

# GROUP EXERCISE CLASS SCHEDULE

View the current Group Fitness schedule online or the Spa 23 App. For iPhone and Android Phones See Member Services for details.

**SPRING 2017**



Effective 4/1/2017

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Time	Class	Room
8:30am	GROUP XPOWER	Main
8:30am	GROUP RIDE	Cycle
9:45am	GROUP groove	Main
9:45am	R30	Cycle
12:15pm	Aquacise	Pool
4:30pm	Mat Pilates	Multi
5:00pm	GROUP CORE	Main
6:15pm	R30	Cycle
6:40pm	fight	Main
7:30pm	Aquacise	Pool
7:50pm	GROUP XPOWER	Main

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Time	Class	Room
8:30am	R30	Cycle
9:15am	GROUP XPOWER	Main
10:30am	GROUP ACTIVE	Multi
10:30am	BLAST	Main
12:15pm	Aquacise	Pool
1:15pm	GET FIT	Main
4:30pm	GROUP XPOWER	Main
5:45pm	GROUP CORE	Main
6:15pm	R30	Cycle
6:30pm	BLAST	Main
7:30pm	Aquacise	Pool
7:40pm	GROUP CENTERGY	Main

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Time	Class	Room
6:15am	Cross Train	Main
8:15am	GROUP XPOWER	Main
8:30am	Cycling	Cycle
9:30am	fight	Main
10:30am	GROUP CENTERGY	Multi
10:45am	GROUP CORE	Main
12:15pm	Aquacise	Pool
12:30pm	Chair, Balance, Body	Multi
5:30pm	fight	Main
6:00pm	R30	Cycle
6:40pm	GROUP XPOWER	Main

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Time	Class	Room
9:00am	Total Body Workout	Main
9:30am	ZUMBA fitness	Multi
10:30am	fight	Main
12:00pm	GROUP ACTIVE	Main
12:15pm	aqua ZUMBA	Pool
4:30pm	GROUP XPOWER	Main
6:00pm	BLAST	Main
6:30pm	R30	Cycle
7:15pm	GROUP groove	Main
7:30pm	aqua ZUMBA	Pool

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Time	Class	Room
6:00am	R30	Cycle
8:30am	Cycling	Cycle
9:15am	BLAST	Main
9:45am	R30	Cycle
10:30am	GROUP CENTERGY	Multi
10:45am	GROUP XPOWER	Main
12:15pm	Aquacise	Pool
5:30pm	GROUP RIDE	Cycle
6:00pm	fight	Main

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Time	Class	Room
8:00am	GROUP XPOWER	Main
8:45am	R30	Cycle
9:15am	fight	Main
10:30am	Mat Pilates	Main
11:40am	ZUMBA fitness	Main

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Time	Class	Room
8:30am	GROUP RIDE	Cycle
9:00am	fight	Main
10:15am	GROUP CENTERGY	Multi
10:30am	GROUP XPOWER	Main

### Facility Hours

Monday 5:00am - Saturday 8:00pm

Saturday 7am-8pm, Sunday 7:00am - 6:00pm

### Kidz Care Hours

Monday - Friday 8:15am - 12:00pm

Monday - Thursday 4:00pm - 8:00pm

Friday 4:00pm - 7:00pm

Saturday - Sunday 8:30am - 12:30pm

Pure  
massage

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TRADITIONAL & HOT YOGA

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GROUP PERSONAL TRAINING

**CrossFit**  
PEQUANNOCK

www.Spa23.com

All Classes On The Schedule Are Free For Club Members

Phone: 973-839-8823 Fax: 973-839-7563

**Aquacise:** Non-impact aerobic using the resistance of the water to strengthen your heart and tone your muscles. Class format will change based on instructor. All levels- 45 minutes

**AQUA ZUMBA:** Bring the party to the pool. This is a 45 minute class with all the latest Zumba moves in the water. This is for all levels and its FUN! Bring your towel and Join The Party..

**Cross Train** A 45 minute total body workout including, Hi-Lo, Cross training and kickboxing. You will be thoroughly challenged. All levels 45minutes

**Chair, Balance and Body:** Increase flexibility, increase range of motion and improve balance. Excellent for seniors and anyone with limitations. All levels 50 minutes

**Cycling:** A group cycling workout on special stationary bikes. The instructor takes you on a journey set to music which you complete at your level. All levels 50 minutes

**Group ACTIVE** Get Active, and get more out of life! Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Activate Your Life with Group Active!

**Group CENTERGY:** Grow longer and stronger in this invigorating 60-minute mind-body workout. Group Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. Take the time to Center Your Energy with Group Centergy!

**Group CORE:**Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, will help prevent back pain and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform - all to challenge you like never before. Reach Your Peak with Group Core!

**Group GROOVE:**If You Can Move, You Can Groove! Sweat with a smile during your energizing hour of dance fitness. Group Groove® is a sizzling cardio experience that is a fusion of club, urban, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! Join the party and Get a Move On!

**Group Fight™** is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!

**Group POWER:** Group Power® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up

**Group RIDE** This huge calorie burner builds great-looking legs! Group Ride is a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get the all the benefits of authentic interval training. Ride On!

**R30:**Get fitter in only 30 minutes! It's as easy as riding a bike and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush! Inspiring music and motivating coaches will ensure that Everyone Finishes First!

**Group Blast:**Discover New Heights with Group Blast®! Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises that utilize the step in dynamic new ways. The exciting music and group experience will get your heart pounding and the sweat pouring. Blast This Way with Group Blast!

**Mat Pilates:** A full 50 minutes that will help increase your flexibility, as well as improve muscle tone and strength. All levels 50 minutes

**GET FIT:** This will educate the participant how to do proper and safe effective exercise . This class encourages strength and flexibility. You will also improve your posture and reduce stress. All levels 50 minutes

**Total Body Workout:** This is a fun filled 50 minute class using all the equipment such as stability balls, hand weights, bands, steps. This will work your total body and help you achieve your goals. This class is for all levels.

**ZUMBA:** Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

**Group Fitness Director**

**Ricky Russell**

email [ricky@spa23.com](mailto:ricky@spa23.com)

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