

Cardio/Aerobic

Les Mills GRIT Series: Advanced- intermediate High-intensity interval training. Offering 3 different 30 minute workouts Plyo, Cardio & Strength. More workout, Less time. Push yourself to the limit!

BODYCOMBAT : Mixed level Is the true unique, martial arts-based workout designed for individuals looking to boost cardio fitness & benefit from total body conditioning. This class is addictive and fun!

Boxing Circuit: Mixed level: The heavy bags go up, the gloves go on. Grab a jump rope and you are good to go! Expect a great cardio workout and improve boxing skills.

Cycle

The following Cycle classes require a reservation. Reservations will only be given in person @ the front desk 30 minutes prior to the start of class. Members are not permitted to start any class ride without the instructor present. Thank you for your cooperation: Monday 5:30pm, Saturday 8:00am & Sunday 9:45am.

These classes are subject to change

CYCLE: Mixed level This indoor group cycling class consists of a trained instructor who physically and verbally guides participants through a routine or “journey” on a stationary bike. First time riders please come 10 minutes early to meet your instructor and set up your bike. A water bottle is mandatory and you will need a towel!

MYRIDE+: Mixed Level Become fitter, live stronger and ride your bike in parts of the world you may never get to see. Follow your instructor across the most breathtaking and challenging roads!

That will set your metabolism on fire!

POP CYCLE: Mixed level An energetic cycle ride featuring Top 40 Pop & Latin music videos.

HIIT CYCLE/MYRIDE: Advanced - Intermediate 30 Minutes of High Intensity Interval training. Less Time, More Results. Train Smart!

CYCLE LITE/ MYRIDE: Beginner – Intermediate 30 minutes. Great for the beginner or anyone looking for a gentler or shorter ride.

Resistance, Toning & Strength Training

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Ultimate Fitness: Advance- intermediate Combines cardio, core strength and muscle endurance utilizing a variety of strength training equipment and interval drills.

BODYPUMP: Mixed Level The original barbell class that appeals to individuals of all ages and fitness levels. Perfect for anyone striving to achieve maximum results in minimum time. A great alternative to weight training on the gym floor.

CXWORX: Mixed level This 30 minute core workout is short and sharp and will inspire you to the next level of fitness.

Chair Fit & Flex: Gentle/Senior/Beginners A light resistance and core training workout all done in a chair! Perfect for the beginner exerciser. Promotes weight loss, strength & flexibility.

*****NEW Chair Fit & Flow:** Same great class as Chair Fit & Flex with an emphasis on Yoga and mobility.

Aqua – Great for all levels, Gentle & No Impact! All classes 45 minutes

AQUA ARTHRITIS: Slow paced, gentle Aquatic exercise to benefit joint health or aid in recovery from surgery/injury.

Aqua Sculpt: Use noodles, weights, gloves, boards and your own resistance to burn fat and define muscles while in the warm water pool. Ideal for recovering athletes & members of all levels.

Aqua Fit: Increase cardio fitness, muscular strength & endurance. Exercise incorporating aqua noodles and weights. Aqua shoes recommended by instructor. All levels.

Stretch & Flex: A perfect blend of Tai Chi, Pilates & Yoga adapted for water exercise. Increase range of motion, strength and balance.

Aqua Zumba: Take your Zumba class into the water. Tons of fun!! Great for all levels.

Aquacise: This entry level shallow water class offers basic movements, gentle range of motion exercises and “water walking”.

*****NEW Splash & Groove – Dance, Tone and stretch in this Groovy fun class!**

AQUA RUNNING: A NO IMPACT Cardio exercise replicating running/jogging in deep water. (Leave your running shoes home!)

Mind/Body

YOGA BURST: Mixed levels A fast paced 30 minute yoga flow of strength, Flexibility and a short silent meditation. Great for a lunch time pick me up!

Restorative Yoga: Gentle/ Mixed level Prioritizes stillness, relaxation & a calmer state of mind. Incorporating Yoga blocks, straps & blankets to support & align the body. Restorative poses allow the body to fully relax in each posture. It is suggested that you bring your own blanket to class. (Yoga blankets & eye pillows now being sold at the center)

Early Bird stretch: Perfect for **Beginners** or anyone with limited mobility. Emphasis on breath work and gentle stretching.

Gentle Yoga: Beginners or anyone who wants a simple and gentle Hatha class.

Hatha Yoga : Mixed level Movement and breath designed to create strength, flexibility and promote well being.

Pilates Mat: Mixed level Strengthen your entire body while focusing on core strength and stabilization. Improve your posture while creating long, lean muscles.

Vinyasa Yoga: Mixed Level A flowing style of Yoga filled with graceful movement. A basic knowledge of Yoga poses is helpful but not required.

Vinyasa Yoga Level 2: Advance- intermediate Same flowing graceful but dynamic movements that will bring your practice to the next level!

Tai Chi: Gentle/Beginners Discover complete harmony of the mind and body while performing graceful, fluid and well-balanced martial arts movements.

BODYFLOW: Mixed Level Combines Yoga, Tai Chi and Pilates and is designed for those looking to improve general fitness, relax, reduce stress, increase mental clarity and obtain a sense of well-being..

Yoga Core: Mixed level This class will awaken the muscles of the core and spine while lengthening and strengthening for greater stability.

Yoga and relaxation: Mixed level Gentle Yoga to help promote relaxation. May include meditation.

Fit Barre : Advance - Intermediate A fusion of disciplines may include Pilates, Yoga or dance incorporating the Barre & light weights for a full body workout.

POP PILATES: Mixed level A fast paced Pilates based, ab-chiseling & full body workout choreographed to top 40 hits.

PILATES & BARRE: Mixed level Learn the secret to sculpting a long strong dancers body. Classical Pilates and barre work for a longer stronger body.

Cardio/Dance

ZUMBA :Mixed level A fusion of Latin and international music providing an intermittent training session that is a mixture of body sculpting movements with easy to follow dance steps.

Zumba Gold: Beginner Same fun dance class but with more modifications, slightly slower paced music with longer warm up and cool down.

Zumba Toning: Mixed level Those who want to party, but put extra emphasis on toning and sculpting to define those muscles!

Stretch & Groove: Beginner/ Intermediate This class is fun, light hearted and easy to follow. Combining dance for a light cardio workout with stretching to promote flexibility.

FOAM ROLLING

Stretch & Roll: A 30 minute stretch class incorporating Myofascial release (Foam Rolling) Foam Rolling aids in muscle recovery and releasing trigger points. **At this time reservations are not required . Rollers are available on the 1st come, 1st serve basis.**

Swim Team, Parent & Me and Synchronized

Swim: contact Rana Kamel at ranak@fitnessandwellness.org

Fit Kids: Contact Mike at miket@fitnessandwellness.org

Movewell, Cancer & Bariatric programs:

Contact Cherie at cheriew@fitnessandwellness.org

All Parkinson’s groups: Contact Cheylena Williams at cheylena.williams@rwjuh.edu

Group Fitness Etiquette:

- Please arrive early and introduce yourself to instructor if you are new to class.
- Please let your instructor know if you are expecting or if you need special modifications.
- In order to prevent injury, it is our policy no one is to enter class once warm up has been completed.

- New to Cycle? Please arrive early and ask to be set up properly on bike. No one will be permitted into Cycle once class starts.
- Please turn off cell phones & pagers 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 bring water bottle & towel to cycle classes.
- For insurance of your safety members are not permitted in the studios without an instructor or trainer present.

Class Schedule Change Policies:

- Classes can be cancelled due to lack of participation, availability of instructors, instructor trainings, special events, emergencies or to make room for new programs as needed.
- Special holiday schedules may apply.
- A 3 person minimum participation is required to hold class.

 **ROBERT WOOD JOHNSON FITNESS & WELLNESS CENTER**
100 Kirkpatrick St. Suite 201
New Brunswick, NJ
732-873-1222

Hours of operation:

Mon – Fri 5:00am – 11:00pm
Sat & Sun 7:00am – 7:00pm

Please visit our website for more Scheduling and facility details

www.rwjfitnessnewbrunswick.com

Group Fitness Manager- Christian Thomas
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