

MONDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
6:30am - 7:30am BOOTCAMP HAROLD			6:00am - 7:00am CYCLE GINA	
	9:00am - 9:30am A B S ABE	9:30am - 10:30am VINYASA YOGA MARY		8:00am - 8:45am SPLASH & STRENGTH (Lap) SUSAN
9:30am - 10:30am 20/20/20 CHARITY	9/28 IS SENIOR FITNESS DAY	10:30am - 11:30am PILATES ON THE BAR CHARITY	9:30am - 10:30am MY RIDE ABE	8:45am - 9:30am CARDIO INTERVALS (Thera) SUSAN
10:30am-11:30am BODY PUMP STACEY				
11:30am-12:30pm SALSA AEROBICS DANIEL	11:00am- 12:00pm SEATED STRENGTH TOMMY			12:00pm-12:45pm AQUA SCULPT (Thera) CERIBET
		4:00pm - 5:00pm PILATES ON THE BAR MARIA TR		
4:30pm - 5:30pm ZUMBA ROBIN	4:15 - 4:45pm KIDS BOOTCAMP (Registration)			
5:30pm - 6:30pm BODY PUMP CARLY	5:00pm - 6:00pm ULTIMATE FITNESS MARIA	5:00pm - 6:00pm YIN YOGA NICK	4:30pm - 5:30pm CYCLE T B D	
6:30pm - 7:30pm BOXING JONATHAN	6:00pm - 7:00pm CARDIO KICKBOX MARK	6:00pm - 7:00pm PILATES VERONICA		6:00pm-6:45pm AQUAROBICS (LAP) YVONNE
7:30pm - 8:30pm ZUMBA NINA		7:30pm - 8:30pm HATHA YOGA DIANE	6:00pm - 7:00pm CYCLE ANDY	

TUESDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
6:00am - 7:00am KBOX BOOTCAMP BETSY				
	9:00am - 10:00am CORE BAR CHARITY			9:00am - 10:00am CYCLE ANDY
9:30am-10:30am CIRCUIT TRAINING GINA		10:00am - 11:00am MAT PILATES LISA		9:30am - 10:30am AQUA PUMP(Thera) KATONYA
10:30am-11:30am BODY PUMP STEPHANIE	10:45am - 11:45am VINYASA YOGA THERAPY KERI			
11:30am-12:30pm JUST MOVE BARRY		11:30am-12:30pm VERY GENTLE YOGA CAROL		12:00pm-1:00pm AQUA YOGA(Thera) KERI
12:30pm-1:00pm ZUMBA GOLD BARRY				
	1:00pm-2:00pm TAI CHI BARRY			
4:30pm - 5:00pm SCULPT EXPRESS HAROLD	5:30 - 6pm KIDS GYMNASTICS (Registration Required)			5:00pm - 5:30pm CYCLE EXPRESS T B D
5:30pm - 6:30pm BODY PUMP TONY				
6:30pm - 7:30pm ZUMBA CLAUDIA	6:30pm - 7:30pm BODY COMBAT TONY	6:00pm - 7:00pm BODY FLOW MELISSA	7:00pm - 8:00pm MY RIDE ABE	6:00pm - 6:45pm SPLASH & STRENGTH(LAP) CERIBET
7:30pm - 8:30pm BODY PUMP / ATTACK EXPRESS SANDRA	7:30pm - 8:30pm PALANGO EDDIE	7:00pm - 8:00pm VINYASA YOGA VERONICA		

WEDNESDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
			6:00am - 7:00pm CYCLE CHAD	
9:00am - 9:30am CARDIO BLAST MARIA		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 - 10:30am PURE STRENGTH MARIA	10:30am - 11:30am PiYo Strength Stephanie	10:30am - 11:30am PILATES ON THE BAR CHERI		10:00am - 11:00am AQUA INTERVALS(Thera) MAGGIE
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
4:30pm - 5:30pm BODY SCULPT KATHY	5 - 5:30pm CARDIO FUN (Registration Required)			
5:30pm - 6:30pm CORE BAR KIM		5:00pm - 6:00pm BODY FLOW MELISSA	5:00pm - 5:30pm CYCLE EXPRESS ABE	
6:30pm - 7:15pm PURE STRENGTH ABE	6:00pm - 7:00pm ZUMBA STEP MARK			6:00pm - 7:00pm AQUA INTERVALS (Thera) SOSHANA
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	
8:00pm - 9:00pm BODY PUMP SANDRA		8:00pm - 9:00pm BREATHING & MEDITATION NICK		

THURSDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
5:30am - 6:30am BODYPUMP CARLY				
	9:00am - 10:00 PALANGO EDDIE			9:30am - 10:30am CYCLE ANDY
9:30am - 10:30am BOOTCAMP JONATHAN		10:30am - 11:30am HATHA YOGA ERNESTO		
10:30am - 11:30am BODY PUMP JENNIFER		11:30am - 12:30pm BALANCE & MOVEMENT KATONYA		
	1:30pm-2:30pm TAI CHI BARRY	12:30pm-1:30pm SEATED YOGA CAROL		
	2:30pm - 3:30pm ZUMBA GOLD MARYLEE			
6:00pm - 7:00pm PALANGO CLAUDIA	5:00pm-6:00pm 20/20/20 (ROTATION)	4:45 - 5:15pm Youth Yoga (Registration Required)		6:00pm - 7:00pm AQUA INTERVALS (Thera) SUSAN
7:00pm - 8:00pm BODY PUMP JULIA	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 PiYo STRENGTH JULIA		7:30pm-8:30pm TAI CHI BARRY		

FRIDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
			6:00am - 7:00am MY RIDE CHAD	
	9:00am - 10:00am STEP & SCULPT MARK	9:30am-10:30am PILATES ON THE BAR MAGGIE		9:30am - 10:30am PARENT & ME (Thera) Registration required
9:30am - 10:30am CARDIO KICKBOX ROBIN	10:00am - 11:00am ZUMBA MARK	9:30am - 10:30am MY RIDE ABE/STACEY		10:45am - 11:30am AQUA FIT(Thera) MAGGIE
10:30am - 11:30am BODY PUMP STACEY	11:00am - 12:00pm SEATED STRENGTH TOMMY	10:30am - 11:30am GENTLE YOGA NICK		
		1:00pm - 1:30pm MEDITATION NICK		12:00pm-1:00pm AQUA SCULPT (Thera) CERIBET
4:15 - 4:45pm CARDIO FUN (Registration Required)	4:00pm - 5:00pm STEP & SCULPT GERI			
5:00am - 6:00pm ZUMBA JESSICA				
6:00pm - 7:00pm BODY PUMP MAGGIE				

SATURDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
8:00am - 9:00am BODY COMBAT TONY		8:00am - 9:00am PILATES ON THE BAR MARIA TR		7:30am - 8:00am HIGH INTENSITY INTERVAL TRAINING (Lap) ROTATION
9:00am - 10:00am BODY PUMP MAGGIE	10:30 - 11am KIDS CONDITIONING (Registration Required)	9:00am - 10:00am BODY FLOW DONNA	8:30am - 9:30am CYCLING MARIA P	8:00am - 9:00am SPLASH N' STRENGTH (Lap) CERIBET
10:00am - 11:00pm COREBAR MARIA/MARYANN		11:00am - 12:00pm PILATES RING MAGGIE	10:00am - 11:00am MY RIDE ABE	10:15am - 11:00am CARDIO CROSS (LAP) MAGGIE
	11:00am - 12:00pm STEP CIRCUIT MARIA/MARYANN			
12:00am - 1:00pm PALANGO EDDIE	1:00pm - 2:00pm SALSA CHOREOGRAPHY DONAY	12 - 12:30PM KIDS ZUMBA (Registration Required)	11:30 - 12pm KIDS CYCLING (Registration Required)	8:30/9:30 & 10:30am PARENT & ME (Thera) Registration required

**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 ZUMBA:** The fun of Zumba in H2O.  
**AQUA FIT / INTERVALS:** 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.  
**CARDIO X:** Cardio Aerobics in H2O  
**H2O TONE:** Strength training in the therapy pool.  
**SPLASH N' STRENGTH:** 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.  
**CARDIO BLAST:** A hi-energy workout that involves, kboxing, plyometrics, step, etc.  
**BOXING/BOOTCAMP:** Go around with the heavy bag in this workout using jump ropes and focus mitts. Hand wraps optional and gloves required. .  
**CARDIO KICKBOX:** No bags. Just pure cardio and pure sweat! A heart pumping, fun workout that combines aspects of boxing and kickboxing.  
**K BOX BOOTCAMP:** Kick, punch and jab in this kickboxing and Boot Camp combo. No bags used in this class.  
**STEP (CIRCUIT/INTERVALS/SCULPT):** An aerobics class & sculpt using the steps.

## 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.  
**CYCLE EXPRESS:** Great for those who wants to add cycling in their workout.  
**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

**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  
**BREATHING & 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

**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

**ABS & SCULPT:** Body Sculpt with focus on abs.  
**BALANCE & MOVEMENT BASICS:** Develop balance and strength to improve functional performance.  
**CIRCUIT TRAINING:** 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.  
**ULTIMATE FITNESS:** Burn & firm with this total body conditioning class.

## 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, Pilate's 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.

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

**Maria Thornhill  
Group Fitness Manager  
[mariat@fitnessandwellness.org](mailto:mariat@fitnessandwellness.org)**