

Group X Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15am ZUMBA RESUME TBA			5:15am KICKBOXING RESUME TBA		
						9:15am SPINNING w/Shana
9:15am SPINNING w/ Shana	9:15am SPINNING w/Shana		9:15am SPINNING w/Shana		10:45am <b>POWER FLEXX</b> w/ Linda	10:30am ZUMBA RESUME TBA
10:30am Yoga RESUME TBA			10:30am Yoga RESUME TBA		<p><b>Hours of Operation</b> Monday-Friday 8am-9:30pm Saturday &amp; Sunday 8am-4pm</p> <p>24/7 Access Available All Day, All Night, Every Day Gym</p> <hr/> <p><b>Daycare Hours</b> <b>Mornings</b> Mon. Tues. Thurs. &amp; Sat. 9am-12pm Saturday 9am-12pm <b>Evenings</b> Mondays &amp; Wednesdays 5pm-8pm</p> <p><small>Effective 11/28/2016, Group X classes with 2 or less participants may be subject to cancellation (Excluding Small Group Training).</small></p>	
		6:15pm SPINNING w/ Shana				
6:00pm BOOT CAMP w/ Linda	6:00pm BodyBLAST RESUME TBA	6:00pm URBAN KICK w/ Linda				
7:00pm ZUMBA RESUME TBA		7:00pm Yoga SCULPT&CORE w/ Linda	7:00pm BodyBLAST RESUME TBA			

Group Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am-7:00am <b>S.W.E.A.T.</b> w/ Tav	6:00am-7:00am <b>RISE N' GRIND</b> w/ Tav		6:00am-7:00am <b>S.W.E.A.T.</b> w/ Dan		
9:30am-10:30am P90X/ <b>S.W.E.A.T.</b> w/ Carl	9:00am-9:30am THE BURN 3.0 w/ Carl	9:30am-10:30am P90X/ <b>S.W.E.A.T.</b> w/ Carl	9:00am-9:30am THE BURN 3.0 w/ Carl	9:30am-10:30am <b>S.W.E.A.T.</b> w/ Tav	9:00-10:00am <b>TRIPLE THREAT</b> w/ Dan
					1060 Broadway Westville, NJ 08093 856-742-5300
5:00pm -5:30pm THE BURN 3.0 w/ Tav	6:00pm-7:00pm <b>S.W.E.A.T.</b> RESUME TBA	5:30pm-6:00pm THE BURN 3.0 w/ Tav	6:00pm-7:00pm <b>HIT</b> RESUME TBA		<p><b>Website:</b> <a href="http://clubfitnessusa.com">http://clubfitnessusa.com</a></p> <p><b>Facebook:</b> <a href="https://www.facebook.com/clubfitnessusa/">https://www.facebook.com/clubfitnessusa/</a></p>

## Group X Class Descriptions

**BODY BLAST** (1hr.) A high energy class combining cardiovascular & muscular endurance exercises including abdominals & stretching. The cardio interval will incorporate high & low impact. You will also increase strength & tone your muscles. All fitness levels.

**BOOT-CAMP** (1hr.) This boot camp type group exercise class mixes your body weight exercises with interval training and strength training while having fun! Boot-camp is designed to push the participants harder than they have ever pushed themselves before.

**CIZE DANCE WORKOUT** (1 hr) - Let loose your inner dancer as you learn the hottest professionally choreographed dance routines. You'll be so focused on mastering the moves and having a blast, you'll forget you're working out-and loosing weight! This is your chance to dance like no one is watching-in the comfort of your own home.

**GENTLE YOGA** (1hr.) A perfect antidote if you are stressed, weakened, or fatigued. Learn to breathe, better your posture, stretch, relax....

**HOUSE PARTY FITNESS** (1hr.) This is a fun dance fitness/cardio hip-hop program using the hottest music. From old school to new hits. Tone and strengthen all of your major muscle groups while doing resistance training. Total body workout!

**INSANITY** (1/2 hr.) A max interval training class, keeping your body working at maximum capacity through your entire workout. You will be pushed to your limit!

**POWER-FLEXX** (1hr.) A group exercise strength training class using barbells/cardio for an effective full body workout! You will tone, strengthen, and sculpt your body in no time. All levels are welcome, as the simple strong movements may be made more intense with heavier weights!

**SPINNING** (1 hr) An aerobics class on wheels!! Participants use the stationary bike to simulate a real world bicycle obstacle course complete with sprints, hills, valleys, etc.....while burning over 500 calories per class.

**URBAN KICK** (1hr.) This is a kickboxing/martial arts inspired class with H.I.I.T. cardio and weight intervals for a multi-level, fun, and heart healthy workout. Urban Kick challenges your body in all planes of motion so you are constantly developing strength, agility, flexibility, and balance.

**YOGA** (1hr.) We can all benefit from yoga. It's designed to enhance vitality and a sense of well-being. Our yoga classes use gentle movements to improve flexibility, balance, strength, and posture.

**ZUMBA** (1 hr.) Ditch the workout and join the party! You will love the benefits of this Latin fused class. Zumba is fun for everyone, no special skills required.

**YOGA SCULPT & CORE** (1hr.) Yoga is one of the most effective ways to build core strength and add flexibility to your muscles. Core strength is essential to build a good metabolism, burn fat, and boost your overall strength and vitality.

## Group Training Descriptions

**THE BURN 3.0** 30 minutes of high intensity training designed to push you to maximum and help you find your best self.

**RISE N' GRIND** Group exercise training workout designed to build strength and fitness through a variety of intense group intervals consisting of calisthenic, body weight and traditional weight lifting exercises.

**H.I.I.T. (High Intensity Interval Training)** An exercise strategy of alternating intense weight lifting exercises follow by bursts of cardio activity. A popular workout hat burns more fat, improve endurance, and builds strength!

**TRIPLE THREAT** Cardio, strength, and endurance training in two 20 minute segments designed to help you get the most out of your workout in the least amount of time.

**S.W.E.A.T.** This is a powerful program that uses resistance, body weight, plyometrics, and ab work...to help you lose excess fat and gain lean muscle.

**P90X LIVE** (Strength, Weights, Endurance, Athletic, Training) This program is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency, and challenge in each and every session. Each component of the workout provides a uniquely different emphasis or system response so your body never gets accustomed to the constantly changing format. This high-intensity program utilizes free weights, resistance, TRX, kettlebells, power bands, battle ropes & physique in ways that are fun, safe, and extremely effective. For all fitness levels. You will see ultimate results in minimal time while burning anywhere from 750-1000 calories in 45 minutes. Let S.W.E.A.T. transform you today!

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