

GROUP EXERCISE CLASS SCHEDULE



Summer 2011



Effective 07/05/2011

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Time	Class	Room
5:45am	Cycle & Strength	Cycle
8:30am	XPOWER	Multi
9:00am	RIDE	Cycle
9:15am	Cardio Interval	Main
10:30am	Yoga	Multi
11:15am	Aquacise	Pool
4:30pm	XpressPilates	Main
5:30pm	Cross Train	Main
6:40pm	KICK	Main
7:00pm	RIDE	Cycle
7:30pm	Aquacise	Pool
7:50pm	XPOWER	Main

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Time	Class	Room
9:15am	XPOWER	Main
10:30am	STEP	Main
10:45am	ACTIVE	Multi
11:15am	Aquacise	Pool
12:30pm	Strong Bones	Main
4:30pm	Double Play	Main
5:40pm	Express Strength	Main
6:00pm	Cycling	Cycle
6:30pm	STEP	Main
7:30pm	CENTERGY	Multi
7:30pm	Aquacise	Pool
7:45pm	ACTIVE	Main

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Time	Class	Room
6:30am	Cross Train	Main
8:30am	XPOWER	Multi
9:00am	KICK	Main
9:15am	Cycling	Cycle
10:30am	CENTERGY	Main
11:15am	Aquacise	Pool
12:30pm	Chair Yoga	Multi
5:30pm	KICK	Main
6:00pm	RIDE	Cycle
6:40pm	XPOWER	Main
6:45pm	Mat Pilates	Annex

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Time	Class	Room
9:00am	Total Body Workout	Main
9:30am	ZUMBA fitness	Multi
10:30am	KICK	Main
11:15am	Gentle Aqua	Pool
12:30pm	ACTIVE	Main
4:30pm	XPOWER	Main
5:30pm	ZUMBA fitness	Main
6:30pm	RIDE	Cycle
6:40pm	STEP	Main
7:30pm	Aquacise	Pool
7:40pm	Yoga	Multi

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Time	Class	Room
6:00am	RIDE	Cycle
8:30am	Yoga	Multi
9:00am	Cycling	Cycle
9:15am	Cardio Fusion	Main
10:30am	CENTERGY	Multi
11:15am	Aquacise	Pool
5:30pm	RIDE	Cycle
6:00pm	KICK	Main

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Time	Class	Room
8:00am	XPOWER	Main
9:00am	RIDE	Cycle
9:15am	Weekend Warrior	Main
10:30am	Mat Pilates	Main
11:40am	ZUMBA fitness	Main

Time	Class	Room
8:30am	Cycling	Cycle
9:00am	KICK	Main
9:45am	CENTERGY	Multi
10:15am	XPOWER	Main
11:30am	STEP	Main



All Classes On The Schedule Are FREE For Members.

Sign Up For a Free Demo Today!

Facility Hours
Monday 5:00am - Saturday 8:00pm
Sunday 7:00am - 6:00pm

Nursery Hours
Monday - Friday 8:30am - 12:30pm
Monday - Thursday 4:00pm - 8:00pm
Friday 4:00pm - 7:00pm
Saturday - Sunday 8:30am - 1:00pm

Spa 23 ProShop
Get the right Gear, for your Workout
www.Spa23.com/store

Spa 23
Health & Racquet Club
Phone: 973-839-8823 Fax: 973-839-7563

GROUP KINESIS

Pilates Reformer



Refresh Restore Replenish
Spa 23 Juice Bar & Cafe

Aquacise: Non-impact aerobic using the resistance of the water to strengthen your heart and tone your muscles. Class format will change based on instructor. All levels- 45 minutes

Cardio Interval: Our 50 minutes total body work including Hi-Lo, Step, Kick boxing, and Weights. You will be thoroughly challenged. All levels 50 minutes

Kick boxing: Kicking, boxing moves, jumping rope, and other martial arts style conditioning exercise are combined to develop total body strength and cardiovascular conditioning. Great for men and women. All levels 50 minutes

Cross Training: A 50 minute total body workout including, Hi-Lo, bootcamp and kickboxing. You will be thoroughly challenged. All levels 50 minutes

Chair Yoga: Increase flexibility, improve range of motion and reduce stress. Excellent for seniors and anyone with limitations. All levels 50 minutes

Cycle & Strength: This is a 30 minute Cycling class and a 30 minute strength class. A combination class to get your cardio started with some strength work with weights, bands, in the last 30 minute. Come get the results you are looking for. This class is for all levels.

Express Strength : This 40 minute express class is for the person who needs to get that time efficient workout with a combination of Cardio, Sculpting . You will use hands weights, bars and so much more . This class is for all levels

Cycling: A group cycling workout on special stationary bikes. The instructor takes you on a journey set to music which you complete at your level. All levels 50 minutes

Double Play: This class has two great formats! It starts with and energetic step and then you will have some great strength training for the second half. Bring a towel and water because you will melt away the calories. All levels 50 minutes

Group Active: Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness. Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility , all in a supportive group environment, with motivating music and caring instructors. Get more out of life, Get Active

Group Centergy: Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy. All levels

Group Kick: This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling. Group Kick will knock you out!

Group Power: Your hour of power! This 60 minute barbell program strengthens all your major muscles in a inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls. Group Power is for all ages and fitness levels. Discover results, discover Group Power.

Group Ride: Pedal in groups, roll over hills, chase the pack, Climb Mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!

Group Step: Utilizing the step in many positions and heights, this compelling 60 minutes program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step. All levels

Mat Pilates: A full 50 minutes that will help increase your flexibility, as well as improve muscle tone and strength. All levels 50 minutes

Strong Bones: This will educate the participant how to do proper and safe effective exercise . This class encourages strength and flexibility. You will also improve your posture and reduce stress. All levels 50 minutes

Total Body Workout: This is a fun filled 50 minute class using all the equipment such as stability balls, hand weights, bands, steps. This will work your total body and help you achieve your goals. This class is for all levels.

Weekend Warrior: This is a Saturday morning classic . This class is free-style kick boxing , core training, and a lot of fun. This is a 50 minute class that will burn calories, increase endurance and keep you smiling from the beginning to the end. Start your weekend with a great work out for all levels.

Xpress Pilates: This is a 45 minute class that will target the core , back, flexibility and strength. This class is for all levels of fitness.

Yoga: A challenging class designed toward increasing body strength and working the cardiovascular system by moving through selected poses in a flowing sequence. Longer holding of certain poses will increase strength. You will use proper alignment, balance, and breath control all levels 50 minutes

ZUMBA: Are you ready to party yourself into shape? That's exactly what the Zumba[®] program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party[™] that's moving millions of people toward joy and health.

Group Fitness Manager

Katie Cirillo

email katie@spa23.com

Group Fitness Director

Ricky Russell

email ricky@spa23.com