



Group Fitness Fall Schedule effective September 18, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
morning & afternoon						
	6:15-7:15am FEMMEBOD AnnMarie		6:15-7:00am RIZE N GRIND Rena	6:15-7:15am (M) SUNRISE YOGA Patrice	8:30-9:30am WEEKEND WARRIOR Kim	9:00-10:00am (M) RESTORATIVE YOGA Patrice
8:30-9:00am (M) FLEX-ABILITY Theresa	9:30-10:30am MORNING WARRIOR Sunday	8:30-9:30am (M) BEYOND BARRE Shani	9:00-10:00am KICKBOXING & SCULPT Kim	9:00-10:00am PILATES BOOTCAMP Arielle	9:30-10:30am ZUMBA® Lucia	9:15-10:00am PILOXING® Tonirose
9:00-10:00am FEMMEFUSION Yael	11:00-12:00pm (M) GENTLE FITNESS Rena	9:30-10:30am ZUMBA® Uhrsula	10:00-11:00am (M) YOGA FIT Mikki	10:00-11:00am FEMMEBOD Shani	10:30-11:30am (M) SOUL BODY BARRE™ Kim	10:00-11:00am FEMMEBOD Rena
10:00-11:00am ZUMBA® Lucia		10:30-11:00am ABSOLUTION Antoinette		12:00-12:30pm 10/10/10 Antoinette		11:00-12:00pm ZUMBA® Fabiana
10:00-11:00am (M) BEYOND BARRE Nadia				Spin, stretch or tone with FIT TV Ask a team member to help you choose your class 'on demand'		
evening						
5:00-6:00pm FEMMEBOD Kim	5:30-6:30pm ZUMBA® Uhrsula	5:00-5:30pm ON THE BALL & BOSU Stephanie	5:30-6:30pm AFRO-BRAZILIAN STEP Debra	<p>The group fitness schedule is subject to change based on operational needs, class attendance & member feedback. Please check the "live" schedule on our website for the most up to date changes.</p> <p>All classes take place in the Power Studio unless indicated by (M) for Mind Body Studio.</p> <p>Mind Body Studio classes have a limited number of participants to ensure proper, effective instruction, and safety.</p> <p>HOURS: Monday – Thursday 6:00am – 9:30pm Friday 6:00am – 7:00pm Saturday – Sunday 8:00am – 2:00pm</p> 		
6:00-6:30pm KICK IT! Kim	6:30-7:30pm STRONG™ Kim	5:30-6:00pm FEMMEBOD Stephanie	6:00-7:00pm (M) BARRE POWER Nadia			
6:30-7:30pm (M) POWER YOGA Cathy	7:00-8:00pm (M) BARRE ASSETS Nadia	6:00-7:00pm (M) BE-FIT TBD	6:30-7:30pm ZUMBA® Lauren			
7:30-8:30pm ZUMBA® Nina	7:30-8:00pm ARMED & FABULOUS Rena	7:00-8:00pm ZUMBA TONING® Nina	7:30-8:30pm KETTLEBELL BLITZ Yael			
8:30-9:15pm (M) BARRE ZEN Rena	8:00-9:00pm ZUMBA® Abby	8:00-9:00pm (M) YOGA for a HEALTHY BACK Colleen				
				34 Commerce Way, Hackensack, NJ 07601 201.549.5200 - info@myfemmefit.com - www.myfemmefit.com Facebook, Instagram, Twitter: @femmefitnessnj		

CLASS DESCRIPTIONS

POWER STUDIO

10/10/10: An express class mixing up your workout routine with ten-minute segments that may include cardio, core, and upper and lower body strength exercises

AbSolution: Chisel your abs in a class designed to challenge your core. Get rid of back fat, muffin tops, and love handles!

Afro-Brazilian Step: An exciting African and Latin style cardio workout on the step. Fun and easy to follow for all levels

Armed & Fabulous: It's all about the 'gun' show! Tone and strengthen your arms with upper body exercises; combine that with core movements for defined abs

Be-Fit: A 'be'ginners fitness class formatted for the newer exerciser or someone with joint, knee, back or other issues. Work your whole body in a safe, effective manner with no impact. Progressions given for every level to build strength, stamina, and muscle endurance

FemmeBod: Total body strength conditioning

FemmeFusion: Classes that creatively combine interval training methods and equipment for a total body strength and cardio workout

Kettlebell Blitz: Fast results for strength, endurance and muscle toning by using dynamic, total body movements to control balance and weight

Kick It!: A combination of cardio kickboxing and core conditioning in an express, power packed complete workout

Kickboxing & Sculpt: Punch and kick your way in this fun, upbeat and challenging workout combining strength rounds with the endurance of cardio kickboxing

Morning Warrior/Weekend Warrior: Interval style format that alternates cardio, H.I.I.T and strength rounds into one, super efficient workout

On the Ball & Bosu: Use the dynamics of a stability ball and/or bosu to develop a stronger core and greater all over strength and balance

Pilates Bootcamp: Everything you love about pilates with a more challenging and athletic approach incorporating light weights

Piloxing®: A combination of boxing and standing pilates to improve cardiovascular ability, strengthen and lengthen muscles, and increase balance and posture

Rize n Grind: Start your day with this bootcamp style class incorporating both cardio and strength in a circuit style format

Strong by Zumba™: H.I.I.T. format that combines high intensity interval training and boxing moves, synced to motivating music. No dance at all in this one!

Zumba®: Ditch the workout, join the party! Come party with us in this high-energy dance fitness class inspired by Latin rhythms and international music

Zumba Toning®: Zumba with added resistance using toning sticks or light weights to tone target zones, including arms, core and lower body

MIND BODY STUDIO

Barre Assets: Tighten and strengthen all your assets with pilates and ballet infused moves using the ballet bar and light weights

Barre Power: Get your heart pumping with a barre workout focusing on the entire body and building a strong powerful core

Beyond Barre: Focus on strength, core, and flexibility through small intense targeted movements that result in reshaping, strengthening, and lengthening the muscles

Barre Zen: Barre meets stretch in this fusion format of sculpt and mobility. Strengthen, define, and lengthen all your muscles with this barre flow class

Flex-Ability: An express stretch class to improve your mobility, flexibility, and circulation

Gentle Fitness: An effective and fun class designed for beginners and active older adults to improve strength and balance in a safe environment

Power Yoga: A more powerful yoga improving strength, core, and flexibility

Restorative Yoga: A gentler form of yoga designed to reduce stress and increase balance in the body and mind while stretching

Soul Body Barre™: Invigorating and intense total body workout with a more athletic approach using principles of pilates, yoga, and interval strength training to transform your body

Sunrise Yoga: Invigorate the body through a series of yoga poses to create a peaceful center for the day's events ahead

Yoga Fit: Find your strength and flexibility in this yoga practice that also includes light hand weights to incorporate strength exercises into the flow

Yoga for a Healthy Back: Strengthen your core, improve posture, and increase flexibility