



RESERVATIONS FOR CLASSES ARE REQUIRED AS SPACE IS LIMITED. RESERVATIONS MAY BE CANCELED WITHIN 1 HOUR OF CLASS START TO AVOID A \$5 NO-SHOW CHARGE.

201-282-5225

EFFECTIVE JUNE 10, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30AM ENERGY CIRCUIT SCOTT R GROUP FITNESS STUDIO	5:30AM CYCLE CHAD D CYCLE STUDIO	5:30AM ENERGY FLOW YOGA LORRAINE MIND BODY STUDIO	5:30AM STACKED SCOTT R GROUP FITNESS STUDIO		
					8:00AM BOOTCAMP CIRCUIT MICHELE K GROUP FITNESSSTUDIO	
8:30AM TOTAL BODY PUMP MICHELE K GROUP FITNESS STUDIO	8:30AM KICKBOX & KETTLEBELLS GREG R GROUP FITNESS STUDIO	8:30AM HALO SCULPT SEEMA B GROUP FITNESS STUDIO	8:30AM STACKED AMY L GROUP FITNESS STUDIO	8:30AM STRONG NATION LULI V GROUP FITNESS STUDIO		
				8:30AM CYCLE SHERI M CYCLE STUDIO		8:30AM CYCLE PATRICK M CYCLE STUDIO
					9:00AM STEP ALLY G GROUP FITNESS STUDIO	
					9:00AM CYCLE MICHELE K CYCLE STUDIO	
9:30AM CYCLE SUSANNAH B CYCLE STUDIO	9:30AM HATHA YOGA TERRY L MIND BODY STUDIO	9:30AM CYCLE MICHELE K CYCLE STUDIO			9:30AM VINYASA YOGA TRICIA L MIND BODY STUDIO	9:30AM BURN SEEMA B GROUP FITNESS STUDIO
9:30AM HALO SCULPT LULI V GROUP FITNESS STUDIO	9:30AM BUTTS N GUTS GREG R GROUP FITNESS STUDIO	9:30AM ENERGY CIRCUIT MICHELLE KAZZ GROUP FITNESS STUDIO	9:30AM ZUMBA LULI V GROUP FITNESS STUDIO	9:30AM BURN MICHELE K GROUP FITNESS STUDIO		9:30AM PILATES BOOTCAMP ANNE S MIND BODY STUDIO
					10:00AM STRENGTH ALLY G GROUP FITNESS STUDIO	
10:30AM ZUMBA BEATRIZ G GROUP FITNESS STUDIO		10:30AM H2O RUN SEEMA B POOL		10:30AM RESTORATIVE YOGA SHARON J MIND BODY STUDIO		10:30AM H2O RUN SEEMA B POOL
5:30PM CYCLE CHAD D CYCLE STUDIO						
6:00PM STACKED FELIX S GROUP FITNESS STUDIO	6:00PM BOOTCAMP CIRCUIT SEEMA B GROUP FITNESS STUDIO	6:00PM STRENGTH ANDREY N GROUP FITNESS STUDIO				
6:30PM LIFE STRETCH CLIFFORD W MIND BODY STUDIO	6:30PM WARRIOR YOGA ANNE S MIND BODY STUDIO	6:30PM PILATES BARRE ANNE S MINDBODY STUDIO	6:30PM RESTORATIVE YOGA SHARON J MIND BODY STUDIO			
	6:30PM H2O EXTREME GREG R POOL		6:30PM H2O FIT LAURIE G POOL			
REFORMER	*\$200 / 8 PAK OF CLASSES					
		9:30AM ANNE S			9:30AM ANNE S	
4:00PM ANNE S						
		7:30PM ANNE S				

## **CARDIO**

### **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.

### **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.

### **STRONG NATION™:**

Cardio based interval training which incorporates mostly body weight movements. Raise your heart rate and fire up your muscles for a full-body, high intensity, killer workout!

### **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.

## **STRENGTH & CARDIO/STRENGTH**

### **BOOTCAMP CIRCUIT:**

Ready? Set...GO! Total body workout focusing on strength and cardio for a heart pumping, calorie torching workout. Cardio, strength and core movements are planned on a 3:2:1 ratio. Open to all levels, this class puts first-timers and fitness die-hards side by side but allows for progress at the individual level.

### **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.

### **BUTTS N' GUTS:**

45-min intense focus on the Glutes and Abs resulting in a stronger, more chiseled physique.

### **ENERGY CIRCUIT:**

Wake up and get energized with this circuit driven class all about interval cardio and strength training which ignites your metabolism while improving flexibility, agility and endurance. All levels are welcome as each circuit works you at your level.

### **KICKBOX & KETTLE BELLS:**

General boxing and kicking techniques are applied while attacking the upright punch bags and are combined with a Kettle Bell class for the ultimate TKO challenge. All levels can participate in this class the circuit creates a challenge that can be modified as needed. *Optional: Boxing gloves or wrap tape.*

### **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.

### **STRENGTH:**

Barbell, dumbbell and body weight work muscles to burn fat, build muscle, increase stamina and get you STRONG! All levels welcome.

### **TOTAL BODY PUMP:**

Tune in and tone up! A solid muscle class that works your entire body utilizing barbells, dumbbells and body resistance in this challenging and effective class.

## **MIND, BODY AND STRENGTH**

### **HALO SCULPT:**

This pilates-based, low intensity toning class utilizes stability balls and light weights. Feel your muscles ignite as they strengthen and tone.

### **PILATES BARRE:**

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

### **PILATES BOOTCAMP:**

Pilates basics timed and energized for maximum results. Most movements are focused through low weights/high reps or body weight.

### **PILATES BARRE:**

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

### **STRETCH:**

Stretch, Relax and Restore your muscles according to the Life Stretch method.

### **YOGA:**

Beneficial to everyone, with an emphasis on the basic postures and progressive variations. These classes sets a solid foundation and develops strength and flexibility for the more advanced postures. Whether you are focused on Balance & Flow or Meditation for relaxation, our expert instructors will guide you in achieving your goals with your practice.

## **AQUATICS**

### **H2O EXTREME:**

Strength Training in the pool builds muscle and endurance while minimizing the strain on your joints. Using water and Aquatic Training tools for resistance, you can enjoy and injury free full-body workout.

### **H2O FIT:**

Water class designed to improve flexibility, range of motion, strength, muscle tone and cardio endurance all while reducing the impact on the joints, feet and back.

Movements are performed to lively music making this a fun and effective workout.

All levels welcome!

### **H2O RUN:**

Running or Jogging in the pool is a great "running" workout without the impact on the soles, knees or back. Burn more calories per mile than an actual outdoor run. Excellent workout for runners or "wanna-be" runners.

## **FOUNTAIN FITNESS PREMIUM CLASSES**

Held in a small group setting, these classes are goal oriented and focused on increasing strength, stamina and endurance while having fun! Cost: \$30/session or \$200/8sessions. \*\*RESERVATIONS REQUIRED

### **PILATES REFORMER:**

Push and pull against the resistance of the springs, carriage and your own body weight makes this the ultimate strength-building full-body workout. Low impact yet highly intense, this will be the most productive part of your day.