

# FOUNTAIN FITNESS CENTER

DUE TO COVID REGULATIONS, CLASS SPACE IS LIMITED. PLEASE CALL TO REGISTER FOR CLASSES.  
(PLEASE CANCEL RESERVATION WITHIN 24 HOURS TO AVOID A \$5 CHARGE.)  
MASKS ARE REQUIRED FOR ALL INDOOR CLASSES.  
PLEASE BRING YOUR PERSONAL WORKOUT MAT & TOWEL TO CLASS.

201-282-5225

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<b>7:00AM</b> <b>CYCLE</b> SUSANNAH TURF FIELD			
<b>8:30AM</b> <b>BURN</b> MICHELE K GROUP FITNESS STUDIO	<b>8:30AM</b> <b>STACKED</b> SEEMA GROUP FITNESS STUDIO	<b>8:30AM</b> <b>STRENGTH</b> SEEMA GROUP FITNESS STUDIO	<b>8:30AM</b> <b>CARDIO KICKBOX</b> MJ GROUP FITNESS STUDIO	<b>8:30AM</b> <b>CYCLE</b> SHERI TURF FIELD	<b>8:00AM</b> <b>CYCLE</b> SCOTT TURF FIELD	
<b>ZUMBA®</b> JULIA C BASKETBALL COURT					<b>9:00AM</b> <b>ADVANCED STEP</b> ALLY FITNESS STUDIO	<b>9:00AM</b> <b>JAB, KICK &amp; CORE</b> MERYL FITNESS STUDIO
<b>9:30AM</b> <b>CYCLE</b> MICHELE K TURF FIELD	<b>9:30AM</b> <b>CYCLE</b> SEEMA TURF FIELD	<b>9:30AM</b> <b>PILATES BARRE</b> ANNE GROUP FITNESS STUDIO	<b>9:30AM</b> <b>CYCLE</b> PAT TURF FIELD	<b>9:30AM</b> <b>TOTAL BODY</b> MICHELE K GROUP FITNESS STUDIO	<b>10:00AM</b> <b>STRENGTH</b> ALLY GROUP FITNESS STUDIO	<b>10:00AM</b> <b>YOGA</b> TRICIA MIND/BODY STUDIO
<b>YOGA</b> SHARON MIND/BODY STUDIO			<b>ZUMBA®</b> JULIA C BASKETBALL COURT			
<b>5:30PM</b> <b>CYCLE</b> CHAD D TURF FIELD	<b>5:00PM</b> <b>STEP</b> ALLY GROUP FITNESS STUDIO		<b>5:00PM</b> <b>BODY SCULPT</b> MERRILL GROUP FITNESS STUDIO			
	<b>6:00pm</b> <b>ZUMBA®</b> MARY GROUP FITNESS STUDIO	<b>6:00pm</b> <b>PILATES BOOTCAMP</b> ANNE GROUP FITNESS STUDIO	<b>6:00pm</b> <b>BURN</b> MERRILL GROUP FITNESS STUDIO			

## Class Descriptions

**BODY SCULPT:** Sculpt, tone and stretch every muscle. Body sculpt does all of this while pumping up the heart rate with some faster paced, deep muscle movements. **All Levels** will benefit from this strength and tone workout which uses a variety of weights to achieve the desired goal.

**BURN:** Total body workout focusing on strength with a blast of cardio for a heart-pumping calorie burn. Open to all levels, this class will vary every week from circuit to individual stations.

**CARDIO KICKBOX:** An exciting cardio fitness class that works multiple muscle groups. Kickboxing and Martial Arts moves worked in progressive sets gets your heart rate going and fat burning.

**CYCLE:** Pedal through a high energy, motivating and contagiously invigorating spin workout with Bergen's top indoor cycling instructors. This class is easy for beginners to succeed in while challenging the most experience riders.

**ENERGY CIRCUIT:** This circuit-driven class is about interval strength and cardio training which ignites your metabolism while improving flexibility, agility and endurance. Modifications are available.

**JAB, KICK & CORE:** Work through basic cardio kickbox movements while burning calories and improving technique. Intensity varies from high to low throughout the duration of the class. (No boxing equipment needed)

**PILATES BARRE:** Combine the basics of pilates with ballet-inspired moves, like plies and attitudes, as well as incorporating elements of dance, yoga and toning resulting in enhanced cardio fitness.

**STACKED:** This class will push you to the limits of your intensity and endurance as weight and cardio movements are added or "stacked" through eight progressive rounds.

**STEP:** This classic cardio workout has lasted for decades because it is fun and it delivers results. Step up, around and down in different patterns as you build the choreography while boosting your heart rate and strengthening your muscles.

**STRENGTH:** Muscle work to burn fat, build muscle, increase stamina and get you STRONG! All levels welcome.

**TOTAL BODY CONDITIONING:** Tune in and tone up! A solid muscle class that works your entire body utilizing barbells, dumbbells and body resistance for a challenging and effective class.

**YOGA:** Beneficial to everyone, with an emphasis on the basic postures and progressive variations. This class sets a solid foundation and develops strength and flexibility for the more advanced postures.

**ZUMBA®:** "Exercise in disguise", Zumba is a cardio workout set to great music. It incorporates muscle conditioning, balance and flexibility, boosts energy and leaves you with a serious dose of awesome after each class.