



GROUP FITNESS CLASSES

LES MILLS BODYATTACK®

BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone toward their fitness goals - from the weekend athlete to the hard-core competitor!

LES MILLS BODYCOMBAT®

BODYCOMBAT™ is the empowering group fitness cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

LES MILLS BODYSTEP®

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from current, popular music and approachable Instructors. Cardio blocks push fat burning systems into high gear.

LES MILLS BODYPUMP®

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

LES MILLS BODYFLOW®

BODYFLOW™ is the Yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm. Controlled breathing, concentration and a carefully choreographed series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

LES MILLS SH'BAM®

SH'BAM is a 45 minute, easy to learn, dance-inspired workout. It features Top 40 hits, dance music from the hottest nightclubs, remixed classics and modern Latin beats. SH'BAM gets you in the fat burn zone without the "hard work" workout.

LES MILLS CXWORK

CXWORK is a 30 minute workout using weight plates, resistance tubes as well as your body weight. The primary focus is the core. You will also perform exercises that target the hips, butt and lower back.



Intro to Power Cycle The focus of this 45 minute class is to familiarize the participant who is new to **Power Cycle** with the proper bike set up, the 3 hand positions and the 5 core movements. This mini class will be offered for one month in January, March, May and September. Please pick up a pass at the front desk before class

Power Cycle: A whole new way of indoor cycling with the ability to track performance with accuracy. The built in computer captures HR, watts, and distance. Bikes can be adjusted for the perfect fit and the shifter allows precise gear control. Please pick up a pass at the front desk before class.



Zumba: A fusion of Latin and International music-dance themes, creating a dynamic, exciting, effective fitness system! It is a mixture of body sculpting movements with easy to follow dance steps. Come sweat away the inches in this fun-filled class.



Zumba® Toning plus Zumba® Fitness: A fusion of Latin and International music-dance themes with an extra emphasis on toning and sculpting to define those muscles! Lightweight maraca-like Toning Sticks enhance the sense of rhythm and coordination, while toning target zones, including arms, core and lower body. This class combines dance and light weights to give you both a great cardio and toning workout!



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of Clinton and Whitehouse Station



GROUP FITNESS CLASSES

CONTINUED.

CARDIO

Boot Camp: A combination of cardio, strength and core in a high intensity interval training format.

STRENGTH

Strength: A controlled and specifically designed weight training program to work the whole body. The concept includes the use of free hand held weights, bar bells, stability ball and stepper. This equipment is used to help engage core control and strengthen all of the body's muscle groups. Routines are designed to music for optimum control.

BOSU Strength: A total body workout using a BOSU and weights designed to increase your endurance, strength and confidence.

INTRO TO POWER CYCLE

Intro to Power Cycle: A four week class that takes a person new to Cycling through the fundamentals of a class. Participants will learn how to correctly set up the bike, the 3 hand positions and the 4 core positions. This mini class will be offered in September, January, March and May

PILATES AND YOGA

Pilates: A class designed to concentrate on alignment and lengthening and strengthening of all muscles through specific Joseph Pilates methods. Props such as: balls, weights and magic circles may be used during the class. Benefits include improved flexibility, coordination, strength and balance.

Pilates/Yoga: A core based class with moves from both pilates and yoga to strengthen and restore.

Yoga: This 55 minute hatha style yoga class incorporates breath work with physical postures. Vinyasa is also included to transition from pose to pose in a fluid manner. Appropriate for all levels of experience.

Beginner Yoga: This introductory class will teach participants the exercises and principles of yoga. Yoga has many benefits to help an individual develop a better body, mind and spirit.

No Bar Barre: A ballet inspired workout that combines the disciplines of dance, pilates and yoga. The focus will be on isometric strength training, holding your body still while you contract a specific set of muscles. Expect high reps of small range of motion movements. No dance experience required.

SENIOR PROGRAMMING

Adv Senior: For the senior exerciser who wants a little more.

Balance: A 1/2 hour class designed to focus on techniques to improve balance and stabilization.

Balance Intermediate/ Advanced: (Instructor Approval Mandatory) : A progressive core stabilization and balance class using the ball. A moderate level of upper and lower body strength is required to participate in the class.

Chair Yoga: Stretch, Strengthen and Twist. This class teaches proper alignment and balance while doing yoga in a chair or standing next to it. Breath work and meditation are included in this 55 minute workout. A pass is required in Whitehouse and can be picked up at the front desk 15 minutes before the start of class. No pass is needed in Clinton.

Senior Fitness: A fun time is had by all when seniors group exercise together for fitness and wellness. This special class combines low impact floor aerobics or dance with strength training and extended stretching. You'll have so much fun you'll forget it's exercise!

Senior Yoga/Balance: Join a fun, relaxing class that employs yoga postures to facilitate balance, muscle strength and flexibility, improve circulation and stability and develop your overall physical, mental and emotional well-being. Through breath work, gentle stretches and focused exercises, this class explores the ways yoga can help you feel your best.

1.17.2017