

# RWJ New Brunswick, Revised July 15, 2015

Monday				Tuesday			
STUDIO 1	STUDIO 2	CYCLE	AQUA	STUDIO 1	STUDIO 2	CYCLE	AQUA
	<b>BOOT CAMP</b> 6:00 Garrett	<b>CYCLE</b> 5:15 Joe K		6:00-7:00 Sunrise Yoga Leslie	<b>RIPPED</b> 6:00 Dan		
7:00 - 8:00 Mat Pilates Marlo D				8:30-9:30 Early Bird Stretch Holly	<b>LES MILLS BODYCOMBAT</b> 9:30 Cesar		
	<b>LES MILLS BODYPUMP</b> Christian 9:30		9:00 - 10:00*** Aqua Bootcamp Marlo D	9:30-10:30 FIT BARRE Holly	<b>LES MILLS BODYPUMP</b> 30 Min Express 10:30 Cesar		10:00-11:00 Aqua Arthritis Christina W
10:30-11:30 Gentle Yoga Kelly	<b>ZUMBA FITNESS</b> 10:35 Stephanie	<b>CYCLE</b> 10:30 Robert	10:00 - 11:00 Poolates Marlo D	10:30-11:30 Yogalattes Marla R	<b>LES MILLS CXWORX</b> 11:00 Cesar		11:00-11:30 Parent & Me
11:30-12:30 Tai Chi Christina	12:00-12:30 Cardio Boost Xpress Marla R				11:30-12:30 Chair fitness Marla R		
	<b>PIYO LIVE!</b> 12:30-1:00 Express Marla R			<b>LES MILLS BODYFLOW</b> 12:30 Christian	Cancer Wellness Program 1:00 Closed group		
	4:30-5:30 Core Fusion Andrew		Aquatic Therapy 2:00-7:00pm		Bariatric Wellness program 4:00 Closed group		Aquatic Therapy 2:00-7:00pm
5:30 - 6:30 Vinyasa Yoga Christian	<b>ZUMBA FITNESS</b> 5:30 Liza	<b>CYCLE</b> 5:30 Mike*		<b>BOOTY BARRE</b> 4:30 Lori P	<b>LES MILLS BODYSTEP</b> 5:00 Chelsea	<b>PoP Cycle</b> 5:30 Robert	
	<b>LES MILLS BODYPUMP</b> 6:30 Christian		Competitive Stroke 5:00 - 6:00***	<b>LES MILLS BODYCOMBAT</b> 6:00 Milena	<b>ZUMBA FITNESS</b> 6:00 Christian		6:30 - 7:30*** Aquacise Dan
Marisol 7:30	<b>LES MILLS BODYATTACK</b> 7:30 Sydnee	<b>CYCLE</b> 7:00 Adonis *	<b>aqua ZUMBA</b> 7:00 Liza ***	<b>LES MILLS BODYVIVE</b> 7:00 Michelle	<b>LES MILLS BODYPUMP</b> 7:00 Milena	<b>MYRIDE+</b> 7:00 Adonis*	7:30 - 8:30 Aqua Sculpt Dan
8:30 - 9:30 Belly Dance Marisol				<b>LES MILLS BODYFLOW</b> 8:00 Michelle	8:00-9:00 Ultimate Fitness Sean		
STUDIO 1	STUDIO 2	CYCLE	AQUA	STUDIO 1	STUDIO 2	CYCLE	AQUA
	<b>LES MILLS BODYPUMP</b> 6:00 Cesar	<b>CYCLE</b> 5:15 Joe K		<b>LES MILLS BODYFLOW</b> 5:30-6:30 Dan		<b>CYCLE</b> 7:00 Robert	
	<b>LES MILLS BODYPUMP</b> 30 min Express 9:30 Christian		<b>aqua ZUMBA</b> 9:30 Marisol***		<b>ZUMBA FITNESS</b> 9:30 Bob	Got 30 Minutes?  Try a Express class!	9:30-10:30*** Aquacise Dan
9:30-10:30 Yoga Core Holly	<b>LES MILLS CXWORX</b> 10:00 Christian	<b>CYCLE</b> 10:30 Micki	10:45-11:15 H2O Yoga Blast Holly***	10:30 - 11:45 Yoga & Relaxation Leslie			10:30-11:30 Aqua Sculpt Dan
	<b>ZUMBA TONING</b> 10:30 AM Marisol				<b>LES MILLS BODYPUMP</b> 30 Min Express 12:00 Christian		
12:00-1:00 Vinyasa Yoga Christian	Movement for Parkinsons 11:30 Closed group		Aquatic Therapy 8:00am-12:00pm		<b>LES MILLS CXWORX</b> 12:30 Christian		
4:30 - 5:30 Vinyasa Yoga II Kelly				Cancer Wellness Program 1:00 Closed group	<b>LES MILLS BODYPUMP</b> 30 min Express 4:30 Cesar		
5:30-6:30 Cardio Sculpt Liz			Competitive Stroke 5:00 - 6:00pm ***	Bariatric Wellness program 4:00 Closed group	<b>LES MILLS CXWORX</b> 5:00 Cesar		
6:30-7:00 Dan	<b>LES MILLS BODYCOMBAT</b> 5:30 Edith		6:00-7:00*** Swim Team	5:00-6:00 Stretch & Groove Leslie	<b>INSANITY</b> 5:30 Cesar		
<b>LES MILLS BODYJAM</b> 7:00-7:30 Dan	<b>LES MILLS BODYPUMP</b> 6:30 Edith	<b>PoP Cycle</b>		<i>Palango!</i> 6:00 Eddie	<b>LES MILLS BODYCOMBAT</b> 6:00 Matt B		
<b>LES MILLS BODYFLOW</b> 7:30 Dan	<b>ZUMBA FITNESS</b> 7:30 Doris	7:00 Robert *		7:30 - 8:30 Mat Pilates Virginia	<b>LES MILLS BODYPUMP</b> 7:00 Matt B		<b>aqua ZUMBA</b> 7:00 Marisol***
8:30-9:30 Hatha Yoga Leslie	Bariatrics Wellness program 8:30 closed group			8:30-9:30 Boxing Matt B	<b>ZUMBA FITNESS</b> 8:00 Marisol		Synchronized Swimming*** 6:15-7:15
STUDIO 1	STUDIO 2	CYCLE	AQUA	STUDIO 1	STUDIO 2	CYCLE	AQUA
		<b>CYCLE</b> 5:15 Joe K	9:30-10:30 Robert This Cycle class is 30 minutes of MYRIDE+ followed by 30 minutes of PoP Cycle music videos.	Bariatric Wellness program 7:30 Closed group	<b>LES MILLS BODYVIVE</b> 8:30 Edith	<b>MYRIDE+</b> 8:00 am Adonis	
<b>LES MILLS BODYFLOW</b> 9:30 Lori				8:30-9:30 Tai Chi Christina W	<b>LES MILLS BODYPUMP</b> 9:30 Edith		9:45 - 10:45 Aqua Arthritis Christina W
<b>LES MILLS CXWORX</b> 10:30 Lori	<b>LES MILLS BODYPUMP</b> 9:30 Sara	<b>MYRIDE+</b> <b>PoP Cycle</b>		<b>LES MILLS BODYFLOW</b> 9:30 Christian	<b>ZUMBA FITNESS</b> 10:30 Christian		
	10:30-11:00 <b>ZUMBA sentao</b> Bob			10:30-11:30 Mat Pilates Marlo D			10:00-11:00*** Swim Team
	11:00-11:30 <b>ZUMBA GOLD</b> Bob		12:30-1:30 Ai Chi Christina W				11:00-11:30 Parent & Me
	11:30-12:30 Chair Fitness Christina			<b>STUDIO 1</b> 8:30am-9:30 Yoga Core Holly	<b>STUDIO 2</b>	<b>CYCLE</b>	<b>AQUA</b>
	<b>LES MILLS BODYPUMP</b> 5:30pm Joe		Aquatic Therapy 2:00 - 7:00pm	9:30-10:30 Boxing Matt B	<b>LES MILLS BODYCOMBAT</b> 9:00 Joe M		
6:30-7:30 Pilates Core Virginia	<b>LES MILLS BODYCOMBAT</b> 6:30 Joe M		Competitive Stroke 5:00-6:00pm***	10:30-11:30 FIT BARRE Marlo D	<b>LES MILLS CXWORX</b> 10:00 Joe M	<b>PoP Cycle</b>	9:35-10:05 H2O Sculpt & Stretch
	<b>LES MILLS BODYATTACK</b> 7:30 Cesar					9:45 Robert	Holly

\*\*\* Denotes Lap Pool

Denotes a new class/ time or location

Please note some class times and locations have changed due to class participation.

\* Denotes a pass is required to enter class. Passes are available 30 minutes prior to class start time @ The Front Desk.