

SMALL GROUP. BIG RESULTS.

SMALL GROUP FITNESS PROGRAMMING



OPEN TO THE PUBLIC



1904 Atlantic Ave | Manasquan, NJ 08736
732.223.2100 | www.theatlanticclub.com



CHOOOSE YOUR WORKOUT

MAKE YOUR BODY YOUR MACHINE

TRX BASICS with Christine Plisky

New to TRX or a little rusty with your suspension training? Learn how TRX training will increase flexibility, mobility, stability and core strength.

Fridays, March 2nd – April 6th | 6 wks – 9:00a-10:00a | Studio C
\$90

TRX EXPRESS with Susie McLaughlin

Short on time? This 45 minute TRX suspension training class will guarantee a fast and efficient workout.

Tuesdays, February 20th – March 27th | 6 wks – 8:30a-9:15a | Fieldhouse
\$120 (Drop-In - \$25)

TRX EXTREME with Susie McLaughlin

Elevate your TRX training to the next level with this advanced suspension workout..

Thursdays, February 15th - March 29th | 6 wks – 8:30a-9:30a | Gymnasium
\$120 (Drop-In - \$25)

“PURE TRX” with Susie McLaughlin

A total body workout using a body changing suspension training system! TRX body weight exercises helps develop strength, balance, flexibility and core stability in one great class.

Saturdays, February 24th – March 31st | 6 wks – 9:00a-10:00a | Studio C
\$120 (Drop-In - \$25)

KBX with Lisa Kavitt

A perfect combination of two great workouts, TRX suspension and Kettlebell training.

Tuesdays, February 19th - March 26th | 6 wks – 9:00a-10:00a | Studio C
\$120

TRX Strong with Barbora

Strong is the new sexy! This class is open to all looking to building lean muscle with the TRX suspension system.

Thursdays, March 1st - April 12th | 8 wks – 9:30a-10:30a | Studio C
\$160



CHRISTINE PLISKY



SUSIE MCLAUGHLIN



LISA KAVITT



BARBORA SEABOLT

The *FIELDHOUSE*

A BRAND NEW HEART RATE-BASED GROUP INTERVAL TRAINING CONCEPT THAT
INTEGRATES STRENGTH & CARDIO FOR A TRANSFORMATIVE FULL BODY WORKOUT.

PRICING

\$109 /MONTH

3-MONTH
UNLIMITED

\$129 /MONTH

MONTH-TO-MONTH
UNLIMITED

\$20 /ONE TIME

SINGLE CLASS
DROP-IN

\$109 /ONE TIME

6-CLASS PACK
(MUST BE USED WITHIN 90 DAYS)

\$90 /MONTH

ATLANTIC CLUB
MEMBERS

THE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	5:30AM	5:30AM	5:30AM			NO CL AS S
	6:30AM		6:30AM		8:00AM	
9:00AM		9:00AM		9:00AM		

SKILL MILL F.I.T. ZONE WITH JOE LEONE

75.00 (Drop-in fee 20.00)

Wednesdays @ 6:30-7:30p | Thursdays @ 9:00a-10:00a
Begins first day of each month.

Increase your strength, power, mobility, endurance and flexibility in this dynamic interval workout on the revolutionary Technogym SKILLMILL.



WHY SMALL GROUP?

I have found that in large group classes I sometimes feel overwhelmed and lost. Small group instruction is wonderful. The teacher is able to watch each of our movements to make sure we are executing properly so we do not get hurt.

-Joan Y

In working out with a small group I get to work within my own ability and get the encouragement needed from others to push forward and successfully complete the exercise without feeling intimidated or judged. Secondly, with a small group I get the proper guidance from the instructor who is knowledgeable, makes sure that the exercises are performed correctly to avoid injury and offers alternative ways to do the exercise if a challenge arises.

-Mary Q

Small group training has been great for me because it allows for more personal attention. Small group pushes you to work hard as if having an individual trainer but still has the energy of a group!

-Kathleen B.