



# FITNESS ZONE

**Fitness Zone**  
**440 US Highway #130**  
**East Windsor, NJ 08520**  
**609-426-0700**

## Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 Spin Doreen	5:45 Wake Up 'N Work It! Doreen	5:45 Spin Linda	5:45 Wake Up 'N Work It! Doreen	5:45 Spin Linda	8:00 Pilates Doreen	
	8:45 Will Power and Grace Mariann	8:45 Pilates Doreen	8:45 Step 'N Glide Helen		8:30 Spin Marian	9:00 Spin Arline
9:30 Spin Doreen	9:30 Spin Daryl	9:30 Kettlebell Maggie	9:30 Spin Daryl	9:30 Spin Stephanie	9:00 Cardio Sculpt Ellen	9:00 Vinyasa Flow Del
9:30 Zumba Lisa	9:30 Mixer Lisa	9:30 Spin Daryl	9:30 Total Body Lisa	9:30 Cardio Kick Lisa	10:00 TurboKick Ryan	10:00 Fat Burning Sunday Helen
10:30 Total Body Stephanie	10:30 Pilates Stephanie	10:30 Will Power and Grace Eileen		10:30 Pilates Props Stephanie		
			- PM -			
5:00 YogaFit Doreen/Stephanie						
6:00 Butts 'N Guts Doreen	5:30 Zumba Colleen	5:30 Basic Training Ellen	5:30 Pilates Stephanie			
6:30 Spin Mike	6:15 Spin Arline	6:30 Spin Arline	6:30 Spin Linda			
6:30 Turbo Kick Ryan	6:30 Cardio Sculpt Linda	6:30 PiYo Ryan	6:30 Kickboxing Daryl	7:00 Pilates Doreen		
			7:30 Yoga Flow Doreen			Denotes New Class, New Time, or New Instructor



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**Butts N' Guts** - 30 minutes of concentration on glutes and abs.

**Basic Training** - A 45 minute intense cardio workout involving basic exercise movements challenging your muscle strength, endurance and flexibility. This class burn off those extra calories and is a great compliment for those involved with sports. All levels of fitness are welcomed!

**Cardio Pump** - Combination of aerobic movements, plyometric and calisthenics combined with strength training exercises.

**Cardio Sculpt** - Get personal training style attention in this 60 minute core building, metabolism charging, class.

**yoga Flow** - Flow yoga stems from Ashtanga Yoga, which means 'eight-limbed'. This is a series of flowing postures linked by the breath to detoxify

**Fat Burning Sunday** - A hi-low interval class with boot camp style drills fused with high intensity training using various equipment.

**Hatha Yoga** - A marvelous means of exercising, stretching and freeing the body so it can be a healthy, long lived, and vital instrument of the mind and soul.

**Kettlebell**—A cardio and strength session combined, Kettlebell is a unique exercise program that uses swings and power moves to sculpt your entire body..

**Kickboxing** - Combining resistance-based exercise & Muay Thai boxing, an energizing, fat burning workout using heavy bags and focus mitts. Gloves/ wraps required.

**Mixer** - A unique blend of aerobic, strength and flexibility exercises for an overall body workout.

**Pilates** - A total body conditioning exercise method combining strength and flexibility to improve balance and posture, and focus on the abdomen, low back, glutes. All levels welcomed.

**Pilates Plus & Pilates Props** - These innovative Pilates classes utilize rings, bands, rollers, and the like to put a new twist on a traditional workout.

**PiYo** combines Yoga, Pilates, strength conditioning, flexibility and dynamic balance. PiYo is an up-tempo, ideal format for beginners to the advanced, builds lean muscle and burns calories. Get that incredible 'strong and stretched' feeling at the end of every class!

**Spin** - These 45 minute classes incorporate aerobic, interval and endurance schedules to bring you an exciting indoor cycling program!

**Step 'N Glide** - Gliding is a great way to slim, tone and sculpt long lean muscles. This workout takes you to a new level integrating gliding moves with a challenging step routine.

**Total Body** - Get sleek definition by strengthening and toning your body. This class uses a mixture of floor exercises, weights, stability balls, bands and aerobic movements for a total body workout.

**Turbo Kick** - A challenging cardiovascular workout disguised as a PARTY!

**Wake Up 'N Work It** - Get out of bed, work hard and be done for the day! This 5:45 am class is a great combination of weights, plyometrics, and Pilates style movement in a quick, efficient and always different format!

**YogaFit** - Gain strength, balance, power and grace in this stress reducing Yoga hour

**Zumba** - An intense dance-aerobics workout with pulsating Latin music.

**Will Power and Grace** - A Sweaty Dynamic Fusion of popular & effective group exercise programs, such as Yoga, dance and martial arts.