

# RWJ New Brunswick

## Effective Tuesday, January 2, 2018

Monday				Tuesday			
STUDIO 1	STUDIO 2	CYCLE	AQUA	STUDIO 1	STUDIO 2	CYCLE	AQUA
		<b>CYCLE</b>			<b>LES MILLS GRIT STRENGTH</b>	<b>HIIT CYCLE</b>	<b>MASTER SWIM</b> 6:15am-7:15***
		5:30 Nikki			6:00 Elisa <b>LES MILLS BODYCOMBAT</b>	6:30-7:00 Elisa	
7:00-8:00 Mat Pilates Mario D	<b>LES MILLS BODYPUMP</b>	<b>CYCLE</b>	9:30-10:15 Aqua Running Christina W	8:00-9:00 Early Bird Stretch Jeeseon	<b>LES MILLS GRIT STRENGTH</b>		10:00-10:45 Aqua Arthritis Christina W
10:30-11:30 Gentle Yoga Kelly	<b>ZUMBA FITNESS</b>	10:30 Robert	10:20-11:05 Stretch & Flex Christina W	10:00-11:00 <b>FIT BARRE</b> Holly	9:30 Cesar <b>LES MILLS GRIT STRENGTH</b>		
	10:35 Stephanie			11:00-12:00 Yoga & Relaxation Holly	10:30 Cesar		
	Tai Chi For Parkinsons 12:00 Closed Group			12:00-1:00 <b>CHAIR FIT &amp; FLEX</b> Anu	<b>LES MILLS 30 Minute BODYPUMP Express</b>		
5:00-5:30 Stretch & Roll Marcus*			Physical Therapy <b>CLOSED GROUP</b> 2:00-7:00pm		12:00 Christian		Physical Therapy <b>CLOSED GROUP</b> 2:00-7:00pm
5:30 - 6:30 Vinyasa Yoga Christian	<b>ZUMBA FITNESS</b>	<b>CYCLE</b>		4:30-5:30 Yoga Core Marcus	4:30-5:30 <b>NBBOE/ YOGA</b> Closed Group	<b>Pop Cycle</b>	
6:30-7:30 <b>FIT BARRE</b> Fania	<b>LES MILLS BODYPUMP</b>	5:30 Mike*		5:30-6:30 <b>PILATES &amp; BARRE</b> Fania	<b>ZUMBA FITNESS</b>	5:30 Robert	6:30-7:15*** Aquacise Phyllis
7:30-8:30 Mat Pilates Mario D	<b>LES MILLS GRIT SERIES</b>		<b>SWIM TEAM</b> 6:00pm-7:00***	<b>LES MILLS BODYFLOW</b>	<b>LES MILLS GRIT STRENGTH</b>	<b>HIIT CYCLE</b>	7:20-8:05 Aqua Sculpt Phyllis
	7:30 Sara			6:30 Michelle D	7:00 Moira <b>LES MILLS BODYCOMBAT</b>	7:00-7:30 Stephanie	
	8:00-9:00 <b>ULTIMATE FITNESS</b> Sara				7:30 Missy/Michelle		
STUDIO 1	STUDIO 2	CYCLE	AQUA	STUDIO 1	STUDIO 2	CYCLE	AQUA
	<b>LES MILLS BODYPUMP</b>	<b>CYCLE</b>			<b>LES MILLS CXWORX</b>	<b>HIIT CYCLE</b>	<b>MASTER SWIM</b> 6:15-am-7:15***
	6:00 Cesar	5:30 Kirsten		9:30-10:30 <b>PILATES &amp; BARRE</b> Kiana	6:00 Elisa	6:30-7:00 Elisa	9:30-10:15 *** Aquacise Dan
9:30-10:30 Yoga Core Kelly	<b>LES MILLS 30 min BODYPUMP Express</b>	<b>CYCLE LITE</b>		10:30-11:30 Yoga & Relaxation Leslie	<b>ZUMBA GOLD</b>		10:20-11:05 Aqua Sculpt Dan
	9:30 Christian	11:00-11:45 Robert		12:00-1:00 <b>CHAIR FIT &amp; FLOW</b> Anu	<b>ZUMBA TONING</b>		
	10:00 Christian				<b>LES MILLS CXWORX</b>		
	<b>ZUMBA FITNESS</b>				12:00 Christian		
12:00-12:30 <b>YOGA BURST</b> Christian	Movement for Parkinsons 11:30 Closed group		Physical Therapy <b>CLOSED GROUP</b> 8:00am-12:00pm				
<b>LES MILLS BODYFLOW</b>					<b>LES MILLS GRIT STRENGTH</b>		
4:30 Christian			5:00pm-6:00*** Competitive Stroke <b>SWIM TEAM</b>		4:30 Cesar		
					<b>LES MILLS CXWORX</b>		
	<b>LES MILLS BODYPUMP</b>	<b>HIIT CYCLE</b>	6:00pm-7:00*** <b>SWIM TEAM</b>	5:00-6:00 Stretch & Groove Leslie	5:00 Cesar	<b>CYCLE</b>	6:30-7:15*** Aquacise Phyllis
<b>POP PILATES</b>	6:00 Edith	5:30-6:00 Nikki	Adult Group Swim 7:15-8:15*** closed group	6:00-6:30 Stretch & Roll Marcus	<b>LES MILLS BODYCOMBAT</b>	5:30 Stephanie	7:00-8:00 AK SGT Closed Group
7:00 Edith	<b>ZUMBA FITNESS</b>	<b>Pop Cycle</b>	<b>MASTER SWIM</b> 8:00pm-9:00***	6:30-7:30 Restorative Yoga Marcus	6:00 Cesar		7:20-8:05 Aqua Sculpt Phyllis
8:00-9:00 <b>HATHA YOGA</b> Leslie	7:00 Doris	7:00 Robert		8:00-9:00 Boxing Circuit Missy	<b>LES MILLS BODYPUMP</b>		
	8:00-9:00 <b>ULTIMATE FITNESS</b> Will				7:00 Rachel/Missy		
STUDIO 1	STUDIO 2	CYCLE	AQUA	STUDIO 1	STUDIO 2	CYCLE	AQUA
6:00-7:00 <b>HATHA YOGA</b> Leslie		<b>CYCLE</b>		INTRODUCTION TO TAI CHI January 13th 8:30-9am and every 2nd saturday of the month.			9:45-10:30 Aqua Arthritis Christina W
		5:30 Adonis		8:30-9:30 Tai Chi Christina W	<b>LES MILLS BODYCOMBAT</b>	<b>CYCLE</b>	Competitive 9:00am-10:00***
9:30-10:30 Stretch & Groove Leslie	<b>LES MILLS BODYPUMP</b>	<b>Pop Cycle</b>		<b>LES MILLS BODYFLOW</b>	<b>LES MILLS BODYPUMP</b>		<b>SWIM TEAM</b> 10:00-11:00***
	9:30 Sara	9:30 Robert		9:30 Christian	8:30 Missy		
	<b>LES MILLS BODYFLOW</b>		10:45-11:30 Splash & Groove Leslie	9:35 Elisa	<b>LES MILLS BODYPUMP</b>		
	10:30 Lori			10:30-11:30 Mat Pilates Mario D	<b>ZUMBA FITNESS</b>		Parent & Me 11:00-11:30
Parkinson's Movement 11:00 Closed group				10:35 Christian			
<b>POP PILATES</b>	<b>LES MILLS BODYPUMP</b>		Physical Therapy <b>CLOSED GROUP</b>	STUDIO 1	STUDIO 2	CYCLE	AQUA
5:00 Edith	6:00 Katie		2:00-7:00pm	8:30-9:30 Boxing Circuit Carolina	8:30-9:30 Yoga Core Marcus		AQUA ZUMBA BEGINS JANUARY 14TH!
6:00-7:00 Vinyasa 2 Yoga Kelly	<b>LES MILLS 30Min BODYCOMBAT Express</b>			<b>LES MILLS BODYPUMP</b>	<b>LES MILLS GRIT SERIES</b>	<b>CYCLE</b>	
	7:00 Michelle			9:30 Carolina	<b>LES MILLS Cardio/Plyo</b>	9:45 Donna	11:00 Vivian
	<b>LES MILLS 30 Min BODYFLOW Express</b>		Competitive 5:00pm-6:00***	10:30 Niccole	10:30 Carolina		
	7:30 Michelle			Please join us for YOGA with Julie in studio 1 every Sunday in January. 12:00pm-1:00. FREE & Open to the Public as part of the New Brunswick Mayor's Wellness campaign. I.D is required for Non- members. For more info visit: <a href="http://thecityofnewbrunswick.org/mayorswellness/">thecityofnewbrunswick.org/mayorswellness/</a>			

\*\*\* Denotes Lap Pool

\* Denotes reservation is needed

★ Denotes a new class/ time or location

Please note some class times and locations have changed due to class participation.  
\* Denotes this class requires a Reservation # to attend. Reservations are available @ Front Desk 30 minutes prior to class start time.