00am CYCLE GINA		6:00am - 7:00am KBOX BOOTCAMP BETSY			5:30am - 6:00am H.I.I.T. CYCLING JULIA	
<b>LES MILLS GRIT CARDIO</b> 6:00am-6:30am KEVIN									
	9:00am - 9:30am A B S ABE			8:00am - 8:45am AQUA PLUNGE (Lap) SUSAN	9:00am-9:55am BOOTCAMP JAMIE		9:00am - 9:55am MAT PILATES MAGGIE	9:00am - 10:00am CYCLE ANDY	9:30am - 10:30am AQUA PUMP(Thera) KATONYA
9:30am - 10:25am P90X Live ANDY		★ 9:30am - 10:30am YOGA VINYASA ALLISON	9:30am - 10:30am MY RIDE ABE	8:45am - 9:45am H2O INTERVAL (Thera) SUSAN	<b>LES MILLS BODYPUMP</b> 10:00am-11:00 am MAGGIE	10:00am - 10:30am FOAM ROLL STRETCH JAMIE	10:00am - 11:00am HATHA YOGA KERI		10:30am and 11:00am PARENT & ME
<b>LES MILLS BODYPUMP</b> 11:00am - 11:30am STACEY					11:30am-12:15pm JUST MOVE BARRY	12:15pm-1:00pm ZUMBA GOLD BARRY	11:30am-12:30pm VERY GENTLE YOGA CAROL		PRE-REGISTRATION REQUIRED
	11:00am- 12:00pm SEATED STRENGTH ROB					1:00pm-2:00pm TAI CHI BARRY			11:15pm-12:15pm AQUA YOGA(Thera) KERI
11:30am - 12:30pm SALSA AEROBICS DANIEL				12:00pm-1:00pm AQUA SCULPT (Thera) CERIBET	5/6 & 5/7 - HEALTH AND FITNESS EXPO SWIM MEET 5/6 - 11:30AM 5/7 - 1:30PM				
	★ 4:30pm - 5:30pm 20/20/20 KATHY		4:30pm - 5:30pm CYCLE CHERI	4:30pm - 5:30pm P90X Live MARIA					
<b>LES MILLS BODYPUMP</b> 5:30pm - 6:30pm MARYANN				5:30PM - 7:30PM swim team	<b>LES MILLS BODYPUMP</b> 5:30-6:30 PM TONY			5:15pm - 5:45pm CYCLE EXPRESS CERIBET	
<b>LES MILLS BODYSTEP</b> 6:30pm - 7:30pm JULIA / MIKE	6:30pm - 7:30pm P90X Live MARIA	6:00pm - 6:55pm POWER PILATES LUCIA	6:00pm - 7:00pm CYCLE ANDY		6:30pm - 7:25pm ZUMBA CLAUDIA	<b>LES MILLS GRIT CARDIO</b> 6:00pm-6:30pm MARYANN	5:15pm - 6:15pm YOGA VINYASA KELLY		6:00pm - 7:00pm SPLASH & STRENGTH(LAP) CERIBET
7:35pm - 8:30pm BOXING JAMIE	7:30pm - 8:30pm BOLLYWOOD SHWETA	7:00pm - 8:00pm HATHA YOGA KIRSTEN	7:30pm - 8:00pm H.I.I.T. CYCLING SANDRA		<b>LES MILLS GRIT STRENGTH</b> 7:30-8:00 PM SANDRA	<b>LES MILLS BODYCOMBAT</b> 6:30pm - 7:25pm TONY	6:30pm - 7:30pm BLISS YOGA KELLY	7:00pm - 8:00pm MY RIDE ABE	6:00PM - 7:00PM swim team
					<b>LES MILLS BODYATTACK</b> 8:00-8:30 PM SANDRA	7:30pm - 8:30pm AFRO CARIBBEAN STEP DEBRA			
WEDNESDAY					THURSDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
<b>LES MILLS BODYCOMBAT</b> 5:30am-6:00am MIKE			6:00am - 7:00am CYCLE DEVIN		<b>LES MILLS BODYPUMP</b> 5:30am-6:30am ANNMARIE			6:00am - 7:00am POWER FLOW JOSHUA	
<b>LES MILLS GRIT STRENGTH</b> 6:00am-6:30am MIKE									
		8:00am - 9:00am POWER FLOW JOSHUA					9:00am - 10:00am ZUMBA ROBIN / ANNA		9:00am-10:00am POOLATES(Thera) CERIBET
9:00am - 9:30am P90X- Express MARIA			9:30am - 10:30am MY RIDE CHERI	10:00am - 11:00am AQUA SCULPT(Thera) MAGGIE	9:00am - 9:55am BOOTCAMP JONATHAN	<b>LES MILLS BODYCOMBAT</b> 10:00am-11:00am MAGGIE	9:30am-10:30am PILATES BAR FUSION CHARITY	9:30am - 10:30am CYCLE ANDY	
9:35am - 10:30am 20/20/20 MARIA	10:15am - 11:15am GENTLE YOGA NICK	10:30am - 11:25am PILATES ON THE BAR CHERI				11:30am - 12:30pm BALANCE & MOVEMENT KATONYA	10:30am - 11:30am HATHA YOGA COOPER		
	11:30am - 12:30pm BALANCE & MOVEMENT CHERI	11:30am - 12:30pm STRETCH N' MORE KATONYA		12:00pm-1:00pm AQUA SCULPT (Thera) CERIBET		1:30pm-2:30pm TAI CHI BARRY	12:30pm-1:30pm SEATED YOGA KIRSTEN		
12:30pm-1:30pm SALSA AEROBICS DANIEL	1:00pm-2:00pm TAI CHI JAMES					4:00pm - 5:00pm PUMP INTERVAL KATHY			
<b>LES MILLS BODYPUMP</b> 4:30pm-5:30pm LAURA		5:00pm - 6:00pm POWER FLOW PIA			5:30pm - 6:00pm CORE STRENGTH MARIA		4:30pm - 5:30pm HATHA YOGA ERNESTO		
5:30pm-6:30pm STEP MARK	5:30pm - 6:30pm H.I.I.T. JAMIE	6:00pm - 6:55pm Stretch-AB-ility DONAY	6:15pm - 7:15pm CYCLING ABE		<b>LES MILLS GRIT STRENGTH</b> 6:00pm-6:30pm MIKE	<b>LES MILLS BODYCOMBAT</b> 6:30pm-7:30pm MIKE	6:00pm - 7:00pm VINYASA YOGA CATHY	5:45pm-6:15pm CYCLE EXPRESS ANNA	
6:30pm - 7:25pm ZUMBA MARK	6:30pm - 7:30pm PiYo Live JULIA	6:55pm - 7:55pm HATHA YOGA LORRIE		5:30PM - 7:30PM swim team	6:30pm - 7:25pm ZUMBA CLAUDIA	7:30pm - 8:00pm FOAM ROLL STRETCH JAMIE		6:30pm-7:30pm MY RIDE ABE	6:00PM - 7:00PM swim team
7:30pm - 9:00pm STRENGTH N' BOXING ABE	<b>LES MILLS GRIT CARDIO</b> 8:00pm - 8:30pm SANDRA	8:00pm - 9:00pm BREATHING & MEDITATION NICK	7:30pm - 8:00pm H.I.I.T. CYCLING SANDRA	FREE FOR MEMBERS MASTER SWIM 7:30PM-8:30PM	<b>LES MILLS BODYPUMP</b> 7:30pm-8:30pm JULIA	8:00pm - 9:00pm BOOTCAMP JAMIE	7:30pm-8:30pm TAI CHI BARRY		
FRIDAY					SATURDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
<b>LES MILLS GRIT STRENGTH</b> 5:30am-6:00am CASEY				9:30am and 10:00am PARENT & ME (pre- registraion required)	<b>LES MILLS BODYCOMBAT</b> 8:00am-8:55am TONY				8:00am - 8:45am SPLASH N' STRENGTH (Lap) HELEN
<b>LES MILLS BODYATTACK</b> 6:00am-6:30am CASEY			6:00am - 7:00am MY RIDE GINA	10:00am - 10:45am AQUA PLUNGE (Lap) SUSAN	<b>LES MILLS BODYPUMP</b> 9:00am-9:55am MAGGIE	9:00am-10:00am CARDIO DANCE HELEN	9:00am - 9:55am VINYASA FLOW JOSHUA	8:30am - 9:30am CYCLING ANDY	9:00am - 9:45am AQUA X-TRAIN (Lap) ANTHONY
9:00am - 9:55am STEP & SCULPT MARK	9:30am - 10:25am P90X Live STAFF	8:30am - 9:25am HATHA YOGA PIA			<b>LES MILLS GRIT STRENGTH</b> 10:00am-10:30am TONY		10:00am - 11:00am PILATES RING MAGGIE	10:00am - 11:00am MY RIDE ABE	
10:00am - 10:55am ZUMBA MARK		9:30am-10:25am PILATES ON THE BAR MAGGIE	9:30am - 10:30am MY RIDE STACEY O.		<b>LES MILLS BODYSTEP</b> 10:35am-11:35am JULIA	11:00pm - 12:00pm SALSA LINE DANCE DONAY			9:30am & 10:00am 10:30am & 11am PARENT & ME
<b>LES MILLS BODYPUMP</b> 11:00pm-12:00pm STACEY O.	11:00am- 12:00pm SEATED STRENGTH ROB			12:00pm - 1:00pm CARDIO INTERVALS (Thera) CERIBET	12:00pm - 1:00pm BOXING ABE	12:00pm - 12:30pm Stretch-AB-ility DONAY		FREE FOR MEMBERS MASTER SWIM 11:00AM-12:00PM	PRE-REGISTRATION REQUIRED
SUNDAY					SUNDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
3000/30 Les Mills Sampler	4:30pm - 5:30pm DRUMS ALIVE GERI				<b>LES MILLS BODYPUMP</b> 9:00am-9:55am GILA	9:00am-10:00am GENTLE YOGA MELISSA		7:30am - 8:30am MY RIDE CHERI	
5:30pm-6:00pm MARYANN	<b>LES MILLS BODYSTEP</b>			5:30PM - 7:30PM swim team	<b>LES MILLS BODYATTACK</b> 10:00am-11:00am TONY/JULIA	10:00am - 10:55am HATHA YOGA MELISSA		9:30am - 10:30am CYCLING ABE	10:15am-11:00am AQUA ZUMBA(Lap) FRED
6:00pm-6:30pm KEVIN / MARYANN	<b>LES MILLS BODYPUMP</b>				11:30am - 12:30pm KBOX BOOTCAMP JAMIE	11:00am - 12:00pm ZUMBA FRED	11:00am - 12:00pm PiYo Live JULIA		11:00am - 11:45pm AQUA FRISBEE (Thera) 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 poo
- 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** 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

- H.I.I.T.** – A challenging 30-min quick & intense workout based on the science of High Intensity Interval Training using the bike.
- 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

- BALLETONE:** Low Impact conditioning program for non-dancers blending techniques from ballet & yoga. Builds core strength, endurance & flexibility. Can be done barefoot, in socks or slippers.
- 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
- BALANCE & MOVEMENT BASICS** Develop balance and strength to improve functional performance...
- 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.
- PUMP INTERVAL:** A combo of strength & cardio conditioning.
- 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.
- 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.

**GRIT CARDIO / STRENGTH** A 30-min High Intensity Interval Training (*Options available for first timers*). No equipment needed for Cardio - barbells & plates are used in Strength.

## 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

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.